

Ruth Miller's Process for Self-Healing (AERRA):

1. **Awareness**—seeing that something (e.g., idea, belief, situation, story, person, behavior) in our experience doesn't fit with what we know or intend our lives to be.
2. **Acceptance** that such is, in fact, part of our current/past experience (rather than pretending it's not).
3. **Acknowledging** that, while it doesn't at this time fit, it has served a purpose in our lives, if only to bring us to this state of being in this moment.
4. **Expressing** the full range of feelings that come up when we look at it—literally "pushing from" our being, our bodies, our emotional center, our intellect, all the feelings, words, images, thoughts, songs, movements, that are associated with this, through writing, speaking, dancing or other movement, music, pounding on pillows, and other safe modes of expression.
5. a. **Releasing** all of that—filling a virtual "garbage bag", burning papers, showering, etc.--to let the psyche know that this is no longer a part of our self-image. (I like stuffing it all into an imaginary rocket ship and sending it into the sun to be transformed into healing light; one person put it in a hot-air balloon and watched it drift away; others ask angels and Christ-figures to take it away; one man's "self-consuming" bag is a delight!)
b. **For-giving**—in that internal space of release (empty fullness?), telling all the people involved that we've let go of this and no longer hold them responsible for their part in it for us; imagining them in front of us and asking them to release/forgive us for holding/blaming them, and for projecting this state or idea or action onto them out of our own unexamined self; accepting that there is no blame/judgment from "on high" and stepping into a delightful "state of grace" in which "all that exists is the love between you."
6. **Claiming/Declaring**—in that "state of grace" is power, and we focus it to claim/accept a truer idea of our being/experience/relationship.
7. **Affirming**—writing and speaking this new idea frequently, practicing it, and, when any old habits of thought/action are triggered, canceling them and replacing them with this new one.

That's it! It can take seconds or weeks, depending on our willingness, attachment, and focus. It's demonstrated its effectiveness hundreds of times over the 20+ years I've been using/teaching it—typically removing about 80% of whatever emotional "charge" is attached to the "something." If, after a few weeks, months, or years, the issue can't be cancelled or erased with your affirmation, repeat the process and eliminate the next 80%--now you're down to less than 1% of the original time, intensity, and distress of the original experience. Congratulations!