







Postings on Elnora Van Winkle *October, 2006 – December, 2006*

Author	Message
Daniel Mackler Site Admin Joined: 03 Aug 2006 Posts: 523 Location: New York City	<p>Posted: Sun Oct 29, 2006 7:46 pm Post subject: Elnora Van Winkle and RST - an odd irony   </p> <hr/> <p>Hi all,</p> <p>I had a very odd and interesting experience today. I was looking through the forum and following the links provided, and I took the suggestion and started reading about Elnora Van Winkle, the creator of RST (Redirecting Self Therapy).</p> <p>Dennis wrote:</p> <div style="border: 1px solid #ccc; padding: 5px; margin: 10px 0;"><p>I also admire Elnora van Winkle very much (she passed away a few years ago) because she's the missing link between Janov and Miller.</p></div> <p>These are the links I followed:</p> <p>John wrote:</p> <div style="border: 1px solid #ccc; padding: 5px; margin: 10px 0;"><p>Having said that, there has been a new discovery that emerged out of New York University in 1999. It's a cure for depression and anxiety (and addiction). Sounds over the top? Here are specific links and you yourself be the judge. ... http://www.redirectingselftherapy.com</p></div> <p>John wrote:</p> <div style="border: 1px solid #ccc; padding: 5px; margin: 10px 0;"><p>... RST on www.gocure.com ... Remember, the RST therapy is all about not letting parents off the hook one single centimeter.</p></div> <p>The big irony: While reading the various pages about RST I realized that I'd read a lot of this before – several years ago. Then I realized that I had heard a lot about Elnora Van Winkle because one of my closest friends and colleagues in New York City was extremely good friends with her back in the 1980s and 1990s. I myself never met her, and primarily just knew her as Ellie, but I had heard a huge amount about her – though less about her theory and more about her as a person.</p> <p>My friend, Fred Timm was a Twelve Step Program member (he said it was okay for me to share this) and got Ellie into AA back in 1982. She was an active addict when they met. He knew her up until her death in 2001, and visited her in the hospice right before she died – he thinks it was a day or so before. I remember when she died, because he told me all about it – and about his last visit with her.</p> <p>I spoke with him tonight and he said he would gladly give me an interview about Ellie. She actually turned Fred on to Alice Miller, and Fred is one of the most insightful people I know, about life and about Alice Miller. He read an early draft of my Alice Miller paper and gave me some excellent suggestions, which I incorporated.</p> <p>This evening Fred and I spoke at some length about Ellie, and he had some very insightful things to say about her, some of which corroborates things said by her and about her on the various websites, and some of which sharply contradicts it.</p> <p>I will do the interview soon, and I will post it on my iraresoul.com website. For those interested in Van Winkle and RST, it should be very informative and provocative.</p> <hr/> <p>Daniel Mackler</p> <p>http://iraresoul.com</p>
Dennis	<p>Posted: Sun Oct 29, 2006 8:38 pm Post subject:   </p> <hr/> <p>How remarkable things go sometimes. As if we're in an episode of Lost. It all connects somehow but we</p>

Joined: 20 Oct 2006
Posts: 140
Location: Sweden

don't know why.

I look forward reading the outcome of your discovery.

Dennis

Yes, there's another forum dealing with Alice Miller's findings... www.wallsofsilence.com

Cesar Tort

Posted: Sun Oct 29, 2006 8:40 pm Post subject: Oops!



FAQ link cited above by Daniel re RST wrote:

Q: I am on antidepressants, will this interfere with my recovery. A: Follow your medical doctors advice about all medications...

Oops! Your Ellie didn't read Peter Breggin!

FAQ link cited above by Daniel re RST wrote:

If you have an abusive partner, find a safe place to do the redirecting...

Oops! Your Ellie didn't advise [her reader] to divorce the bastard!

FAQ link cited above by Daniel re RST wrote:

When you have released all your anger you will have forgiveness, love, and gratitude for them [the parents].

Oops! Your Ellie was certainly the missing (Neanderthal) link between Janov and Miller!

Cesar

Last edited by Cesar Tort on Sun Oct 29, 2006 9:45 pm; edited 1 time in total

Dennis

Posted: Sun Oct 29, 2006 9:04 pm Post subject:



Joined: 20 Oct 2006
Posts: 140
Location: Sweden

Breggin doesn't recommend that anyone should radically stop taking anti-depressants. Ellie simply stated that she doesn't want to bear responsibility for people's medical addiction but made it clear that after RST they wouldn't be needing anti-depressants. You forgot that she also said: Give him/her a copy of The toxic mind article and ask him to help you withdraw.

Do you deny the withdrawal effects of addictive medication, Cesar?

Ellie wrote:

Q What about people who abuse me now?

A When people abuse you now you are likely to over-react because your anger, which may now be rage, is a mix of anger that was suppressed in childhood and your anger at the current abuser. Mentally redirect anger using the self help measures to your parents or early caretakers. Then if appropriate, calmly confront the person, by saying something like, "I was uncomfortable with....." If you over-react anyway, and feel guilty, recognize the guilt as anger turned inward and do some redirecting.

