

Our Need for Story

Years ago, I don't know how many, I came across an author, Brene Brown. I was introduced to her by my brother, John. I downloaded and listened to a book by her called, *Rising Strong* as a Spiritual practice. She mentions another author, Anne Lamott, who invented the term, "[Shitty First Drafts](#)". And that it is absolutely essential to good writing to allow ourselves to write them down. That we need to let the unedited story to make its way from our brain to the page, in order for anything of consequence to come of it. Anne's book, *Bird By Bird*, is about how to write a book. Brene Brown's book is about how to cope in chaos. I have a few quotes below, one of which is Brene Brown's another hopefully will be Parker Palmer's encouragement for us to have the courage to remain in uncertainty. Another book, *The Sin of Certainty* by Peter Enns.

Schopenhauer – see quote about following the rules without knowing them, below. Jung talks about the unconscious mind, as well as Marion Milner, in her book, *A Life of One's Own*, talks about how she discovered automatic writing... a term which frightened me to be honest... it seemed to conjure up images of a spirit taking hold of me, and being the source of the written result... but Jung describes such things, as well as Anne Lamott... as coming from a deep unconscious part of us. Its about a narrative that's already going on in our heads, whether we are aware of it consciously or not. Furthermore, the person who writes it down, later on reads it. The part of our brains involved in writing it down is the child, and the part of our brain used to interpret what we are reading is a different part of our brain, the executive function I think she called it. The adult reads what the child preaches, and is able to see the childishness, and counsel the child, healing oneself in a sense.

The Child is the father of the man. [My Heat Leaps Up](#), by William Wordsworth

I need to write this down, this next thought I mean, before I forget, that in writing that shitty first draft... what the person is dealing with in their unconscious mind... perhaps suppressed? That just because I'd read Anne Lamott's book, I grew hungry to write, and following the rules she outlined...

1. Keep a notebook of writing ideas
 - She used cue cards in her pocket, with a pen/pencil
 - I used a little notebook
 - When a writing idea came to me, I'd simply write it down
2. Write everyday at the same time of day
 - What I write about is not consequential in a sense, but regularly doing it, in order to train my brain to produce
 - Use my note book to draw ideas from
 - Purpose is to practice writing not to come up with an award winning novel
3. Write the shitty first draft
 - Resist the temptation to edit while I'm writing... allow the words to flow, and to be as silly or serious, or emotional as they come about
4. Stop writing
5. Come back to what I've written later
 - Read over what I've written
6. Edit

My first experience in doing rules 1-6 I had an incredible experience. When I was writing I was completely unemotional, but when I read what I'd written to my wife, only moments after ceasing to

write, I was overcome with emotion... I was sobbing from my soul... I suddenly saw who the characters of my story were, and their significance. The only link was that the thought to write, the writing idea, came from my conscious mind, but the origin was evidently much deeper. Oddly enough, I'm still not able to go back and write anymore about that topic. It's just too hard for me. What the heck, eh? Well, the idea was that I am in a waiting room, a doctor's office, and there is another man waiting, and he is not paying attention to me. That's it... I then went about following Anne's rules, to tell the truth, for example... meaning, even though this is a fictional story, I have to describe things as I see them in my mind's eye. For example, describe the carpet, the chairs, the room's air, the décor, what he's wearing, what I'm wearing, where the doctor is, where the receptionist is, etc... which led to other things like the sign-in book, and the commando's storming the room with lights off, and machine guns with laser pointers, and loud shouts... it turned out for me that this other person was at first, myself and my youngest son of my first marriage needing to have a conversation that we have put off... what happened between his mom and I – the divorce and what led up to it – but then the more I thought about it, that other man was the younger me, and the me I am now was me in that story... the older man who'd gone through it all. What unwritten story am I believing, and therefore vulnerable to? About my first marriage, begin, middle and end. Blame is there... accountability is there. If I blame her, I'm letting myself off the hook. M. Scott Peck calls this the Character Disorders, and then there's entirely blaming myself, that's the neurotic type. Blaming others is frustrating because it's outside of my control, blaming myself is better, because at least I can control what I do... but it's not beneficial if it isn't true, either.

Be the change you want to see in the world.

The other day someone close to me expressed concern about their son who seems to be prone to conspiracy theories, or at least has been talking about various conspiracy theories. I don't know if their son calls them that to come to think of it. Then a friend of mine, whom I have been getting to know better, inserted a link for a [YouTube Video about Nasa](#), and very quickly it becomes evident that it is at least in part an accusation that Nasa is the source of deliberate misinformation, specifically that the earth is flat, and film footage of lunar landing etc are fabricated.

