

# louise hay symptoms

**louise hay symptoms** are a fascinating topic for anyone interested in the connection between mind, body, and holistic health. Louise Hay, a renowned author and motivational speaker, was famous for her work in linking physical symptoms to underlying emotional causes. Her approach to healing has inspired millions to look beyond traditional medicine and explore deeper layers of self-awareness. In this comprehensive article, we will discuss Louise Hay's philosophy, explore common symptoms and their emotional connections, and provide practical tips for applying her methods in everyday life. Readers will discover how emotional patterns may manifest as physical symptoms, learn about Louise Hay's affirmations for self-healing, and understand the importance of self-care in holistic wellness. Whether you are new to her teachings or seeking to deepen your understanding, this article offers valuable insights and actionable advice—all optimized for search engines and written in a clear, authoritative tone.

- Understanding Louise Hay's Philosophy on Symptoms
- Common Physical Symptoms and Their Emotional Roots
- Louise Hay's Affirmations for Healing
- Applying Louise Hay's Teachings in Daily Life
- The Science and Critique of Emotional Healing
- Frequently Asked Questions About Louise Hay Symptoms

## Understanding Louise Hay's Philosophy on Symptoms

Louise Hay developed a pioneering approach in the field of mind-body healing, suggesting that **symptoms** are not merely physical issues but often have emotional origins. Her philosophy centers around the idea that thoughts and beliefs can profoundly influence physical health. Hay's teachings emphasize self-love, forgiveness, and positive thinking as crucial steps in overcoming illness. She proposed that unresolved emotional conflicts, stress, and negative patterns can manifest as specific symptoms or diseases. This perspective encourages individuals to explore their feelings and beliefs in order to create lasting changes in their health and wellbeing. By understanding the relationship between emotions and symptoms, people can become proactive in their healing journey.

## Common Physical Symptoms and Their Emotional Roots

Louise Hay's work includes a comprehensive list of physical symptoms and their possible emotional causes. She believed that acknowledging and addressing these emotional aspects could lead to profound healing. Below are several common symptoms and the emotional patterns she associated

with them.

## **Examples of Symptoms and Emotional Connections**

- Headaches: Often linked to invalidation of self or fear, and excessive worry.
- Back Pain: Associated with lack of support, financial worries, or feeling burdened.
- Digestive Issues: Connected to fear of new situations, anxiety, or unresolved emotional pain.
- Sinus Problems: Related to irritation towards someone close or feeling emotionally overwhelmed.
- Heart Conditions: Tied to long-standing emotional problems, lack of joy, or feeling unloved.
- Skin Conditions: Linked to anxiety, fear, or feeling threatened.

## **Louise Hay's Symptom Reference List**

Hay compiled an extensive symptom reference list in her books, where she mapped various symptoms to their metaphysical causes. For example, she suggested that arthritis could reflect criticism and resentment, while asthma might be connected to suppressed feelings or a sense of suffocation. These interpretations encourage self-reflection and emotional exploration as part of the healing process.

## **Louise Hay's Affirmations for Healing**

Affirmations are a central component of Louise Hay's healing methodology. She believed that repeating positive statements could help change limiting beliefs and release emotional blockages that contribute to physical symptoms. Affirmations are designed to foster self-love, acceptance, and empowerment.

## **How Affirmations Work**

Affirmations work by creating new thought patterns that replace negative or self-limiting beliefs. According to Hay, consistent practice can gradually transform both the mind and body, fostering a sense of wellness and emotional balance.

## **Sample Healing Affirmations**

- I lovingly release all patterns in my mind that create discomfort.
- I am supported by life and trust the process of healing.
- My body is healthy, strong, and vibrant.
- I forgive myself and others, releasing all negative emotions.
- I am worthy of love, health, and happiness.

## **Applying Louise Hay's Teachings in Daily Life**

The practical application of Louise Hay's teachings involves self-reflection, emotional awareness, and the regular use of affirmations. Individuals are encouraged to observe recurring symptoms and explore their possible emotional roots. By integrating these practices into daily life, one can cultivate greater self-understanding and promote holistic healing.

## **Steps to Integrate Louise Hay's Approach**

1. Identify recurring symptoms and reflect on possible emotional patterns.
2. Practice daily affirmations tailored to specific symptoms or emotional needs.
3. Engage in journaling or meditation to increase self-awareness.
4. Seek support from holistic practitioners or support groups, if necessary.
5. Commit to ongoing personal growth and emotional healing.

## **Benefits of Mind-Body Awareness**

By embracing Louise Hay's approach, individuals often experience increased self-acceptance, emotional resilience, and improved physical health. Mind-body awareness empowers people to take an active role in their wellness journey and create positive changes in their lives.

# **The Science and Critique of Emotional Healing**

While Louise Hay's teachings have gained widespread popularity, it is important to consider the scientific perspective and critiques. Emotional wellness is increasingly recognized as a vital component of health, and studies suggest that stress and negative emotions can impact physical symptoms. However, some critics argue that not all physical ailments are caused by emotional issues and emphasize the importance of medical evaluation and treatment. Integrating emotional healing with conventional medicine can offer a balanced approach to health and wellbeing. It is essential to use discernment and seek appropriate care for serious or persistent health concerns.