I've personally watched people raging towards their abusive partner. My parents often did this with each other. If they had re-directed some of that anger to the cause, I'm sure they would be divorced by now. And trust me, many people told them: get a divorce. My oldest sister, she divorced her abusive bastard husband eventually. And guess what? She got together with another bastard. So advising people in abusive relationships to just divorce, isn't going to solve the situation. More needs to be done, before and after.

Ellie had her blind spots but some of her work fits very good within Alice Miller and Janov's discoveries. Just the tip of the iceberg, remember?

Dennis

Yes, there's another forum dealing with Alice Miller's findings... www.wallsofsilence.com

Cesar Tort

Posted: Sun Oct 29, 2006 9:19 pm Post subject:



Joined: 02 Aug 2006
Posts: 394
Location: Mexico City

Dennis wrote:

Breggin doesn't recommend that anyone should radically stop taking anti-depressants.

In *Your Drug May Be Your Problem: How and Why to Stop Taking Psychiatric Medications* Breggin did recommend stopping taking anti-depressants, though gradually to avoid withdraw symptoms.

By the way, Ginger Breggin sent me that book for free after I did some translations for her.

Cesar

John

Posted: Thu Nov 02, 2006 7:24 pm Post subject:



Joined: 22 Oct 2006
Posts: 269

VanWinkle's stuff is hard to understand because it's so simple. I combed and reviewed www.gocure.com for over a year. I must have written two thousand pages concerning 12 step, addiction, codependency and RST

(remember VanWinkle came from 12 step...she thought that the 12 steps were the 12 days of Christmas back in the 1980s). I doubt anyone has done more RST than I have. And then to find out the connection to you Daniel? That's more than strange. I searched high and low for people doing RST work. That's how I found Dennis's Alice Miller forum. I did the work entirely from the www.gocure.com website. I wrote to people all over the world. I corresponded with Arthur Janov who asked "what's this flooding?" After a complete explanation he dismissed it out of hand...without saying why. And on the other Miller forum primal therapy is said to be equal to RST. I can understand why he rejected it. It's too unbelievable. Many things that are true are like that. Such as drugging children with ritalin.

RST. I guess that's why I am so focused on codependency (addiction) as a root of all of this.

1. Poisonous pedagogy
2. Fight or flight suppression
3. Then the detox **crises** later in life
4. Mood altering to deal with them.
5. Sick codependent relationships re-enacting the poisonous pedagogy and as a key addictive mood alter of the detox crises in the noradrenergic neurons.

Cesar wrote:

Quote:

FAQ link cited above by Daniel re RST wrote:

Q: I am on antidepressants, will this interfere with my recovery. A: Follow your medical doctors advice about all medications...

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Oops! Your Ellie was certainly the missing (Neanderthal) link between Janov and Miller!

It looks like the theme isn't going to go away, and RST is based on Alice Miller's work.

Since there is such familiarity with Miller's work here, this could get mighty interesting.

All these questions are going to be answered powerfully.

[The most interesting of all is probably this one:](#)

Cesar wrote:

Quote:

FAQ link cited above by Daniel re RST wrote:
When you have released all your anger you will have forgiveness, love, and gratitude for them [the parents].

Oops! Your Ellie was certainly the missing (Neanderthal) link between Janov and Miller!

Any thoughts on why VanWinkle is the opposite of what is being suggested here? Get why forgiveness is the key? WOW. A whole new definition of forgiveness which leads out of the dark repeating world of blame (poisonous pedagogy-adult child) and into the land of responsibility (adulthood).

It's really quite amazing to me. A little vindicating after 3 years of floundering in the dark just doing the therapy. At least I had two other people in Chile who were doing it ...one who lived across the street from me. And that story in ITSELF is like an episode of Lost.

John

Daniel Mackler
Site Admin

📧 Posted: Fri Nov 03, 2006 1:26 pm Post subject:

 quote  edit  x  ip

Joined: 03 Aug 2006
Posts: 523
Location: New York City

Van Winkle wrote:

When you have released all your anger you will have forgiveness, love, and gratitude for them [the parents].

Cesar wrote:

Oops! Your Ellie was certainly the missing (Neanderthal) link between Janov and Miller!

This brings up interesting stuff. I do believe that forgiveness is possible, even toward parents, but only after ALL anger at them is worked through and process, and ALL traumas caused by them are healed fully. That is a cornerstone of my philosophy. Anyone who claims full forgiveness and love and gratitude toward his parents before having worked through ALL the traumas they committed on him is DISSOCIATING – and...dissociation mimics enlightenment.

Did Ellie fully forgive her parents, fully love them, have full gratitude toward them?

If she really did – or claims that she did – then she was fully enlightened. If she didn't – and yet still claims that she did – then she was deluding herself and was partially dissociated. Will I entertain the possibility that Ellie Van Winkle (oddly, a woman who was a very close friend of a very close friend of mine!) was the first fully enlightened person I have ever heard of. My mind is truly open to the possibility, though I deeply doubt it. I'll bet she was partially enlightened and partially in denial – partially fooling herself. And I think that after we examine this more fully we can mutually come to a clearer picture of what was really going on.

