

"You can heal your life" by Louise Hay

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"You can heal your life" is a great book by Louise Hay about how we create our health (and sickness). The best part is the mega list of dis-eases and what they mean and affirmations to help with them. Here are ones I often have:

Jaw - anger, resentment

I am willing to change the patterns in me that created this condition. I love and approve of myself. I am safe.

Neck - Refusing to see the other side of a question, Stubbornness, inflexibility.

It is with flexibility and ease that I see all sides of an issue. There are endless ways of doing things and seeing things. I am safe.

Shoulders - Represent our ability to carry out experiences in life joyously. We make life a burden by our attitude.

I choose to allow all my experiences to be joyous and loving.