

Chiropractic Newsletter | Well-Being

Birthing Humanity: The Power of Story Before Life Begins

Thirty years ago, I set out on a journey not unlike the timeless myth of the hero's quest. It began with a single, pressing question:

How can humanity truly heal?

This wasn't an abstract idea—it came from lived experience, deep grief, spiritual revelation, and an unshakable intuition that we are far more powerful, more brilliant, and more connected than our systems reflect.

What I've discovered is that if we want to change our collective future, we must start before life begins—at the level of story, soul, and the invisible imprints that shape us in the womb.

And to get there, we must recover one of the oldest medicines we have: storytelling.

The First Story: Conception as Origin Myth

We often think of story as something that begins with words. But in truth, our stories begin before language—before birth. In the field of prenatal and perinatal psychology, and through the emerging sciences of epigenetics and neurobiology, we're learning that the narratives we inherit begin in utero.

The mother's inner world, the father's presence, the culture surrounding them—all of it shapes the neuro-emotional architecture of the developing child.

What happens in the womb is not just biological. It is mythic.

Every human being begins as a mystery and a message. And just like in the great myths, the first chapters—our origin stories—have immense power.

These early stories set the tone for how we relate to ourselves, others, and the world. Do we feel safe? Seen? Wanted? Connected? These aren't just emotional questions. They are the foundation of health, creativity, resilience, and purpose.

This is why we must begin the work of healing before conception. Our origin stories matter. And it is in the sacred window of preconception and pregnancy that we can plant seeds of genius—or unconsciously repeat cycles of trauma.

Preconception as Portal: Soul, Intention, and Genius

Many spiritual traditions describe the preconception phase as a liminal space—a doorway between worlds. A time when the soul of the child is near, and when parents have a unique opportunity to call that soul into alignment with love, purpose, and safety.

From a scientific lens, we're now seeing how intention, stress, unresolved trauma, and environmental factors all contribute to the "epigenetic signature" that will influence a child's lifelong development. But beyond science lies something even more potent: consciousness. What if we treated conception as a sacred rite of passage?

What if our culture supported parents to prepare emotionally, spiritually, and relationally before conception?

What if we saw pregnancy as an active co-creation between the soul of the child and the consciousness of the parents?

Legends of Creation as the Seed of Birthing Humanity

Legends of Creation, a soul preparation guide for anyone standing at the threshold of conception, longing to enter that passage with intention, integrity, and reverence, is a workbook of mythic proportions—a ceremonial tool for potential parents to explore their own origin stories, recognize inherited trauma, awaken genius, and cultivate spiritual clarity.

Its pages are not filled with clinical prescriptions, but with sacred questions, intersubjective rituals, storytelling prompts, and what I call “medicine for the unseen.”

But something unexpected happened.

People didn't just prepare for birth—they began dreaming of a new world. Their reflections became mythic. Their healing became cinematic.

Archetypes emerged. A collective story took shape. And that's when I realized: This was more than a book. That was the beginning of Birthing Humanity, a cinematic story that gives voice to the inner transformations sparked by Legends of Creation.

Storytelling: The Golden Thread to a Moral Imagination

At the center of this work is storytelling.

Not storytelling as performance.

Storytelling as ceremony.

Not narrative as distraction.

Narrative as transformation.

From the womb to the world, storytelling is what carries the genius. It is how we encode meaning, metabolize trauma, and imagine futures. It is the thread that can reconnect us to each other and to the soul of the Earth.

In an era starved for moral clarity and emotional truth, story becomes the seed of a new moral imagination.

It allows us to ask deeper questions: What kind of world are we preparing our children to enter? What kind of ancestors are we becoming? What does it mean to birth not just children— but culture, compassion, and consciousness?

The Healing Power of Story

I've spent much of my life working with people facing homelessness, addiction, trauma, and deep systemic neglect. What I found in those spaces—beneath the pain and beyond the statistics—was a recurring truth: Every fractured life is built on an untold story. **And usually, that story began long before the individual was born.** In silence. In stress. In separation.

And yet—within every person, no matter how lost— they carried a spark. A surviving genius. An intact dignity. That spark became my teacher. It taught me that storytelling is not simply expressive—it is regenerative. It's not just how we pass information; it's how we recover identity, coherence, and meaning.

When we reclaim our first stories, we reclaim the blueprint for our healing. So I ask: What would change if we told our origin stories differently? What kind of children would we raise if they were welcomed with genius, love, healing, music, touch, safety, and reverence? What kind of world could we co-create if we remembered that every child is a myth waiting to be honored?

From Wounds to Wombs to Worldview

This work is not about fixing what is broken. It's about remembering what is whole.

It's about shifting our cultural compass—from intervention to intention, from treatment to transformation, from trauma response to trauma prevention and genius amplification.

Healing begins before we are born.

Story begins before we speak.

Consciousness begins before we conceive.

And in remembering this, we don't just birth children.

We birth humanity.

By Joseph Jacques

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