

## The Humpback Whale

*This handout was part of a workshop I attended, presented by Adrienne Ressler of the Renfrew Center Foundation for Eating Disorders. It moved me enough to add it to my web site. It is a story of love, giving and receiving, and much more.*

If you read the front page story of the San Francisco Chronicle on Thursday, December 14, 2005, you would have read about a female humpback whale who 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 body – her tail, her torso, a line tugging in her mouth. A fisherman spotted her just east of the Farralone Islands (outside of the Golden Gate) and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her – a very dangerous proposition. 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 in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around – she thanked them.

Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth says her eye was following him the whole time, and he will never be the same.

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*May each one of us find the resources and teachers we need to help us get untangled from the things that are binding us.*