Regardless, as I've said elsewhere – and you have suggested too – even if Ellie was not fully enlightened, that does not mean that I'm going to throw out her philosophy and self-therapy method. My gut is that it's still very good, and has a lot to offer, even if it's partially out of touch.

One last thought here: so many write about forgiveness and gratitude as a goal. I don't see it as a goal of this process at all. If people see that as a goal then generally they still have unconscious designs to have their parents love them. I see forgiveness – and heaven forbid, even gratitude – as a CONSEQUENCE of a good process. If it happens, great, because then I don't have to have anymore

anti-parent bitterness inside of me, but if it doesn't happen, then oh well, I still have more work to do...
But my goal in life is not to love my parents. My goal is to heal myself and become free.

Daniel Mackler

<http://iraresoul.com>

John

Posted: Fri Nov 03, 2006 3:08 pm Post subject:



Joined: 22 Oct 2006
Posts: 269

Daniel wrote:

Quote:

One last thought here: so many write about forgiveness and gratitude as a goal. I don't see it as a goal of this process at all. If people see that as a goal then generally they still have unconscious designs to have their parents love them. I see forgiveness – and heaven forbid, even gratitude – as a CONSEQUENCE of a good process. If it happens, great, because then I don't have to have anymore anti-parent bitterness inside of me, but if it doesn't happen, then oh well, I still have more work to do...

But my goal in life is not to love my parents. My goal is to heal myself and become free.

This is exactly the idea I have and the basis of what RST is all about. Having said that, I don't think RST is capable of doing it. I think it can make a huge dent in the process, and even be responsible for allowing a person to make his way towards full healing.

Here's the thing that has come across my path about healing (as mentioned earlier). The primal defenses would ALWAYS (in my opinion) give back a reading of "enlightenment" long long before such a state would be reached.

Enlightenment? Wouldn't that require something of a more esoteric nature? That's going to me renouncing body identity and seeing more "reality" (an integrated whole...far beyond my own ego-based identity). I'm just not interested in that. I want to heal my human self. Even if that's some kind of illusion or whatever. The very fact that I think that is the task will of course automatically put me in the "denial" category, but that's ok by me.

It's best to look at primal therapy-RST in terms of biological healing in my opinion. Neurosis. Hmmm. Neuro-sis. Could it be something to do with neurons people? And the processing occurring in the brain due to dysfunction in the neural net?

Esoteric can come afterwards. After I've made my very very best attempt at healing my "self" such as I understand it today.

Maybe along the way this will change.

I don't think VanWinkle was enlightened by a longshot. It peeps out here and there. No way. But she cured herself of schizophrenia. Not a bad deal. She also revealed that psychiatrists specialize in a whole bunch of made-up diseases. At least that's her theory.

She missed the boat on quite a list of things. But I don't think she missed the boat on neurosis and how it plays out in the human brain.

John

John

Posted: Fri Nov 03, 2006 3:12 pm Post subject:



Joined: 22 Oct 2006
Posts: 269

One more point about forgiveness:

VanWinkle points out how forgiveness while under the effects of trauma is pure delusion. Her emphasis to avoid forgiveness like the plague and do the work. But even so, a dissociated person may have SOME healing left to do and think that they have reached forgiveness by getting all the anger-tears out (sympathetic-parasympathetic nervous system detox). But I wonder if that's possible to be SURE about.

Perhaps the deepest of the deep projections are going to remain. VanWinkle sure did a deep cleaning though. That's pretty clear. It seems she only lived one year in that state (from what I gather in the writings).

John

Cesar Tort

Posted: Fri Nov 03, 2006 3:43 pm Post subject:



Why don't you write articles about Elnora Van Winkle in both the English and the Spanish Wikipedia?

Joined: 02 Aug 2006
Posts: 394
Location: Mexico City

Cesar

John

Posted: Fri Nov 03, 2006 4:57 pm Post subject:



Cesar,

Joined: 22 Oct 2006
Posts: 269

It's a really good idea, but I don't think I'm ready for that. If I can go from having PTSD to becoming totally healthy using her methods, sure. The other thing I haven't talked about is the additional work I believe some people need when doing "primal therapy" (RST). Detox stuff. Just like when you eat a chocolate bar or french fries...or anything with junk in it...most of it goes into the lymphatic system. And it's VERY slow moving. From my own experience dumped anger (norepinephrine) goes into the lymphatic system. I have a guy coming several hours a week doing acupuncture (like acupuncture) which has really picked up the pace of dumping the crap. I don't know the name in English for "vaso" but it's the pump of the lymphatic system. Mine was intocable via pressure points. It hurt with the slightest touch. In six weeks? Neutral. Same for the liver. The thyroid and pituitary were totally out of whack too. So was the pineal gland. Did the therapy cause this? I don't know. I'm sure it was way out of whack anyway. These glands are all approaching normal function now.

VanWinkle mentions nothing about this. My final words on her therapy are yet to come. It could be a while.

