

ARTICLE

The Next Best Thing to a Vulcan Mind Meld

By Jeannine Wiest

(836 words)



I'm no Trekkie, but I employ the use of archetypes and metaphor in my healing work. When I was young I used to wonder where Mr. Spock was when I couldn't tell what to believe was true and what was illusion. I loved the original Star Trek episodes because no matter the dire circumstances, Spock knew what to do.

This past month, I rediscovered one episode with metaphorical connections to the body-listening Craniosacral therapy and creative energy work I practice. I realized that I offer clients the next best thing to a Vulcan mind meld. The difference is the meld is between their mind and their body.

In this episode, the Enterprise's landing crew winds up at the OK Corral in Tombstone, Arizona. When Kirk and Spock hear that the date is October 26, 1881, they recognize it right away. It's the date of a famous shootout--Wyatt Earp and Doc Holliday are bent on killing the Clanton clan. Townspeople rush up to the crew, calling them the Clanton boys. The crew understands. They've been cast in the role of Clantons, meaning all but one of them will die at 5 p.m. They are literally under the gun.

Suddenly events transpire so that the crew member cast in the role of Billy Claiborne, the sole Clanton survivor, is shot and killed. With the Enterprise crew focused on the certainty of the 5 p.m. deadline, no one notices the historical disparity.

With seconds to save themselves Spock finally makes the connection. He offers this truth:

“Laws of Physics cannot be ignored. Where they do not operate, there is no reality. Where there is contradiction and conditions we cannot trust, a radical alteration of our thought patterns is in order.”

Since "Billy Claiborne" was killed in the current scenario while historical fact tells us he survived the real shootout, this Tombstone is an illusion. Spock explains that the bullets the Earps intend for the Enterprise crew cannot hurt them provided they each are certain with every cell in their body that the bullets cannot kill them.

Kirk points out the human propensity for doubt.

“The smallest doubt can be enough to kill you,” Spock says.

A Vulcan mind meld is the solution.

With seconds to spare, Spock performs the mind meld, the Earps fire the bullets, but these evaporate, and instantly the illusory scene dissolves. The crew find themselves back on their spacecraft. In truth, they've been trapped in a tombstone of the mind.

I invite you to imagine the OK Corral as a metaphor for your body/mind. What do you do when your corral is not ok? How many standoffs have you engaged in within your body? Perhaps, rather than a bullet, it is a diagnosis which has stopped you in your tracks. Oftentimes we base our reality via incomplete information from patched together scenarios.

The *Star Trek* Old West setting was patched together with a saloon, a barber shop. Yet adjacent to the saloon stood a green screen similar to those found on movie sets; blank backdrops onto which images can be superimposed at a later date. The gaps in visual consistency were physically unsettling clues.

The setting reminded me of times I've entered a scenario where something felt off yet I filled in a green screen's worth of missing details and forged ahead. Then, when events proved disastrous, I was left to sift through the inconsistencies on which I had based crucial decisions.

I often work with clients who have blindly forged ahead in relationships or with decisions regarding diagnoses. Oftentimes, the signs suggesting pattern alteration were present but brushed aside. There are many ways we unknowingly aid in keeping illusion solid. Patterns and old conditioning operating energetically in the body can numb us into blind acceptance of a bad situation.

Let's deconstruct the Vulcan mind meld. Essentially it is a total integration of fact and senses, with no lingering doubt.

The question to ask ourselves is this: What ghosts from our past are we negotiating with as we create our present reality? Where are those ghost certainties lodged in our bodies?

The next best thing to a Vulcan mind meld is a close relationship with our own Inner Wisdom. It may be true that history cannot be changed” however it can be turned on its ear, repurposed.

We judge reality by the response of our senses. Once we are convinced of the reality of a given situation, we abide by the rules of that reality.

I suggest you boldly go on an internal voyage, befriending your body so that you can make decisions with integrated information. You just might surprise yourself with less rigid certainty, some radical pattern alterations and a key to a world of creative healing possibility.

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