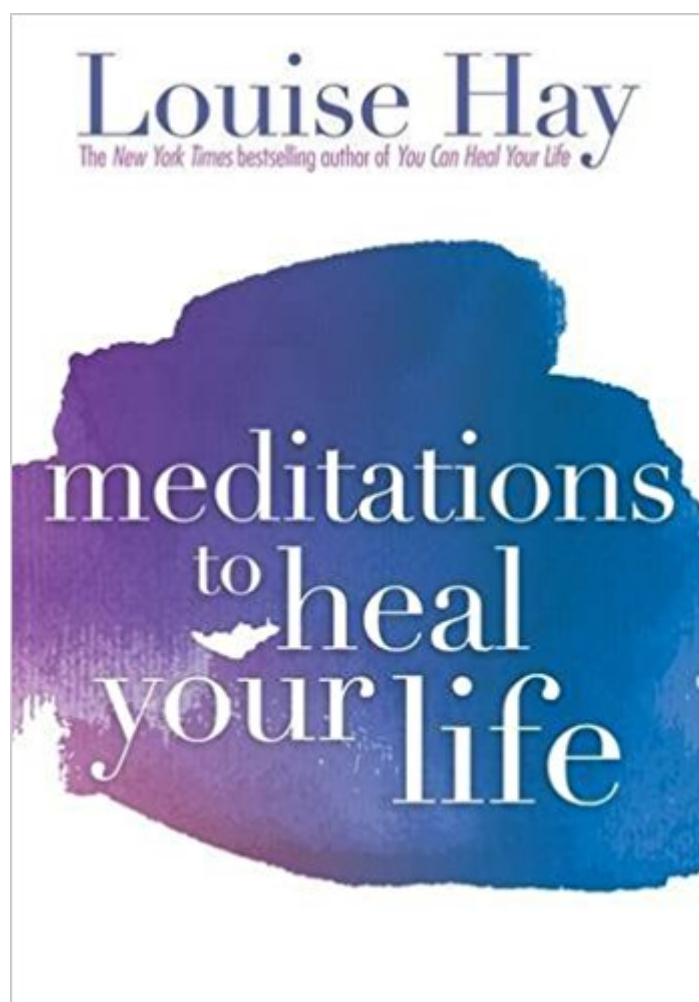


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# Meditations To Heal Your Life



## Synopsis

Louise shares her philosophy of life on a multitude of subjects from addictions to fears to spiritual laws, and everything in between. Her loving insights will enrich your body, mind, and soul, while giving you practical knowledge to apply to your day-to-day life. An excerpt from *Meditations to Heal Your Life*: "The gateways to wisdom and learning are always open, and more and more I am choosing to walk through them. Barriers, blocks, obstacles, and problems are personal teachers giving me the opportunity to move out of the past and into the Totality of Possibilities. As my mind can conceive of more good, the barriers and blocks dissolve. My life becomes full of little miracles popping up out of the blue." — Louise L. Hay

## Book Information

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## Customer Reviews

"This is a book of ideas to spark our own creative thinking process. It gives us an opportunity to see other ways to approach our experiences. We come into this world with such a pure, clear mind, totally connected with our inner wisdom. As we grow, we pick up fears and limitations from the adults around us. By the time we reach adulthood, we have a lot of negative beliefs that we are not even aware of. And, we tend to build our lives and our experiences upon these false beliefs." — from the book

For most of us, change and growth isn't braced willingly. It often takes a health crisis or challenging predicament for us to see how our beliefs and attitudes contribute to stagnation and suffering. Yet, it's possible to gently explore the beliefs we hold and the attitudes we possess, releasing them in exchange for more loving, allowing thought-forms. At 261 pages, *Meditations to*

