

# YOU CAN HEAL YOUR LIFE (LOUISY HAY)

## ABSTRACT

This book abstract is intended to provide just a glimpse of this wonderful book with the hope that you may like to read the original book at leisure and enjoy its real beauty.

Points of philosophy:

1. We are responsible for all our experiences.
2. Every thought we think creates our future.
3. The point of power is always in the present moment.
4. We suffer from self hatred and guilt.
5. We create every so called illness in the body.
6. Resentment, criticism, and guilt are the most damaging patterns.
7. Releasing resentment dissolves even cancer.
8. We must release the past and forgive everyone.
9. We must be willing to learn to love ourselves.
10. Self approval, and self acceptance in the now, are the +ve changes.
11. When we love ourselves, everything in our life works.

### Chapter 1: What I Believe

**Life is very simple. What we give out, we get back. We are responsible for the best/worst in our lives.**

No person, no place, nothing has any power over us.

**When we create peace, harmony and balance in our minds, we will find it in our lives.**

The universe totally supports us in every thought we choose to think and believe. Our subconscious mind accepts whatever we choose to believe. The universal power never chooses or criticizes us.

Most of us have foolish ideas about who we are & many, many rigid rules about how life ought to be lived.

Change the thought and the feeling must go.

**The past has no power over us. It does not matter how long we had a –ve pattern. We can begin to be free in this moment.**

Refuse to think –ve thought about yourself.

The past is over and done. We can't change that now. But we can change our thoughts about the past.

When we are in a state of panic, it is very difficult to focus our mind on the healing work. Dissolve fears first.

**To be able to release the past, we must be willing to forgive. We may not know how, we may not want to, but the fact that we are willing, begins the healing process.**

“I forgive you not for not being what I wanted you to be, but I forgive you and set you free”.

All dis-ease comes from a state of unforgiveness. When ill, find out whom we need to forgive. Better still, find out the one hardest to forgive. You need to let go of that most.

It does not mean condoning wrong things. We do not even need to know how to forgive. WILL is MIMP. Universe knows ‘Hows’.

We understand our pain so well. Those who need to be forgiven were also in pain. They were just doing whatever best they could.

**Only thing to work on is loving yourself. When we love and accept ourselves exactly as we are, then everything in life works. Health, money, relations become better. Creativity improves. All this without even trying.**

It creates space of safety, trust, organized mind. Self approval and self acceptance in the now.

**Loving the Self: Never criticize for anything.**

**Affirmation : I trust the benevolent universal power and intelligence. Whatever I need to know is revealed to me, and that whatever I need comes to me in the right time, space, and sequence. All is well in my world.**

**Chapter 2 : What is the Problem**

**Love is appreciation to such a degree that it fills my heart to bursting & overflows. It is a miracle cure.**

Use the word 'could' instead of 'should' in conversation, as it implies flexibility/choices.

**We need to have a great respect for ourselves & gratitude for the miracle of our bodies and mind.**

**Lack of self worth is an indication of not loving ourselves.**

**VIMP Exercise: To be done every day as many times as one can. Look into the mirror, into your own eyes, and say with as much feeling as you can “Pradeep, I love you & accept you as you are”. This exercise may not work in the beginning. But it forces you to bring out why you don’t love yourself. Then we can correct it.**

The Problem-apparent-like overweight, too tall, too short, too dumb, too old, too ugly too lazy, are all outward expressions of the real root problem of ‘Not Loving The Self’.

**Affirmation: I am always divinely protected & guided. I am far more than my personality-past, present, or future. I now choose to rise above my personality problems to recognize the magnificence of my being. I am totally willing to learn to love myself.**

**Chapter 3 :**

The past has no power over me.

**We are ever changing(age, maturity, education), but we are always perfect, beautiful(soul level). The outcomes of our efforts may not always be good, but we are doing our best we can, with the understanding, awareness, & knowledge we have. As we gain more knowledge, understanding, awareness, then we will do things differently.**

### **Mental Housecleaning :**

Examine past carefully & look at our beliefs about ourselves & others. It may be painful, but it is essential. Like we clean all dirt/garbage regularly in our house, we must clear mental garbage regularly.

**Blaming others: It is surest way of staying in the problem. This way we give away power to others.**

Understanding enables us to rise above the issue and take control of our future. Those who did terrible things to us were just as frightened as scared as you are. They were helpless. They have been taught –ve things. Understanding brings compassion.

