

## The Humpback Whale

A story on the front page of the San Francisco Chronicle on Thursday, December 14, 2005 told about a female humpback whale that had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her tail, her torso, and a line tugging in her mouth.

A fisherman spotted her just east of the Farallon Islands outside of the Golden Gate Bridge. He radioed an environmental group for help. Within a few hours the rescue team arrived and determined that the only way to save her was to dive in and untangle her. This was a very dangerous operation. One slap of the tail could kill a rescuer. They worked for hours with curved knives and eventually freed her.

When she was free, the divers say she swam around in joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around, thanking them.

Some of the divers said it was the most incredibly beautiful experience of their lives. The diver who cut the rope out of her mouth said: "her eye was following me the whole time, I'll never be the same again."

This true story serves as a metaphor for Advanced Integrative Therapy (AIT). Clients are like this humpback whale helplessly entangled in the lines of traumas and distorted beliefs. AIT practitioners are like the divers using the AIT Protocols like curved knives cutting the cords of those traumas and limiting beliefs one by one.