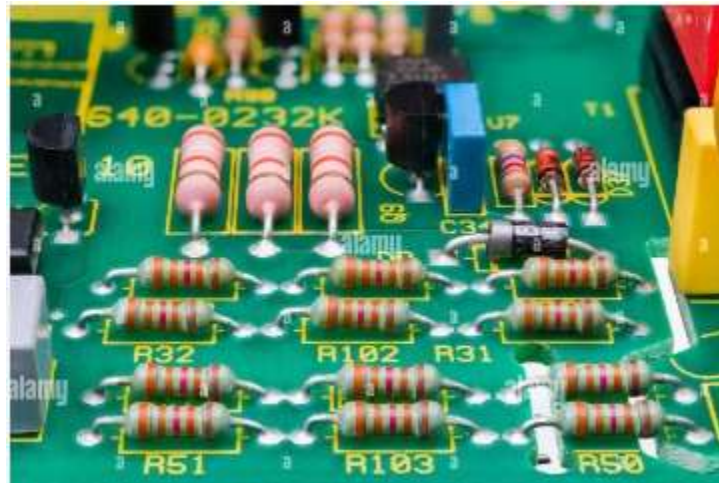
Dove tailing into this for me is a recent change in my mindset in regards to church unity. But by recent, I mean the last few years of my life here. I think of [The Promise of Paradox](#), and [A Hidden Wholeness](#), by [Parker Palmer](#), two books I encountered many years ago, but regardless have remained on my mind, and instead of being disproven, have only been proven more and more correct.

Another book, interesting to me in this regard, now that I'm describing things influencing my thoughts, is [Debt: The First 5000 years, by David Graeber](#). In this book the author thoroughly explores the topic at hand. He chose his book's title wisely. He takes a person regarded by many as the father of Economics, Adam Smith.

It was not always this way. In fact, from the late 18th century until the Great Depression of the 1930s, economics was economics—the study of how human societies organize the production, distribution, and consumption of goods and services. The field began with the observations of the earliest economists, such as Adam Smith, the Scottish philosopher popularly credited with being the father of economics—although scholars were making economic observations long before Smith authored *The Wealth of Nations* in 1776. Smith's notion of an invisible hand that guides someone seeking to maximize his or her own well-being to provide the best overall result for society as a whole is one of the most compelling notions in the social sciences. Smith and other early economic thinkers such as David Hume gave birth to the field at the onset of the Industrial Revolution.

[International Monetary Fund website](#)

Graeber mentions Adam Smith throughout his book, and refers to him in regards to the phrase, "The Myth of Barter" He then goes into other theories about the origin of money. The whole book is an example of excellent scholarship, especially the last part of the book, where he states why he wrote the book in the first place. To start a conversation, to provoke discussion. Adam Smith proposed that in the beginning there was barter... Bob had a need, and his co-cave man had a need, and they met each other's needs by trading. Bob was hungry, and had an extra pair of shoes, Melvin was not hungry, had left over dinner, and cold feet. I'm paraphrasing LOL. He also mentions the control that the 1% of society has over the 99%. That through debt, we are all slaves to the lenders. In many ways his book sounds like a sound argument for a conspiracy theory, we're all at the mercy of the Rich. He also takes on the Stock Market. I found this book, like I have all the other books, in a very eclectic manner. In my pursuit of knowing others, I include reading books that they would recommend to me. Passengers on my bus, for example. This one day as I drove the 601 Boundary Bay bus from Boundary Bay to South Delta Exchange, I engaged a passenger in conversation. Somehow the fact that he had an economics degree, led to me asking him for a definition of money. He gave me Graeber's book title as an answer. Interesting response. I listened, and relistened to this audio book many times. In many ways its outside of my expertise and/or ability to grasp. That's not a first for me by any means. Way back when I first moved to Vancouver here from Manitoba, I went to work for my brother as an installer and trainer of computer equipment in Chiropractor's offices, as part of his being commissioned by the Chiropractor Association President to modify Medical Billing Software from Quebec for use with BC's newly instituted medical billing program, transitioning doctors from paper billing to electronic billing. My brother's brilliance in computer science was evident. For those of you in the know, he began programming as a youth, in grade 10, when he created a lighting controller . . . picture a green board with transistors and diodes LOL



That's what I picture... his invention had for an input, pre-microcomputer age, music, that took the frequencies of each sound wave, and hooked them up to various coloured lights. The result roughly, was disco tech ready. Sound translated into visual. Lights of different colours alternating at the rhythm of the beat etc of music. From there he started his first company a few years later called Richard's Electronics, selling his lighting controllers to Disco's. Soon he graduated to computer programming, using a language called Assembly. Computers, I found out, speak the language called binary, and assembly in one step up from binary. Binary is 1's and 0's... ON and OFF. A bit is either on or off, electrified or NOT. A Bite is 8 bits in sequence.