## **Complementing Traditional Medicine**

Many practitioners advocate for a holistic approach, combining Louise Hay's methods with medical treatments. This synergy can address both physical and emotional factors, promoting comprehensive healing and greater overall wellness.

## **Frequently Asked Questions About Louise Hay Symptoms**

The following section provides answers to some of the most commonly asked questions about Louise Hay symptoms, her healing philosophy, and practical applications. These trending questions offer valuable insights for readers seeking to understand and integrate her teachings.

### **Q: What does Louise Hay mean by "symptoms"?**

A: Louise Hay refers to symptoms as physical manifestations that may have underlying emotional or psychological causes. Her philosophy encourages exploring these connections for holistic healing.

### **Q: How can I identify the emotional cause of my symptoms?**

A: Begin by reflecting on your thoughts, feelings, and life experiences surrounding the onset of your symptoms. Use symptom reference guides inspired by Louise Hay to explore possible emotional patterns.

### **Q: Are Louise Hay's methods scientifically proven?**

A: While aspects of mind-body medicine are supported by research, many of Louise Hay's specific symptom connections are anecdotal. Her methods are best used in conjunction with conventional medical advice.

## **Q: Can affirmations really help reduce symptoms?**

A: Affirmations can foster positive thinking, reduce stress, and promote emotional wellbeing, which may indirectly support physical health. Their effectiveness varies for each individual.

## **Q: Is it safe to use Louise Hay's teachings for serious health concerns?**

A: For serious symptoms or medical conditions, always consult a healthcare professional. Louise Hay's teachings can complement medical care but should not replace it.

## **Q: What are some examples of Louise Hay's symptom interpretations?**

A: Hay linked headaches to stress or invalidation, back pain to lack of support, and heart issues to lack of joy or emotional pain, among many other interpretations.

## **Q: How often should I practice affirmations?**

A: Daily practice is recommended for optimal results. Consistency helps reinforce positive beliefs and emotional healing.

## **Q: Can emotional healing alone resolve physical symptoms?**

A: While emotional healing can support physical health, some symptoms require medical intervention. A balanced approach is important.

## **Q: Where can I learn more about Louise Hay's symptom list?**

A: Many books and resources inspired by Louise Hay provide comprehensive lists of symptoms and their emotional meanings. These guides can help deepen your understanding.

## **Q: What is the overall benefit of Louise Hay's approach?**

A: Louise Hay's approach promotes self-awareness, emotional release, and positive thinking, which can contribute to improved overall wellbeing when integrated into daily life.

## **[Louise Hay Symptoms](#)**

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# Louise Hay Symptoms: Understanding the Mind-Body Connection

Are you intrigued by Louise Hay's teachings on the power of positive thinking and its impact on physical health? Many people wonder about the specific "Louise Hay symptoms" - the ailments she associated with particular negative thought patterns. This comprehensive guide explores the core principles behind Hay's work, clarifying common misconceptions and offering a nuanced understanding of the mind-body connection as she presented it. We will delve into specific examples, emphasizing the importance of personal responsibility and the limitations of directly applying her symptom lists.

## Understanding Louise Hay's Philosophy

Louise Hay, a renowned author and motivational speaker, championed the idea that our thoughts and beliefs significantly influence our physical and emotional well-being. Her work, primarily outlined in her book "You Can Heal Your Life," suggests that negative thought patterns can manifest as physical symptoms. It's crucial to understand that Hay wasn't proposing a cure for illnesses, but rather a framework for exploring the potential link between our mental and emotional states and our physical health. This is not a replacement for conventional medical advice.

## The Importance of Context and Personal Interpretation

It's vital to approach Hay's work with a critical and nuanced perspective. Her lists associating specific illnesses with specific negative thoughts are not meant to be interpreted literally. They are tools for self-reflection, prompting individuals to examine their beliefs and emotional patterns. What might resonate with one person might not apply to another. The underlying principle is to identify and address the root emotional causes of potential disharmony within the body.

## Exploring Common "Louise Hay Symptoms" and Their Interpretations

Hay's work connects various physical ailments with potential emotional roots. While we cannot definitively claim causality, exploring these connections can be a powerful tool for self-discovery and personal growth. Remember, these are interpretations and not medical diagnoses. Always consult a healthcare professional for any health concerns.

## H2: Headaches:

Hay often associated headaches with suppressed anger, frustration, or a feeling of being overwhelmed. This isn't to say that every headache stems from these emotions, but it encourages self-reflection on potential stress triggers and ways to manage them. Perhaps journaling, meditation, or spending time in nature could alleviate underlying stress, leading to a reduction in headache frequency.

## **H2: Back Pain:**

According to Hay's teachings, back pain can be linked to a lack of emotional support, feelings of loneliness, or fear of the future. This suggests exploring ways to build stronger support networks, address feelings of isolation, and develop strategies for coping with anxiety. Therapy or support groups might be beneficial here.

