

Healing Myths, Healing Magic

By Donald Epstein

We all have stories about how life is “supposed to be.” There is a certain sense of entitlement deeply anchored in our body/mind that has been transmitted through our culture. These stories often guide us toward destructive choices that may add to our illness, block our appreciation of healing, and even kill us. I refer to those “cultural hallucinations” as myths. I believe that the right healing magic can help break the spell of our illusions, and help us to reclaim our power to heal.

Our beliefs and expectations color our perceptions of life experiences. We experience symptoms, crises, and events by first reacting with our socially programmed “emotional brain.” Our physiology has already reacted before the “higher brain” has had the opportunity to process the incoming information and to assess the appropriate behavior. The higher brain determines if what we are feeling or sensing is dangerous or benign.

However, this brain “information processing center” has already been programmed by the prevailing cultural mythology. The emotional or knee-jerk type of response to the situation may override a more appropriate response. In my book *Healing Myths, Healing Magic*, I divide our beliefs into four categories: Social, Biomedical, Religious, and New Age.

Like all illusions, the power of our healing myths diminishes when they are recognized for what they truly are, stories that we can either accept or reject. I invite you to entertain the possibility that you are more powerful, creative, prosperous, and compassionate, and have greater healing resources, than you have ever imagined. I invite you to share my personal story that all beings are part of one community, that you are not alone and that your experiences are not in vain.

You do not have to eat primarily from the Tree of Knowledge to survive. You can receive the fruits of the Tree of Life, through which your biology, rather than your understanding, is sacred. Through fully experiencing your biology, you can express spirit more fully and live in a state of grace. From this space, you can gain true knowing, growth, and healing. As I present some myths, you may be tempted to disagree and insist that they are not myths at all. The stronger that feeling, the more likely that particular story is deeply rooted in our culture and ingrained in your personal physiology.

A very powerful social myth is: *In healing, to be average is normal, and therefore desirable.*

“Non-average” is considered pathological or deviant, something to be controlled by the culture of the physician, therapist, or court. Rather than applauding those who stand out from the crowd for their unique abilities or unusual accomplishments, we are suspicious of who do not conform. Our allopathic view of the body follows the same lines, and its applications are intended to bring

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everyone to a “safe normal” or average. “Normal” in a laboratory test does not mean “healthy”; it just means “average.”

If this myth influences your life, you may respond to a concern by asking a doctor, “Is this normal?” If you question whether your behavior is “normal,” or if you wait for the results of a laboratory test to decide if you are healthy or sick, I suggest that you read the following statement, or “magic,” out loud and make it your affirmation for a day:

I have no need to be average or normal.

*I surrender the need to fit into the expectations of others
at the expense of my own evolution.*

*At times, upon claiming my wholeness,
I may look, sound, or “test” non-average.*

*I joyfully celebrate my loss of normalcy and
claim my authenticity, sanity, and health.*