

ARTICLE

How to Heal Yourself Using Reality Show Logic

By Jeannine Wiest

(1007 words)



If you doubt healing and reality shows have anything in common, stay tuned. I made this connection recently via a new client. A television producer in her 30s, smart, quick and stressed, she signed up for an intensive private workshop with me, complaining of headaches which nothing helped, and feeling “just sick in general. I’ve been sick since I was a little girl.”

Having spent much of her childhood in and out of hospitals, my client had logged decades worth of distrust in her body and anger at her mother for not protecting her from pain.

I inquired about her earliest memory of being sick. During our morning energy healing session she recalled an incident where, as a scared six year old patient, she held her breath when the hospital nurse couldn’t find a vein from which to draw blood. My client decided during the moment in which the nurse looked up at her and slapped her veins that she must be bad, something was horribly wrong with her, and that she would probably be “like this” for the rest of her life.

Her body entered a stillpoint during the recounting of this story. A stillpoint is a divine pause in the rhythm of the nervous system—a chance to reboot energetically. A story recounted while in stillpoint signals the facilitator that something of significance is being revealed or may be ready to be released. It may be subliminal but the significance, the body, and the story are honored. This story had been lodged inside my client for thirty years and all this time she had been following that rough storyline, creating results that matched her six year old’s fears.

After the session, before diving into sensory and journal based healing exercises, we took a short tea break and I explained the concept of repurposing an old story in order to heal. I shared that we all have old stories trapped inside us energetically and while a few may serve

us, most get in our way as we grow and attempt to create new habits and craft our lives.

Searching for our unique contribution to the universe we sometimes get disconnected from the universe operating inside ourselves. Or, as in this client's case, we can operate with the limited tools of a four year old when we are thirty four years old and find ourselves stuck, operating inside of an old story crafted with those limited tools.

I asked whether she produced fiction thinking I could make an analogy incorporating imagination as she unraveled her old story about always being sick.

At first my heart sank when it turned out that she worked in reality television. What sensory correlations could be found there?

However, in a former life I created costumes for reality shows and often reality television is complete fiction. That it masquerades as actual reality became a bonus for healing analogy purposes with my client.

In reality television there are broad strokes instead of a detailed script. In this way, it's similar to how many of us experience real life. In a reality show we might know we are filming at a hospital, to use my client's old story setting, but not necessarily what will happen there. An event is set into motion, something will happen. The producer might set the scene for dramatic effect by choosing to use a large, scowling nurse for the scene instead of a sweet grandmotherly looking nurse. That event is then shot from different angles, different points of view depending on how many people are in the scenario. The producer chooses what angle to use primarily and which to downplay or scrap.

The producer focuses on what the most interesting story would be and culls from all the possible material at hand to tell that story. Here's another producer tip we can utilize for repurposing an old story to heal; producers are often actively courting serendipity.

My clients eyes widened as I continued.

“So why not try that producer process and re-edit that story about the nurse who kept slapping your six year old's veins”?

Within minutes my client's perspective on her whole childhood was altered. She got quiet, then suddenly recalled an unusual doll that her mother had noticed in the hospital and said she would buy for her after the bloodwork was completed.

We worked together focused on her body memory. Her re-do became a story that's now seen through a different lens. The story is now about how her mother was looking for what might make her daughter happy, even in a hospital setting, and how she bought her an

amazing, unusual doll.

My client had blocked the doll part of the story for thirty years. Why? Usually for a child it's to explain the unexplainable. We long to make sense of pain and confusion where none seems obvious or forthcoming from the adults in the room. We look to create congruence often with those limited tools as in the instance of my client. If we are looking through distorted or limited lenses, the truth we wind up creating for the scenes of our life is not, in fact, congruent.

Our body is the sole witness to our unique cellular experience. We may not remember but our body does. My client's body held the key doll part of the story until a deep listening could facilitate a healing of perspective.

If you have an old, painful story from long ago whose meaning seems lodged in stone, unassailable, rippling forth into your life perspective today, why not employ the reality producer's technique of imagining a repurposed story with a perspective you would enjoy, then review all the "footage", inviting sense memory recall such as the long forgotten doll, allowing serendipity to make an appearance and finally take the helm to craft your repurposed reality. Then sit back and watch the healing new ripples you create in your life.

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