



THE BLAME ELIMINATOR PROCESS

This process is the simplest, most user-friendly way we know to release the past and step into a future that you consciously choose. The process allows you to organically shift from blame to wonder by liberating the creative energy tied up in old complaints so that you can choose a new future. The power of whole-body learning helps you shift from stuck to energized very quickly.

We have also found that this process can be used successfully with family and friends over the phone. If you share this with another person, be sure to have them engage their whole body in the learning process.

1. Think of a recurring relationship issue that you haven't been able to resolve. Stand in a room where you have some open floor space and complain out loud about this issue or problem for one whole minute. Use lots of gestures and emphasis with your voice and exaggerate your complaint dramatically. We suggest exaggerating what's wrong first to release the energy bound up in trying to conceal or minimize the complaint. We've found that after people say "No!" emphatically, they feel much more free to find the organic "Yes!")
2. Now, visually pick a place in the room that represents 100 percent responsibility for you. For example, this could be a square on the floor, or a pillow you step onto. When you are ready, physically take a step into 100 percent responsibility. All the Blame Eliminator steps are taken from within this area of 100 percent responsibility.

(*Note:* If you find yourself wanting to complain again, step *out* of your 100 percent responsibility area and complain loudly some more. When you are ready, step back into 100 percent responsibility and continue the process.)

3. From within 100 percent responsibility, let your body tell you which direction is the past. Turn and face the past directly. Then complete this sentence *out* loud four or five times with whatever comes to your mind first:

"From my past, this issue reminds me of

."

(*Note:* If you say the sentence and no thought occurs to you, pause, take a breath, and then say the sentence again. After two or three repetitions, what we call "priming the pump," something generally comes to mind so you can finish the sentence.)

4. Now, focus your attention on your present life rather than on the past. Complete this sentence four or five times with whatever comes to your mind first:

"I keep this issue going by

."

5. Next, let your body tell you which direction is the future. *Let yourself start walking or moving into the future.* Keep moving into the future (think of taking your 100 percent responsibility area along with you), as you complete this sentence four or five times out loud with whatever comes to your mind first:

"I can create what I really want by

."

6. Take a moment to write down your phrases or sentences from step 5, "I can create what I really want by ... " Take the item that most appeals to you and *explore one measurable action step you can take that will lead you toward what you really want.* For example, you may have generated the phrase, "I can appreciate my partner more." Great idea, but not measurable. The intention behind this very important step is to give your nervous system a concrete goal so that when you have achieved the desired result, you will know it. The important questions are:

- What: _____
- By When: _____

Example:

With "I can appreciate my partner more," here are possible completions:

- What: I will deliver five new appreciations to my partner each day for the next week.
- By When: Starting tomorrow morning.

You may ask questions and post comments about this activity on the Forum page of the RMO Community.