John

Daniel Mackler
Site Admin

Posted: Fri Nov 10, 2006 1:38 pm Post subject:



(also posted in a different section of this forum)

Joined: 03 Aug 2006
Posts: 523
Location: New York City

John,

Exciting news! All plows forward with my Van Winkle research project. Firstly, I did the interview with Fred Timm (who knew her well) and collected a lot of fascinating data about Van Winkle – information that I hold to be totally relevant to her work and to her version of the facts about her life and her healing.

Secondly, and perhaps more importantly to you, Grace Jackson, M.D. just wrote a serious review of the scientific paper Van Winkle published in the year 2000, and she's literally one of the top people in the field to do this, so it's a big deal that she wrote this. She is critical of Van Winkle's scientific claims, but is respectful and takes her work seriously.

It might be worth doing a yahoo search on Dr. Jackson to find out a bit more about her. Here's one article to start with: <http://psychrights.org/articles/reducingthebrainignoringthesoul.htm>

Many of the top people who are publishing right now on the dangers of psych meds cite her and defer to her work. Peter Breggin holds her in extremely high regard, and from what I've seen in my organization, ISPS-US, no one knows more about neuropsychiatry than she does – and is no one is more bold about her humanistic approach. I'm sure Ellie would have respected her words highly, though probably feared them as well.

I will be posting both the Timm interview and the Jackson review on my website, because they are both packed full of valuable information. Hopefully I can get both done this coming weekend, and definitely by the end of next week.

Also, I'm going to post this bulletin board reply on a couple of different places so people will be able to see it...

Also, once I get more settled I will respond more thoroughly to your critiques of what I've written about Van Winkle thus far.

And thanks for being persistent with this subject – you have inspired me to take Van Winkle's work seriously. And soon I'd like to actually test some of her therapeutic theories on myself. Maybe I can write that up too.

-Daniel

Daniel Mackler

<http://iraresoul.com>

John

Posted: Sat Nov 11, 2006 11:03 am Post subject:

 quote  edit  ip

Joined: 22 Oct 2006
Posts: 269

Daniel Mackler wrote:

And thanks for being persistent with this subject – you have inspired me to take Van Winkle's work seriously. And soon I'd like to actually test some of her therapeutic theories on myself. Maybe I can write that up too.

I think anyone who can share actual life experience is going to be the most impacting. Scientific review will be a distant second, if it even makes it to the starting line. Phil made a clear point. Lots of "evidence" exists about evolution and people aren't convinced. Tobacco companies were OVERWHELMED with evidence and billions of dollars being spent on the sick and dying from their products. Cigarettes are still sold everywhere. Warning labels? They arrived in Chile THIS YEAR. It's 2006. Psychiatry would love to have people attack it via scientific evidence, because you can't win doing that. But whole groups of people starting to get better? Actual real live people releasing trauma? Depressed people eliminating their depression (even if they don't get at the whole neurosis)? That's powerful. Dry scientific arguments aren't.

I'd love to find other people who have done the work or are doing it. I had a core group of 3 doing it, but we all advanced and changed so much, that we grew apart. We're not even the same people. It's like the basis of relating to each other just evaporated. The treatment was very powerful in the early going.

I would like to keep going (I believed VanWinkle when she said post-flood in as little as a few months....and she was wrong about that in my case). To me reading other people's experience is the most important.

I still think the 15 minute test (making sure all 15 minutes are intense redirecting) will work for anyone. I can't see how it couldn't. I had mentioned how interesting it would be to me to see how asymptomatic people react to RST. People without PTSD, visible (to them) addiction, depression, anxiety disorders, ADHD etc.

John

John

Posted: Sun Nov 19, 2006 9:23 am Post subject:

 quote  edit  ip

Joined: 22 Oct 2006
Posts: 269

In a conversation with another person it became clear to me that something slipped under the radar. RST is a "cure" (to the extent that complete redirecting can occur) due to CRYING. The cure comes from the crying (which happens during what is known as "muddy basin"...when there are still areas of atrophied neurons that need to flood some more). My own experience has been a tandem effect ...but the crying did not emerge until over 200 hours, at least not at the intensity she had predicted. When it did though, it was as she had outlined in her writings.

John

Daniel Mackler
Site Admin

Posted: Sun Nov 19, 2006 10:56 am Post subject:

 quote  edit  ip

Joined: 03 Aug 2006

Just a quick note (because I'm still in major time crunch mode): I finished my paper assessing Van Winkle's work, and I have placed it, the interview about her with Fred Timm, and Dr. Grace Jackson's

Posts: 523
Location: New York City

paper on my www.iraressoul.com homepage.

Curious to know what people think!

Thanks for being patient.

-Daniel

Daniel Mackler

<http://iraressoul.com>

Dennis

Posted: Sat Dec 23, 2006 7:38 am Post subject:



Joined: 20 Oct 2006
Posts: 140
Location: Sweden

Just a quick note on Van Winkle and Alice Miller. Recently I read that Miller mentioned Van Winkle for the first time (in the letter section). I repost this letter here:

*From Beijing again
Saturday December 16, 2006*

Dear Alice:

I really appreciate you take a time to read this email.

