

MY BACKYARD VINE STORY: AN ANALOGY

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When I bought a house a few years ago, I inherited a wonderful backyard of vegetation from around the world that the previous owners had planted. When I walked around to enjoy the yard I soon noticed dark ugly vines crawling through the flowers and shrubs. Soon, I had to start cutting and pulling them back to prevent them taking over. I eventually had to hire someone to help keep them at bay. I finally realized that I must find and dig out the roots of each vine to prevent further spreading, a difficult and time consuming task leaving me no time to cut them back. My yard began to look messy again. The roots were under rocks, in the neighbors' yard, or tangled with other plants. Still, the roots had to go.

At the same time, I was dealing with a problem in my work as an Advanced Integrative Therapist. Many of my clients who had either previously worked with conventional therapists, or were new to therapy, expected just to talk about what had bothered them during the week, and I found it very difficult to get them to address the causes or origins of these symptoms/problems. I realized that this resembled my backyard problem with the vines. I had cut the vines out so the yard would look better (i.e. the client would feel understood and temporarily feel better) but had totally ignored the roots hidden underground.

I realized that my clients focused on their present symptoms because they were visible. What they experienced was not the true causes (roots) of those symptoms. Since I use a form of therapy that seeks the roots of clients' symptoms, I had to learn how to help them to focus on their earlier life traumas that remained the root of their current symptoms.

After practicing Advanced Integrative Therapy (AIT) for over twenty years, I came to realize that most presenting problems and issues resembled the vines in my backyard. Having practiced conventional therapy and focused on the various versions of DSM for years, I had treated symptoms rather than the causes of those symptoms. I tried cutting back and pulling out the vines without focusing on the roots, which in AIT are the early developmental traumas and patterns.

Once I understood the difference between treating roots rather than vines, an idea to which all of Dr. Clinton's protocols finally awakened in me, I noticed that the most frequently encountered roots occurred in the relationship between one or both of my clients' parents. Clients mostly remained unaware that those earlier traumatic patterns provided the source of their current symptoms. It made sense to me that they could not consciously identify preverbal or pre-memory traumas to me in therapy.

As a result, I worked to develop the Parental Projection Protocol as a way of using muscle testing to identify these early developmental traumatic patterns with one or both of the client's parents (or stepparent). Listening to the client's current problems/symptoms/triggers, like looking at the vines in my backyard, helped track them back to the roots, which were usually, but not always, early developmental traumas with parents. By using muscle testing to identify the early traumatic patterns I could efficiently and effectively treat the true origins of the client's symptoms and presenting problems.

I discovered that by using muscle testing to discover the roots of the client's symptoms, whether the client was conscious of or remembered the early traumatic pattern, I could efficiently and effectively treat the roots of their problems. The Parental Projection Protocol also directs the therapist to muscle test for how the client has introjected the early traumatic pattern, projected it onto future relationships, getting triggered by similar current life experiences, and continued to carry negative emotions and physical sensations from the early traumatic patterns.

I also discovered that since traumatic patterns overlap I can use muscle testing to optimize the "domino effect" by identifying high priority patterns first, much like pulling the tap root out of a plant.

To continue this admittedly imperfect analogy one final step, what about the roots growing in my neighbor's yard behind an eight foot wooden fence? In this case using muscle testing can uncover traumas and traumatic patterns hidden in the client's unconscious from their pre-memory and before they had language. Once I began using muscle testing to find these hidden roots, I have become humbled and exhilarated at what I can find and treat using the energy centers (chakras) that seem more than willing to release these roots. I remain unsure whether a

conventional therapist who does not use muscle testing, or a client who has not experienced the power of muscle testing can truly understand what I describe. Only after I started trusting muscle testing could I abandon my conscious limitations and begin working with what lay hidden beyond the fence.