**You can't free yourself unless you free others(forgiving).** If you demand perfection from them, you and they will demand the same from you, and you will be miserable all your life.

We are all here to transcend our early limitations, whatever they were. We are here to recognize our own magnificence and divinity. We all have our own –ve beliefs to overcome.

**Affirmation : The past has no power over me because I am willing to learn and change. I see the past as necessary to bring me where I am today. I am willing to begin where I am right now to clean the rooms of the mental house. I know it does not matter where I start, so now I begin with the smallest & the easiest rooms & in that way I shall see the results quickly. I am thrilled to be in the middle of this adventure, for I know I will never go through this particular experience again. I am willing to set myself free.**

### **Chapter 4 : Is it True?**

**Depends on our choices and beliefs. Glass  $\frac{1}{2}$ ,  $\frac{3}{4}$ ,  $\frac{1}{4}$ <sup>th</sup> full & how much empty depends on what we value more.**

Examine your thoughts: Whatever we believe becomes true. Problems are thought patterns which can be changed. Ask what thoughts are responsible for this. If you believe it, it seems true.

**It is not a lousy day. It is just a wet day. If we wear raincoat, or use umbrella, and change attitude, we can have lot of rainy day fun. If our belief(from past experiences) is that it is a lousy day, we greet rain with a sinking heart & miss the fun in the present moment.**

**Joyous thoughts-joyous life. Prosperous thoughts-prosperous life. Loving thoughts-loving life.**

**Each moment is a new beginning. The point of power is always in the present moment.** You are never stuck. Whatever be the length of the problem, we can begin to make a shift today.

**Remember: You are the only person who thinks in your own mind. You are the power and authority in your own world.**

**It is not always easy to check thoughts which move so swiftly. Listen to what you say. +ve/-ve, stop in mid sentence-rephrase or just drop. Feelings are even far better indicator (happy/unhappy).**

When there is a problem, there is not something to do, there is something to know, before we act.

**Affirmations : I no longer choose to believe in old limitations and lack. I now choose to begin to see myself as the universe sees me-perfect, whole, complete. I now choose to live my life from this understanding.**

### **Chapter 5; What do we do now**

Decide to change: There can be resistance to change in the form of anger, withdrawal to begin with.

House cleaning: Some thoughts may just need polishing which we may do happily. Some may require repairs which require some effort. Some thoughts might be like stinking garbage which just needs to be disposed off.

Exercise: Say loudly: I am willing to change. Touch your throat in acknowledgement.

**Beware of the areas in which 'YOU DO NOT WANT TO CHANGE' ,are the ones which 'NEED MOST CHANGE'.**

Universal intelligence is listening and responding.

**Many ways To Change : Spiritual, mental, physical. Holistic includes all. Begin with any one, but include all areas.** Some begin with meditation or prayer. When you clean house, it does not matter where begin. Begin with what you like, others will happen almost by themselves.

Cleaning mental house after lifetime of indulging in –ve mental thoughts can make you feel rotten for a few days because of mental, physical resistance.

**For a burnt, crusty pan, we soak it in hot water and soap, then we scrap it. Initially, it looks a mess, but after persistent scrubbing, it becomes clean. Same with mental cleaning. Soak with new ideas. Just keep doing new affirmations.**

**Exercise : Look in a mirror and say to yourself, 'I am willing to change'. Notice how you feel. If hesitant or resistant, or just don't want to change. Ask 'Why'. Please don't scold yourself, just notice. Again go to the mirror, look deep into your own eyes, touch your throat, and say out loud ten times, 'I am willing to release all resistance'.**

**Mirror work is very powerful. Quickest way to get results.**

**Affirmation: I now choose to calmly & objectively see my old patterns, and I am willing to make changes. I choose to have fun doing this. I see and feel myself changing, moment to moment. Thoughts don't have power over me, I am the power. I choose to be free.**

## **Chapter 6 : Resistance To change**

**Awareness is the 1<sup>st</sup> step in healing/changing. In the past we unknowingly used this power to create the things we did not want to experience. Now we are aware & responsible. We use this power in +ve ways.**

We all have lessons to learn. The things which are difficult are the only lessons. Easy things are so because we already know.

Awareness brings out non-verbal clues like; changing subject, leaving room, looking away.  
Assumptions: It's useless etc.

Beliefs: It is wrong. Them: They won't like. God may not like. Self Concepts : I am too old/young/tall/short/fat/thin/poor. Delaying: I will do later. Time is not right. I am busy.