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is:

OFF OFF ON OFF ON ON OFF ON

I was hired to go install the computer systems needed for these medical offices to bill the provincial government electronically. This meant that I also had to teach 50 year old receptionists on how to use the computers and software. At the time I was in my early 20's. Computers in my school era were mainframe computers, programmed using computer cards. Which were 7.375" long and 3.25" wide, made of card stock. Computers for those 50 year old ladies were even more less likely even in their experience at all. Hard to image in this day an age. In order to bridge the gap between his clients and himself, I read a book called [Inside the IBM PC](#), by Peter Norton. When I came across stuff beyond my grasp, which happened frequently, I sort of flagged it in my mind, labelling it... so that when it came up elsewhere, I'd grasp it a little better. Its like the difference between Neo at the end of The Matrix, and the beginning... where he sees everything around him in pure code... that's my brother...

Back to Graeber's book... and me trying to understand it... I still am... but one personal experiment was my effort to get out of debt. I have succeeded. And it had to start with no longer believing in debt as an option. This had one potential casualty, myself and my family. Well, instead of being a casualty, we are the beneficiaries of this. There is life after Debt... do I need to pursue banks and other money lenders? No. But I can preach the good news of life after debt. Instant gratification comes to mind.

Brene Brown,

"...this making up stories and conspiracy theories is something we all do. Gottschall writes, "Conspiracy is not limited to the stupid, the ignorant, or the crazy. It is a reflex of the storytelling mind's compulsive need for meaningful experience." The problem is that rather than rumbling with vulnerability and staying in uncertainty, we start to fill in the blanks with our fears and worst-case-scenario planning. I love this line from Gottschall: "To the conspiratorial mind, shit never just happens."

[Brene Brown, conspiracy theories and need for narrative](#)

Need for Narrative:

Storytelling helps us all impose order on chaos—including emotional chaos. When we're in pain, we create a narrative to help us make sense of it. This story doesn't have to be based on any real information. One dismissive glance from a coworker can instantly turn into *I knew she didn't like me*. I responded to Steve so defensively because when I'm in doubt, the "I'm not enough" explanation is often the first thing I grab. It's like my comfy jeans—may not be flattering, but familiar.

[Brene Brown, need for story](#)

"Conspiracy theorists are not all likely to be simple-minded, mentally unwell folks—a portrait which is routinely painted in popular culture," said Bowes. "Instead, many turn to conspiracy theories to fulfill deprived motivational needs and make sense of distress and impairment."

[American Psychiatric Association Article](#)

"While it is tempting to dismiss "flat Earthers" as mildly amusing, we ignore their arguments at our peril. Polling shows that there is an overlap between conspiracy theories, some of which can act as gateways for radicalisation. QAnon and the great replacement theory, for example, have proved deadly more than once."

[Don't Ignore it](#)

I think it even went beyond people who are already looking for conspiracy theory, uh, ideas. Um, you had people who'd be looking for videos of the, of the earth from space and they might see this video and then then they might watch it. And then that kind of strengthens those relationships. So YouTube had this kind of arguably accidental, I don't think they were deliberately doing it, but had this algorithm that was recommending sensationalist and extreme ideas regularly to people who were searching for things that weren't necessarily about that. And I think that did serve as a, as a recruitment tool and those two videos and the responses to those, those two videos and video series from Mark Sergeant, Eric Dubay, that really ignited a movement because I think they came around with just the right time or the wrong time in our perspective, uh, that it captured, uh, that YouTube algorithm in full flow.

[YouTube Roll in misinformation](#)

Everything that is really fundamental in a man, and therefore genuine works, as such, unconsciously; in this respect like the power of nature. That which has passed through the domain of consciousness is thereby transformed into an idea or picture; and so if it comes to be uttered, it is only an idea or picture which passes from one person to another.

Accordingly, any quality of mind or character that is genuine and lasting, is originally unconscious; and it is only when unconsciously brought into play that it makes a profound impression. If any like quality is consciously exercised, it means that it has been worked up; it becomes intentional, and therefore matter of affectation, in other words, of deception.

If a man does a thing unconsciously, it costs him no trouble; but if he tries to do it by taking trouble, he fails. This applies to the origin of those fundamental ideas which form the pith and marrow of all genuine work. Only that which is innate is genuine and will hold water; and every man who wants to achieve something, whether in practical life, in literature, or in art, must follow the rules without knowing them.

[Arthur Schopenhauer, Studies in Pessimism](#)

“I had been continually exhorted to define my purpose in life, but I was now beginning to doubt whether life might not be too complex a thing to be kept within the bounds of a single formulated purpose, whether it would not burst its way out, or if the purpose were too strong, perhaps grow distorted like an oak whose trunk has been encircled with an iron band. I began to guess that my self's need was for an equilibrium, for sun, but not too much, for rain, but not always. I felt that it was as easily surfeited with one kind of experience as the body with one kind of food, and that it had a wisdom of its own, if only I could learn to interpret it. So, I began to have an idea of my life, not as the slow shaping of achievement to fit my preconceived purposes, but as the gradual discovery and growth of a purpose which I did not know. I wrote: it will mean walking in a fog for a bit, but it's the only way which is not a presumption, forcing the self into a theory.”

[Marion Milner, A Life of One's Own](#)