I wrote to you a while ago and I got some answers for my problems. I'm a 35 years old spanish journalist living in Beijing for 4 years now. I've already read almost all your books.

I didn't get any answer for my last email, sent last May. Anyway I have lots of trouble with my email since I'm in China.

Since September I'm doing a new therapy here in Beijing with an Austrian psychologist specialized in child abuse. She used to work for the police back in her country. I'm very happy with the progress that we are doing, which until now has been mostly a research about my own past, as I don't have yet the strength or the ability to recover my own memories. We've got to a point were it is quite obvious that I was sexually abused by my uncle, an alcoholic man who used to live with my family for 10 years and later mistreated and abused his daughter as well. I've been in touch with my cousin for the last few months after 25 years without news about her. In our last conversation a week ago my cousin told me about some evidences of sexual abuse, although she cannot remember yet. It was the first time that she told me how his father mistreated her, and also the first time for me that anybody told me how evil was my uncle, who has always been protected by my mother. After this conversation I suffered a breakdown, cried in a deep grief followed by a rage stroke.




I would like to ask you if there is any kind of self-help measures to speed the recovery of these memories. My body is still deeply afraid of remembering as I was also mistreated and abandoned by my parents, but it is the only way for me to face my past. My current therapist told me that memories will come back alone from now on, as I now have evidences that I was somehow sexually abused. I might not be able yet to do it, as I still feel clogged up. I trust her and I think we are doing a lot of progress compared to the two other therapists I had here, and that she is respecting my rythm to remember. But also understand that not every therapist is perfect and you might recommend me some clues in order to unblock these memories.




I've been lately reading an article, "Biology of emotions", by Elnora Van Winkle (New York University), and I would like to know also your opinion about it.

I thank you very much for your advice. M. Z,

AM [Alice Miller replied]: It seems that you found the right therapist and you can also feel the rage about what happened to the small girl. If you can feel indignation about your parents and the uncle without wanting to protect them, you are on the best way to protect the child in you who suffered once so much without any witness. This process takes time, be patient and don't expect miracles from yourself. Van Winkle was also on the path to discover the important dynamic of child abuse and its effects but I have the impression that she could not go to the end of this path, looking for reconciliation. Unfortunately, this happens to many. Have you read The Body Never Lies?

source: www.alice-miller.com




<p>Daniel Mackler Site Admin</p> <p>Joined: 03 Aug 2006 Posts: 523 Location: New York City</p>	<p>Yes, there's another forum dealing with Alice Miller's findings... www.wallsofsilence.com</p> <p>Posted: Sat Dec 23, 2006 12:18 pm Post subject:   </p> <p>Thanks for posting this, Dennis. Very interesting. I find Alice Miller's statement about Van Winkle a bit difficult to decipher – because of Miller's imprecise grammar.</p> <p>Alice Miller wrote:</p> <div style="border: 1px solid black; padding: 5px;"> <p>Van Winkle was also on the path to discover the important dynamic of child abuse and its effects but I have the impression that she could not go to the end of this path, looking for reconciliation.</p> </div> <p>What does this mean exactly? Does it mean that Van Winkle could not go to the end of this path because she was looking for reconciliation with her parents (which in reality appears to have been the case with Van Winkle)? Or does Miller mean that Van Winkle was NOT looking for reconciliation with parents (and that reconciliation with parents is important) and thus got stuck?</p> <p>It's hard to tell from what Miller says.</p> <p>I sure know my point of view though! Forget reconciliation. Heal first, and forgiveness, if it ever comes, is only a consequence.</p> <p>Daniel Mackler</p> <p>http://iraresoul.com</p>
<p>Dennis</p> <p>Joined: 20 Oct 2006 Posts: 140 Location: Sweden</p>	<p>Posted: Sat Dec 23, 2006 12:59 pm Post subject:   </p> <p>As I understand it, Miller says that Van Winkle was on the right path but couldn't continue all the way because she was still looking for reconciliation with her parents. This is also what we have talked about and which became clear, at least to me.</p> <p>Dennis</p> <p>Yes, there's another forum dealing with Alice Miller's findings... www.wallsofsilence.com</p>
<p>Daniel Mackler Site Admin</p> <p>Joined: 03 Aug 2006 Posts: 523 Location: New York City</p>	<p>Posted: Sat Dec 23, 2006 1:10 pm Post subject:   </p> <p>Yes, Dennis, this makes sense. So in this case it sounds like Alice Miller is right. I wonder when she figured this out about Van Winkle.</p> <p>Daniel Mackler</p> <p>http://iraresoul.com</p>
<p>cc</p> <p>Joined: 06 Oct 2006 Posts: 47 Location: Long Island, NY</p>	<p>Posted: Sat Dec 23, 2006 2:39 pm Post subject:   </p> <p>Quote:</p> <div style="border: 1px solid black; padding: 5px;"> <p>Dennis Wrote: As I understand it, Miller says that Van Winkle was on the right path but couldn't continue all the way because she was still looking for reconciliation with her parents. This is also what we have talked about and which became clear, at least to me.</p> </div> <p>Hi Daniel and Dennis,</p> <p>This is so interesting. I agree with this opinion Dennis but isn't it strange that Alice Miller has demonstrated that she also seeks reconciliation with her parents in some of her writings?</p> <p>I think that this scenario (reconciliation with parents) will always play a part in our journey to heal our selves (at least for me). It is in realizing the many ways that I do this that I will be able to go further in my healing.</p>

