

Example - Choosing Blue Story

Example of a 5 minute story to illustrate a point you want to make

[Setting the platform] I used to have lots of allergies. [Foreshadowing] Oh yeah...carpet fibres, cat dander, the smell of prunes, anything. Couldn't get rid of them. I went to doctors, acupuncturists, I put magnets in my shoes...everything.

[Tilting the Platform] Finally one day a friend tells me about juice fasting. Her allergies went away and never came back. I say "Okay, I've tried everything else." I start reading all I can about it. I buy the special juicer I see on the late night infomercial regularly \$699, but if I buy now I can get it for only \$459. I was really thrilled because not only is it a juicer but it makes bread, shreds documents AND Feng Shuis your living room.

[Consequences] It comes with a book on juice fasting. The book says it is really important that your ph is balanced before you fast or it could be dangerous for you. Most people in our culture are too acidic. The way that you test your ph is you get these little pieces of paper and you drink some lemon juice and then test your ph. [Connection to senses]. It should come out blue. Blue means you still have enough alkaline reserves to balance out an acidic stressor like lemon juice. If it comes out yellow it means you don't have the reserves, so a stressor like juice fasting will be harder on your detoxing organs like the liver. So I tested it and I was blue. Great!

[Consequences] I was waiting until my vacation to start my juice fast and so I tested every day and it was blue, blue, blue and then the day before my fast I had a HUGE fight with my husband. And it was over this really important thing like who forgot to put the lid back properly on the garbage can. Because whoever was responsible for that was also now responsible for now going out in the pouring rain and picking up the garbage that raccoons has strewn all over the back ally.

We were both rushing to get out the door and he finally he just left because he had a plane to catch. So, we didn't get the chance to work it out. [Connection to senses] I am out there in my great outfit -- the wind and rain are blowing in my face - and I'm picking up old spaghetti, egg shells, and sticky paper towels.

[Consequences] The rest of the day I am going over and over it in my mind, I should have said this...and he shouldn't have done that. Has anyone ever stewed over things like that all day? The next morning I wake up, ready to fast. I have my flat of wheatgrass, my mega bag of juicing carrots, the peeling machine is ready to go. I test my ph and it's not blue, it's YELLOW! I'm totally acidic. I hadn't eaten or drank anything different. All I had done was think negative thoughts most of the day. I panic and hunt for the book. I'm flipping through it (flipping madly through book). Sure enough there is a whole section on how negative emotions can affect the alkalinity of your body. So I pick up the phone and call up my husband long distance.

[Act out] "Listen, we have to work this thing out because now I'm too acidic to fast!"

[Getting back to stability] I knew I had to let go of being right in order to get back to peace with my partner. So, I chose to listen to his point of view, validate his perspective. This seemed to make him much more open to hearing my perspective. Finally, we just decided that raccoons are now tricky experts at getting garbage can lids off by themselves. We laughed, said I love you - I love you....and hung up. I immediately felt my system calm down. But, it still took 2 more days for my body to go back to blue.

[New Status Quo] As I said, most people are too acidic due to pollution, the North American diet, and stress, etc. It's harder to stay blue, but I know I can affect the PH balance in my body by what I focus on.

So, after that I can tell you, anytime, I'm driving through traffic and somebody cuts me off and I'm about to go [Act out] "You...!!! Oh, go ahead, my well being is more important than your desire to get to your destination 30 seconds sooner."

[Ending] It's like an important internal decision. I'm not going back to Yellow. It's not worth it. I prefer to stay blue, to CHOOSE blue. Because I always have a choice even in the most challenging of situations.