Heal Your Life by Louise Hay contains a treasury of gentle wisdom and piercing insights promoting change, growth, and healing. Positioned on two pages, each thematic meditation features a short affirmation and a longer meditation. For example, a meditation about God says: "I choose my own loving concept of God. One Power created us all. I have the power to choose to see things as they really are. I choose to see things as God does, with the eyes of love. Since it is the nature of God to be present everywhere, to be all-powerful and all-knowing, I know that all there really is in this entire Universe is the Love of God. The Love of God surrounds me, indwells me, goes before me and smoothes the way for me. I am a Beloved Child of the Universe, and the Universe lovingly takes care of me now and forevermore. When I need something, I turn to the Power that created me. I ask for what I need, and then I give thanks even before receiving, knowing that it will come to me in the perfect time/space sequence." A few of the themes addressed in Meditations to Heal Your Life include: Authority, Bills, Child Abuse, Communication, Decision Making, Dreams, Elder Years, Feeling Lost, Guilt, Headaches, Income, Mourning, Planetary Healing, Releasing Habits, Sexuality, Surgery, Trust, Uniqueness, Violence, Worth. Many more thematic meditations are offered in this book. Tapping into the loving insights provided by Hay can be done two ways: either you can turn to a page at random, trusting that a particular meditation is exactly what you need at this moment in your life-or, you can look over the index in the front which is alphabetized according to theme, choosing the appropriate meditation. In addition to the wonderful meditations, there is a Self-Help Resources section at the back of Meditations to Heal Your Life which alphabetically lists dozens of organizations for further assistance in your healing journey-including addresses, phone numbers, websites, and email addresses. Covering topics such as AIDS, Alcohol Abuse, Alzheimer's, Cancer, Crisis Intervention, Co-Dependency, Children with Serious Illnesses, Debts, Grieving, Gambling, Smoking, Sex/Rape Issues, Stress Reduction, Teen Hotlines and much more. I've used Meditations to Heal Your Life several times over the years, and every time I consult this book, I increase in wisdom, balance, and well-being. I recommend it highly!

Coming fresh from reading "You Can Heal Your Life" by the same author, I bought this book while racing through a bookstore one day. Initially I thought I had made a mistake. Well, wasn't I in for a surprise. It is unbelievable, the affirmations are so unbelievably effective. Deep, intransigent problems that I have had for years just melt away with these affirmations that touch me to the core. This is a formidable way in which to be exactly the kind of person you have always wanted to be, and get rid of those blocks that have been holding you back. The affirmations are so finely nuanced, they have enabled me to get to the bottom of some deep problems that have plagued me my whole life. I am

shocked at just how effective this book has been for me.

As a professional counselor, I share this special book with a group of cancer survivors. Each week one person volunteers to open the book to a random page and reads Louise's meditation to the group. Everyone agrees that whatever message is opened is the one the group needs for that week. The meditations are powerful and awaken a positive spirit in each of us. They have made a big difference in the "can do" attitude of the group and have become the focus for our best discussions.

I was so impressed by this gift set when I gave it to my daughter who was doing serious healing work on herself, that I bought it for myself. Every page is beauty itself. Splashes of color, flowers, stars. It made me realize how every book should be this way, and I couldn't believe that all my life I've been reading from drab white pages. The test itself is completely empowering and effective as a healing tool. I recommend this set to everyone.

I have to admit, I love Louise Hay and her books, but I felt this one was slightly disappointing. Its probably because I was expecting written meditations similar to her CDs, but this book seems more to me like affirmations rather than meditations. It does cover a broad range of topics, alphabetically which I do find helpful, but I am not sure how to use this book. Perhaps I am not used to the format, but I thought after reading her book, *You Can Heal Your Life*, I was so inspired and thought that this book would do the same. And it feel slightly short of my expectations after reading her other book. I will likely use it when I need to focus on one issue at a time so it will be good for that. I do also find when talking to clients and friends about specific issues I point them to a section of this book. If you are looking for a better book by Louise, I suggest *You Can Heal Your life* before picking up this one.

Everyone who knows me knows I love affirmations and meditations, as well as the works of Louise L. Hay. In this beautiful collection, Louise shares her meditations and affirmations a in a glorious array of written positive statements. In *Meditations To Heal Your Life*, Louise also shares her philosophy on a wide array of different subjects from addictions to fears, as well as spirituality. Her insights read and repeated will enrich your body, mind and soul, while giving you practical knowledge to use in your day to day life. Begin anywhere in the book open it at will. The message will be perfect for you at the moment. It may confirm what you already believe or it my challenge you. As Louise tells us "it is all part of a growth process." Dip in to 255 pages of readings to apply

positive nurturing: an instant gift you can always give yourself.

This book contains short affirmations and may disappoint someone who was expecting more in the way of content. However, if you are looking for quick affirmations and don't have the time or desire for more extensive reading, then the book should be satisfying to you.

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