Phil Posted: Sun Dec 24, 2006 12:08 am Post subject:  quote  edit  IP

Joined: 10 Nov 2006
Posts: 44

Dennis,
This is a real interesting letter from Alice Miller.
It is interesting about the question of reconciling or forgiving parents.
I have to say, in primal circles this question doesn't seem to come up much. I don't really hear about anyone shortcutting the process and forgiving or reconciling with their parents.
Our parents mainly were the cause of our traumas.
Yet, I would say, the more that pain is felt, the less it is necessary to "blame" them.
Feeling all the anger, sadness, need etc. is what is mainly healing.
I have known for years my parents were quite negligent and unfeeling, etc. But what is a different thing is to fully connect with all the feelings from the past that relate to that.

Phil

John Posted: Sun Dec 24, 2006 4:36 pm Post subject:  quote  edit  IP

Joined: 22 Oct 2006
Posts: 269

cc wrote:

Quote:

This is so interesting. I agree with this opinion Dennis but isn't it strange that Alice Miller has demonstrated that she also seeks reconciliation with her parents in some of her writings?

I think that this scenario (reconciliation with parents) will always play a part in our journey to heal our selves (at least for me). It is in realizing the many ways that I do this that I will be able to go further in my healing.

I find this relevant given the following context:

Daniel wrote:

Quote:

Forget reconciliation. Heal first, and forgiveness, if it ever comes, is only a consequence.

This is to me what RST has been all about. This is the heart of the matter.
And a person who has PTSD or severe anxiety disorder or lots of symptoms knows they have a lot of healing when there is improvement in their symptoms. I focus on that and the actual practical aspects of therapy (like primal people).

Theoretical consideration of therapy is ok, as long as there is a constant grounding to practice. To the day to day reality of healing. VanWinkle doesn't have a theoretical focus other than her backwards engineering and guesses at what was going on to create such a dramatic release of symptoms. Reductionism can't really explain the brain.....although votes against RST seem to use reductionism as a reason for it not being valid...without a single line of anecdotal evidence.

I suppose it could be argued that with the release of symptoms there is a balancing in the brain which continues to keep the "hope of getting love from the parent alive". That could happen. Stone write that the brain ONLY cares about balance, which is why so many neurotics can function (note world leaders). And from that false balance the patient points towards reconciliation as an action rather than a consequence as suggested by Daniel. VanWinkle stress consequence over and over again in her forum. She has a special cautionary note to not seek reconciliation as this interferes with the therapy.

For me? I watch my dreams. I see that there has been much reconciliation due to the massive shifts coming from several hundred hours of RST therapy. Dreams of my father laughing at many of his own flaws which he would never ever admit while alive. I t was recently pointed out that I am my father in these dreams.

I also think that the seeking of reconciliation with parents can happen with parental replacements and

is it THOSE that are the most important in RST. The projections. That's how the therapy gets done. Once the therapy is done (and perhaps VanWinkle didn't go all the way....why I continue to do the therapy), healing creates a spontaneous reconciliation which is based on the point of healing: Individuation from the family of origin.

My use of therapy and understanding of codependency has come from a lot of writers, Alice Miller being an important one. I got this sense of "what did Alice mean" as being significant. Dennis's interaction with Miller showed she's just another person and likely not too healed. She seems to have a deep layer that remains untouched...and she's really intellectual. A bad sign. A guy like Thomas Stone (who is not intellectual at all or academic) really puts the emphasis in the right place and talks about day to day healing. In the field. In life. Either way? I don't see either of them as "authorities" on anything other than having had some powerful insights and experiences.

Even VanWinkle. I used her therapy amidst 3 other really important therapies. Hers was clearly the most important due to what it does to the brain and it's ability to create unbelievable grieving...but all of the people around now are really pioneers.

At the end of the day? There is only one important metric for healing against which all therapy can be measured:

Individuation from family of origin.

John

cc

Posted: Mon Dec 25, 2006 11:59 am Post subject:

 quote  edit  ip

Joined: 06 Oct 2006
Posts: 47
Location: Long Island, NY

Quote:

I wrote:

It is in realizing the many ways that I do this that I will be able to go further in my healing.

John Wrote:

I also think that the seeking of reconciliation with parents can happen with parental replacements and is it THOSE that are the most important in RST. The projections. That's how the therapy gets done. Once the therapy is done (and perhaps VanWinkle didn't go all the way....why I continue to do the therapy), healing creates a spontaneous reconciliation which is based on the point of healing: Individuation from the family of origin.

This is one of the "ways" that I was referring to (reconciling with parents).