Denial; There is no need. Fear: I might fail. I am not good enough

Leave Your Friends Alone: When something works well for us, we often want to share with others. But they may not be ready to make a change at that point in time & space. Such things may not work well for others. It is hard enough to change yourself. Trying to change others when they don't want can ruin relationship.

**Mirror Work : Mirrors reflect feelings, shows resistance. Loud affirmations with mirror best.**

When affirmations don't seem to work, we need to do another step before that.

It has nothing to do with will power/discipline. Problem can't just be solved by these.

1<sup>st</sup> Affirmation : I am willing to release the need for resistance/ headache/constipation.

Be gentle & patient with yourself. Love yourself.

**I am unworthy feeling creates procrastination: If you don't feel good, how can you enjoy work?  
Then escapism is the only way.**

**Resentment of Another's Good: It is a barrier to our own growth and change.**

**Self worth opens many doors. New careers can start at any stage, especially if you do it for fun.**

**Self criticism is totally missing the mark. When we want to run away from -ve thoughts, we find unhealthy escape routes like overeating, or other over indulgence.**

**Affirmation: I see any resistance pattern in me only as something else to release. They have no power over me. I approve and love myself. I am changing & doing my best. Each day is easier. Today is wonderful day. I choose to make it so.**

## **Chapter 7 : How to Change**

I cross bridges with joy and ease.

Principles: Willingness, Nurturing, To let go. Controlling mind. Forgiveness for self and others.

Sometimes, when you begin, things may worsen. But we must persist. Then you may realize after introspection that the real cause was something else.

**Exercise: Releasing the need.**

**Do this with a partner, or in front of a mirror. Think what you want to change. Go to the mirror, look into the eyes, and say out loud, 'I now realize that I created the condition, & I am willing to release the pattern in my consciousness that is responsible for this condition'. Say it several times, with feeling. It must be convincing. Don't worry about how. God/Universe knows and helps you.**

**Mind As a Tool : You are not what your mind tells you. It is just a tool which you can use the way you want. Even if the mind tells you 'it is difficult/impossible', due to past programming, tell it that 'it is easy'.**

**The only thing you ever have any control is your current thought.**

**Your old thoughts are gone. Only experience remains. Mind protests violently any change. But if you stick to it, the mind accepts.**

**Exercise; Letting Go; Meditate & relax. Then say, "I am willing to let go. I release. I let go. I release all tension/fear/anger/guilt/sadness. I release all old limitations. I let go. I am at peace with myself & the process of life. I am safe. Do it three times. Feel the ease.**

**Physical Releasing : Experience & emotions can get locked in the body causing pain and discomfort. In a car, closed room/bathroom, screaming, beating bed, kicking pillows can release anger. Even running, tennis can help. It may tell you what you are angry about.**

Don't let the past hold you back. Those who have hurt you are not even aware, they don't care.

Releasing: Release emotional attachment to memories. We can't wear the clothes we used when we were 5 years, it is just a memory without emotion. Why can't everything be like that.

**Forgiveness : It is the answer to almost everything. Love is always the answer to healing of any sort. And the pathway to love is forgiveness. It dissolves resentment.**

Exercise : Dissolving Resentment-Ernet Fox Method

Sit quietly, close eyes. Relax. Imagine in a dark theatre with an illuminated stage. Place the person(past/present) whom you resent. Visualize good things happening to that person. See him smiling and happy. Then put yourself on the stage and imagine good things for you.

**Exercise : Forgiveness. Do it aloud when alone. Sit quietly, close eyes. 'The person I need to forgive is----- & I forgive you for -----'. Do it several times. Do the same for yourself. "I forgive myself for---". Do this for 5 minutes.**

## **Chapter 8: Building The New**

The answers within me come to my awareness with ease. What you put your attention on, grows.

**The things about yourself or your life that you have always disliked are the problems still with you.**

**Affirmations : 'I hate my job', makes things worse. 'I now accept a wonderful new job', opens up new channels.**

**MIMP-Always use present tense 'I am', 'I have'. If you say 'I want', or 'I will', then the things remain in future.**

**The process of loving the self: Self approval/self acceptance. No criticism whatsoever.**

**Training the mind: Exercise: 'I approve of myself'. Say 3-4 hundred times a day, for a month.**

**Walking mantra. When resistance thoughts shows up, say, 'I let you go; I approve of myself'. We are meant to be different. There is no competition or comparison.**

**Think what makes you feel good. Do things that make you feel good. Be with people that make you feel good. Eat things that make you feel good. Go to a place that makes you feel good.**

Plant seeds. Be patient. From a seed to plant-nurture. Loving and approving creates a space of safety, trusting & deserving and accepting enable body to normalize. They create organization in your mind, create loving relationship, attract a new job.

