

The 7 A's Of Healing

1. Acceptance

Acceptance is simply the willingness to recognize and accept how things are. It is the courage to permit "negative thinking" to inform our understanding, without allowing it to define our approach to the future.

Compassionate curiosity about the self, means that we look at ourselves with the same non-judgmental acceptance we would wish to accord anyone else who suffered and who needed help.

2. Awareness

Full awareness means that we regain our lost capacity to perceive emotional reality and that we are ready to let go of the paralyzing belief that we are not strong enough to face the truth about our lives.

Awareness also means learning what the signs of stress are in our own bodies, how our bodies telegraph us when our minds have missed the cues.

3. Anger

Anger is a physiological process to be experienced. In addition, it has cognitive value – it provides essential information. Depending on circumstances, we may choose to manifest the anger, let go of it or simply contemplate what may have triggered it. The key is to not *suppress* the experience of anger.

The repression of anger and the unregulated acting-out of it are both examples of the abnormal release of emotions that is at the root of disease. Both repression and rage represent a *fear of the genuine experience of anger*.

Healthy anger leaves the individual, not the unbridled emotion, in charge.

When healthy anger is *experienced*, nothing overly dramatic happens. What does happen is a decrease of all muscle tension.

4. Autonomy

Boundaries and autonomy are essential for health.

We experience life through our bodies. If we are not able to articulate our life experience, our bodies speak what our minds and mouths cannot.

A personal boundary is an energetic experience of one's self or the other person. We not only communicate boundaries verbally, but we have an energetic expression that is non-verbal.

"Boundaries are invisible, the result of a conscious, internal felt sense defining who I am. Asking yourself, 'In my life and relationships, what do I desire, want more of, or less of, or what don't I want, what are my stated

Autonomy is the development of that internal center of control.

limits?' begins the process.... In this self-definition, we define what we value and what in life at this particular time from a place of internal self-reference; *the locus of control is from inside ourselves.*"

– Dr. Joann Peterson: *Anger, Boundaries, and Safety.*

5. Attachment

Attachment is our connection with the world. Connection is also vital to healing. We sometimes find it easier to feel bitterness or rage than to allow ourselves to experience that aching desire for contact. Behind all our anger truly intimate contact. Healing regaining the vulnerability that the first place. We are no longer no longer need to fear emotional ourselves to honour the universally connection and to challenge the burdens so many people with chronic illness: that we are not lovable.

Seeking connections is a necessity for healing.

lies a deeply frustrated need for both requires and implies made us shut down emotionally in helplessly dependent children; we vulnerability. We can permit reciprocal human need for ingrained belief that unconsciously

6. Assertion

Assertion is the declaration to ourselves and to the world that *we are* and *that we are who we are.*

In our fear we falsely equate reality with tumult, being with activity, meaning with achievement. It is the statement of our being, a positive valuation of ourselves independent of our history, personality, abilities or the world's perceptions of us. Assertion challenges the core belief that we must somehow justify our existence.

7. Affirmation

When we affirm, we make a positive statement; we move toward something of value. Everyone has an urge to create, and we must honour this urge. To do so is healing for ourselves and for others; not to do so deadens our bodies and our spirits. The second great affirmation is of the universe itself – our connection with all that is. Health rests on three pillars: the body, the psyche and the spiritual connection. To ignore any one of them is to invite imbalance and dis-ease.

What is in us must out, otherwise we may explode at the wrong places or become hopelessly hemmed in by frustrations.