I work in an office where a lot of toxic crap gets puked out. The traumatic past gets replicated in the office dynamics from boss to peon. I don't believe that anyone is conscious of the puke that everyone is sharing and replaying. And this is the perfect place for my parent reconciliation to take its part. There was a time when I would make excuses for everyone; oh its not his fault, its ok you're the boss, its ok she is not aware, pour your vomit on me its not your fault, and so on and so on. After healing some of my childhood injuries, a lot of my office dynamics has changed. Although many people do not like to "pal around" with me, they have more respect for me than before.

Isn't Christmas Parent Reconciliation? Ha-ha. Tis the season for Major Act Out!

But seriously, I hope that you are all doing well and enjoying your Liberating Truth.

Daniel Mackler
Site Admin

Posted: Mon Dec 25, 2006 2:32 pm Post subject:

 quote  edit  ip

Joined: 03 Aug 2006
Posts: 523
Location: New York City

cc wrote:

I think that this scenario (reconciliation with parents) will always play a part in our journey to heal our selves (at least for me). It is in realizing the many ways that I do this that I will be able to go further in my healing.

I don't see reconciliation with parents as a part of the healing process. I see reconciliation with the

split-off sides of the true self as the essence of healing. I think reconciling with parents can bring comfort, but usually at the cost of deep emotional progress.

Daniel Mackler

<http://iraresoul.com>

Daniel Mackler
Site Admin

Posted: Mon Dec 25, 2006 2:46 pm Post subject:

 quote  edit  IP

Joined: 03 Aug 2006
Posts: 523
Location: New York City

John wrote:

There is only one important metric for healing against which all therapy can be measured:
Individuation from family of origin.

Great line - so true!

Daniel Mackler

<http://iraresoul.com>

cc

Posted: Mon Dec 25, 2006 9:44 pm Post subject:

 quote  edit  IP

Joined: 06 Oct 2006
Posts: 47
Location: Long Island, NY

Quote:

Daniel Wrote:

I don't see reconciliation with parents as a part of the healing process. I see reconciliation with the split-off sides of the true self as the essence of healing. I think reconciling with parents can bring comfort, but usually at the cost of deep emotional progress.

I agree with this Daniel. I think that the way I wrote what you quoted is the problem. Let me see if I can rephrase it.

Quote:

I think that this scenario (reconciliation with parents) will always play a part **in our unconsciousness and get in the way** in our journey to heal our selves (at least for me).

It is in realizing the many ways that I do this **and supplanting it** that I will be able to go further in my healing.

Does this read better? I hope so. It's very easy for me to be unclear sometimes when I write, and distort what I am trying to say. I have done this in other places as well.

cc

Posted: Mon Dec 25, 2006 10:03 pm Post subject:

 quote  edit  IP

Joined: 06 Oct 2006
Posts: 47
Location: Long Island, NY

Also, in my other post about where I work, the following should be changed.

From:

Quote:

This is one of the "ways" that I was referring to (reconciling with parents).

To:

Quote:

This is one of the "ways" I was referring to earlier, how reconciling with parents manifests itself in life and gets in the way of our healing.



Austerlitz

Posted: Tue Dec 26, 2006 6:22 am Post subject:



Joined: 10 Aug 2006
Posts: 511
Location: on the way

Daniel Mackler wrote:

I see reconciliation with the split-off sides of the true self as the essence of healing.

Is there a difference between reconciliation and love?
what is the difference between true self and false self?

And, -out of context- Alice Miller seems to have so much compassion for Adolf Hitler and his ugly lifestory, but none for her parents.

why is it?

Austerlitz

Phil

Posted: Tue Dec 26, 2006 2:45 pm Post subject:



Joined: 10 Nov 2006
Posts: 44

I think Austerlitz makes a good point here. Most of us had a lot of love for our parents at one time, unless they were extreme monsters, or somebody else raised us.
I find that my healing also involves getting in touch with that love.
My own parents passed away years ago. They failed me in many ways as my parents, and I can never say that was OK, yet they were who I had. Some of my needs were met, a whole lot weren't. My healing has never involved totally rejecting them.
It is too late to ever have a different set of parents, although we may be unconsciously looking for them.

I would agree that healing involves individuation from family of origin
but it also involves connecting fully with one's history. That is what makes individuation possible.

Phil

John

Posted: Tue Dec 26, 2006 3:37 pm Post subject:



Joined: 22 Oct 2006
Posts: 269

Phil wrote:

I would agree that healing involves individuation from family of origin but it also involves connecting fully with one's history. That is what makes individuation possible.

I was considering what Phil wrote here and think this is even more specific as to what individuating from family of origin is...and how it's what therapy is all about. Without connecting to one's history fully, individuation isn't possible. Miller's comment about VanWinkle may have had something to do with that (whether she meant that or not). I know that I'm not connected fully to my whole story...everything that happened...when I am projecting MY pain onto people and circumstances. When I believe it's not all inside me, but that I am a victim. Not independent. In other words siding with the child by remaining a child: An adult child. This is what codependency is. Not intra-dependent with an identity. Primal therapy is a way of connecting with one's whole history, as is RST. The measure of how well these therapies have done the job is how individuated I am from my family of origin. Do I have a clear spiritual, body and sexual identity? Am I just human instead of more or less than human? And it's key I think to realize that that work starts with simply assuming there is a lot of projection going on. When there is a lot of pain (a lot of history) I think that the family of origin stuff is in every relationship the neurotic has. With RST I have simply assumed that and redirected and made higher and higher quality redirects (high emotion on the parental replacement to high emotion on the parent). This seems to clear out the most primal pain.