Holistic Philosophy;

Body; Nutrition, Homeopathy/flower remedy, exercise. Mind: Meditation

**'I usually sit with eyes closed & say, 'What is it I need to know? & then, quietly wait for an answer. If it comes, fine; if it doesn't, fine. It will come another day.**

## **Chapter 9 : Daily Work**

Perfection takes time: **'I am doing the best I can'**. Always support yourself.

Unless you obey laws, things don't work.

Reinforce learning :

**Gratitude, writing, singing, loud affirmations, meditation, exercise, relaxation, visualization, reading**

My daily work: 1<sup>st</sup> thoughts on awakening, before opening eyes. Thankful for everything. Go over day's plans & say all will be well. After shower, ½ hr meditation, affirmations, prayers, 15 minutes exercise.

Before lunch: Mirror Affirmations(loud/singing) enthusiasm, like 'Pradeep, you are wonderful, and I love you. This is one of the best days of your life. Everything is working out for your highest good. Whatever you need is revealed to you. Whatever you need comes to you. All is well'.

Afternoon :Nap-Deep relaxation

Evening : some reading. Writing affirmations 10-20 times.

**Going to bed: Review day's events, bless each activity. Affirm for deep sleep and to be refreshed in the morning.**

Good for family to do some things together in the morning. Meditation together brings peace, harmony.

Find way that suits you. **For answers, sit quietly & ask. 'I need to know---'. Allow the answer to come if it wants to; if not, it will come later.**

Affirmations-consistent- become beliefs-always results- sometimes beyond imagination.

'This is very simple to do'. Everything is working in Divine right order. Do not believe in limitations.

Exercise: I love myself- After beginning with I approve affirmation. Write, I love myself' therefore---- complete in many ways.

Benefit: Impossible not to believe yourself, if you say you love yourself.

Exercise: Claim the new-Visualize

Exercise; Expand your knowledge.

**Begin to Demonstrate Results: Love who you are and what you do. Laugh at yourself & at life and nothing can touch you. It's all temporary anyway. Next lifetime, you will do things differently, why not now?**

**Do not see news/TV at night before sleeping. Disasters are not required in the dream state. Much cleaning is required in this state. You can ask anything you need before sleeping. You may get answers by morning. Go to sleep peacefully.** Trust the process of life. Everything is for your highest good and greatest joy. (Accidents, death, sickness?)

**Work is fun not drudgery. Use laughter. Tragedy and comedy are the same thing. Depends on the view point.**

**Chapter 10: All My Relationships are harmonious:**

Relationships are mirrors of ourselves. What we attract always mirrors either qualities we have or beliefs we have about relationships. You could not attract them or have them in your life if the way they are didn't complement your life.

Exercise : Us Vs Them: If someone bothers you, describe 3 things you don't like. Look deeply inside you and ask, "where am I like that, & when do I do the same things?". Close eyes & think about this. Then ask yourself, if you are willing to change. When you remove these patterns, beliefs from your thinking & behaviour, either the other person will change or leave your life.

Attracting Love : Comes when you least expect it. Hunting for love never brings the right partner. It only causes longing/unhappiness. Love is never outside; it is within us. Have patience. Set standard.



List qualities in yourself. What keeps it away: Criticism, feeling of unworthiness, unreasonable standard, movie images, a belief that you are unlovable.

**Affirmation : Harmony with all. Infinite well of love inside. Now allow it to surface & saturate you. Radiate & return multiplied. Love is experience of inner joy. Loving care of body. Responds with vibrant health & energy. Love home, all feel it and are nourished. Love job. Love yourself, release the past. Live in the now. Universe takes loving care now and in future.**

## **Chapter 11: Work**

**I love my work, Bless current position with love. Bless last job, people, office, everything.**

If you want to leave your job, release it to the next person with love.

Affirmation for Work; I am totally open & receptive to a wonderful new position, that uses my talents/abilities. I love every one there, in a wonderful location.