Phil wrote:

Quote:

My healing has never involved totally rejecting them. It is too late to ever have a different set of parents, although we may be unconsciously looking for them.

I think it's possible to go even further with the first part of this. Complete release of primal pain (grieving the losses of the child) actually MEANS seeing all of ones history in a way that actually means something.....via feelings. And once the higher and lower brain are integrated and the projection stops, reconciliation is spontaneous. It's really a non-issue in my view because getting to the state of independence (full identity and accepting everything) is equal to accepting everything and everyone else.

Theory doesn't do much good...words are really only useful as a way of creating a kind of map or weak model to "explain" experience....as if that were really possible.

I saw cc's expressions about reconciliation in the clarified context of the later posts the first time he wrote about them . The idea of reconciliation to me just means getting back the human will. The desire to live....to act, and to act on one's own behalf. The issue is trapped pain in the nervous system, not philosophy. VanWinkle makes this point many times and it's a hard one to remember. The trauma didn't really damage the child, it was being unable to say, do or express anything while it was going on. Plus, the vast majority of trauma going on isn't from "events" in my opinion. The will didn't get disabled that way. Usually an event is the straw that broke the camel's back. The trauma comes from being slotted into a shame-protecting family system role at birth. I think that there are a ton of secrets that act as jewels in the family system...to mediate the process of frozen roles which deny the child his right to be just himself. A role is a mask which serves the family....not the child. And later on the family become a higher power....instead of the sacred self. No wonder the child has no will...both as a child and as an adult child.

Look to work situations where people act out....as happens in my office too. People are acting out the effects of the trauma which came from family system role interactivity. When there is trapped pain and it's too difficult to confront I think people look for what is "family-iar" and keep their pain projected. It's survival. A great deal of this situation is what I have used and continue to use with RST. I'll know (for me) if I've gone far enough when I feel a lot better. For me this is true since my family role is one of extreme victim, and this requires symptoms. For a classic caretaker, this might not be useful as a metric, because such a person usually just drops dead of a heart attack in the middle of his "using" (feeling great with the pain-medicating drug of caretaking others and having others "need" him) and is then eulogized at his funeral as a great man.

John

Daniel Mackler
Site Admin

Joined: 03 Aug 2006
Posts: 523
Location: New York City

Posted: Sat Dec 30, 2006 4:18 pm Post subject:



Austerlitz wrote:

And, -out of context- Alice Miller seems to have so much compassion for Adolf Hitler and his ugly lifestory, but none for her parents. why is it?

two quick thoughts:

1) I sense she has more compassion for her parents than she lets on. in fact, too much compassion, because she's in denial of a lot of what they did to her. if she weren't in such denial she would have a more enlightened point of view!

2) Hitler didn't personally ruin Alice Miller's life, whereas her parents did. Thus it's easier for her to empathize with his plight.

I feel some empathy for Saddam Hussein, a horrible vicious butcher who they hanged yesterday for his murder of so many people, and yet if some random person came and kicked me on the street (hardly a crime in the same realm as mass murder) I'd probably hate his guts and temporarily have no empathy for him - and even want to see him arrested.

Daniel Mackler

<http://iraresoul.com>

Daniel Mackler
Site Admin

Posted: Sat Dec 30, 2006 4:32 pm Post subject:

 quote  edit  IP

Joined: 03 Aug 2006
Posts: 523
Location: New York City

cc wrote:

I think that this scenario (reconciliation with parents) will always play a part **in our unconsciousness and get in the way** in our journey to heal our selves (at least for me).

It is in realizing the many ways that I do this **and supplanting it** that I will be able to go further in my healing.

cc wrote:

Does this read better? I hope so. It's very easy for me to be unclear sometimes when I write, and distort what I am trying to say.

Yes, what you now write makes perfect sense to me - and I fully agree with you now. It's easy for me to be unclear in my writing too, and I work hard to try to create sentences that can only be read to have one meaning. Not easy - I fail sometimes!

Best,
Daniel

Daniel Mackler

<http://iraresoul.com>

Daniel Mackler
Site Admin

Posted: Sat Dec 30, 2006 4:34 pm Post subject:

 quote  edit  IP

Joined: 03 Aug 2006
Posts: 523
Location: New York City

cc wrote:

Also, in my other post about where I work, the following should be changed.

From:

Quote:

This is one of the "ways" that I was referring to (reconciling with parents).

To:

Quote:

This is one of the "ways" I was referring to earlier, how reconciling with parents manifests itself in life and gets in the way of our healing.

I'm with you now - and see where you're coming from!

Daniel Mackler