**If someone bothers you at work, bless with love ever time you think of him. In each one of us is every single quality. We are all capable of being Hitler or Mother Teresa. If a person is critical, affirm that he is full of praise. If grouchy, affirm cheerful. If cruel, affirm gentle and compassionate. If you see only good qualities in this person, then he has to show the same to you, no matter how he behaves with others.**

**Affirmation : My creative talents & abilities flow through me. People are always looking for my services. I am in demand & can pick & choose what I want to do. I earn good money doing satisfying work. My work is a joy and pleasure.**

## **Chapter 12: Success**

Every experience is a success. The law of experience is always perfect. If there is a mistake, it's always me. If I don't succeed, recognise error and try another way.

It is our natural birthright to go from success to success all our life. True with joy also. But both success and joy must be understood in the proper context.

When we set standards/expectation/goals too high, then we will always fail.

Don't ever tell yourself that you are stupid, clumsy, or a failure. Purpose of rehearsal is to learn. Mistakes will happen. It's a training.

Don't refuse to do anything new because you don't know how to do it, and you don't want to appear foolish.

**Doesn't matter how long you have been a failure/unhappy; you can begin to create "success/happy pattern" Now.**

**Affirmations: Pick & affirm for several days. Some, every day.**

- 1. God gives me all the ideas I need.**
- 2. Everything I touch is a success(by the above definition).**

3. **There is enough for everyone.**
4. **There are plenty of customers for my services.**
5. **I am blessed beyond my fondest dreams.**
6. **Golden opportunities are everywhere for me.**

**Affirmation : I have within me all ingredients for success. I now allow the success formula to flow through me & manifest in my world. Whatever I do is a success.**

### **Chapter 13 : Prosperity**

**Prosperity is a state of mind, of feeling good about life.**

**Be grateful to what you have & it increases. Bless with love, all that is in life now(Home, appliance, car, job, money, friends, relations, body).**

Accept invitation, gifts, compliments with joy & pleasure.

Make room for the new: Clean refrigerator, closets. Get rid of all the stuff not used for a long time.

Cluttered house-cluttered mind.

**Love your Bills: If you pay with love & joy, you open the flowing channel of abundance.**

**Your security is not job, bank a/c, investments, relations. It is the ability to connect with the cosmic power that creates all the things.**

Rejoice in other's good fortune. Don't criticize about their other's behaviour. It is none of your business.

Law of Demand & Supply: Demand comes first. Money flows where it is needed(with a positive, happy mindset).

Visualization-Ocean of abundance.

**Your prosperity consciousness is not dependent on the money that you have. The flow of money depends on your prosperity consciousness.**

Open Your Arms : I am open & receptive to all the good & abundance in the universe.

**Meditation, prayers are like mental deposits.**

Release fixed income mentality. Salary is a channel & not your source. Always thank the source.

Recognize and appreciate prosperity everywhere.

Accept compliments. These are gifts of prosperity. Accept graciously. Return compliments. This way you complete the circuit.

**Affirmation : I am one with the power that created me. I am totally receptive to the abundant flow of prosperity that the universe offers. All my needs & desires are met even before I ask. I am**

**divinely guided & protected. I rejoice in other's success. My good comes from everywhere and everyone. All is well in my world.**

#### **Chapter 14:**

The body, like everything else in life, is a mirror of our inner thoughts and beliefs. The body is always talking to us. Every cell within your body responds to every single thought you think & every word you speak.

Tension is not being strong. It is weakness. Being relaxed & centred & peaceful is really being strong & secure.

Even if constipated people are not actually stingy, they usually do not trust that there will be enough. They are afraid to throw out clothes. They never give themselves pleasure, because they must save for the rainy day.

**Anger will find its way to express, no matter how much we try to suppress it. Steam that is built up must be released. It can be released by simply saying 'I am angry about this'. We can beat the bed or scream in the car or play tennis. These are harmless ways of releasing anger.**

Spiritual people often believe they 'shouldn't get angry. Although we work towards that, but until we arrive there, it is healthier to acknowledge what we do feel in the moment.

Negative thinking clogs up the brain, & there is no room for love & joy to flow in its free & open way. Laughter can't flow if it is not allowed to be free & foolish. It is the same with love & joy. Life is not grim unless we make it so.

"I am healing rapidly, comfortably & perfectly". "Every day I feel better & better".

**Make a tape of a series of +ve affirmations.**

**Affirmations: I recognize my body as a good friend. Each cell in my body has Divine Intelligence. I listen to what it tells me. I am always safe, Divinely protected and guided. I choose to be healthy and free.**