## **H2: Skin Conditions (e.g., Acne, Eczema):**

Hay connected skin problems to feelings of self-judgment, low self-esteem, or a sense of being unworthy. This points towards the importance of self-compassion and developing positive self-talk.

## **H2: Digestive Issues:**

Digestive problems, according to Hay's philosophy, can be associated with anxieties, fears, or difficulty processing life changes. This might involve working through unresolved emotional issues through counseling or exploring techniques for stress management like mindfulness or yoga.

### **Moving Beyond Simple Symptom Lists: The Power of Self-Reflection**

The true value of Louise Hay's work lies not in memorizing symptom lists but in utilizing her teachings as a springboard for self-discovery. The process of introspection – asking oneself about underlying emotional patterns – can be far more beneficial than simply trying to match symptoms to prescribed thoughts.

### **Seeking Professional Medical Advice**

It's paramount to emphasize that Louise Hay's work is not a substitute for professional medical advice. If you are experiencing any physical symptoms, it's crucial to seek a diagnosis and treatment from a qualified healthcare professional. Her teachings should be considered a complementary approach to support overall well-being, not a replacement for conventional medicine.

### **Conclusion:**

Louise Hay's work offers a valuable perspective on the mind-body connection, encouraging self-reflection and personal responsibility for one's health. While her symptom lists provide a starting point for exploring potential emotional roots of physical ailments, they should be approached with a critical and nuanced understanding. The real power lies in the process of self-awareness and the commitment to addressing underlying emotional patterns. Remember to always consult a doctor for any health concerns.

## FAQs

1. Is Louise Hay's work scientifically proven? No, Louise Hay's teachings are not supported by rigorous scientific evidence. Her work is based on observation and personal experience, offering a philosophical perspective rather than a scientifically validated medical approach.
2. Can I cure my illness by simply changing my thoughts? While positive thinking can contribute to overall well-being and stress management, it's not a cure for physical illnesses. Medical attention is always necessary for diagnosis and treatment.
3. How can I use Louise Hay's work effectively? Use her work as a tool for self-reflection, focusing on identifying and addressing negative thought patterns that might be impacting your emotional state. Journaling and meditation can be helpful in this process.
4. Are there any risks associated with solely relying on Louise Hay's methods? Yes, delaying or forgoing professional medical care based solely on Louise Hay's teachings can be harmful. Her work should be considered a complementary approach, not a replacement for conventional medicine.
5. Where can I learn more about Louise Hay's work? You can find numerous books and resources online authored by Louise Hay or inspired by her teachings. However, always approach the information with a critical and balanced perspective, remembering to seek professional medical advice when needed.

**louise hay symptoms:** Heal Your Body Louise Hay, 1995-03-07 Heal Your Body is a fresh and easy step-by-step guide. Just look up your specific health challenge and you will find the probable cause for this health issue and the information you need to overcome it by creating a new thought pattern. Louise Hay, bestselling author, is an internationally known leader in the self-help field. Her key message: If we are willing to do the mental work, almost anything can be healed. The author has a great deal of experience and firsthand information to share about healing—including how she cured herself after having been diagnosed with cancer. Hundreds of thousands of people from all over the world have read Heal Your Body and have found it to be an indispensable reference. Here are some typical comments: "I love this book. I carry it around in my purse, refer to it constantly, and share it with my friends." "HEAL YOUR BODY seems divinely inspired." "Thank you for writing HEAL YOUR BODY. It changed my ideas about diseases. As I am a doctor, it also changed the way I look at people."

**louise hay symptoms:** All is Well Louise L. Hay, Mona Lisa Schulz, 2013-02-12 In a book that divides the body into seven emotion centers, the author asserts that emotions have a tremendous effect on how the various areas of the body manifest themselves.

**louise hay symptoms:** The Alchemy of Healing Farnaz Afshar, 2013-07-29 We all know how frustrating it can be to do everything you're supposed to do and yet see nothing change for the better. This can happen in all areas of our lives, but it is perhaps most trying when it comes to our health. Author Farnaz Afshar knew such frustration. Suffering from a range of physical ailments, she became sicker and sicker and was unable to recover using conventional medicine. The Alchemy of Healing: The Healer Was Always You tells of Afshar's discovery of her self-healing power, documenting her journey from illness to well-being. She shares her own story of healing and offers a collection of thoughts and life lessons to help others experiencing illness. She has come to the conclusion that the cause of every illness is the same, making it possible for anyone to achieve relief from any illness by applying the same Law of Attraction principles she learnt. Each chapter guides you through your own path to recovery from whatever illness you have. You can discover your inner strength and self-healing capabilities. The health you desire is in your hands. You, and only you, can



really heal yourself!

**louise hay symptoms:** You Can Heal Your Life 30th Anniversary Edition Louise Hay, 2017-12-11 This New York Times bestseller has sold over 50 million copies worldwide, including over 200,000 copies in Australia. Louise's key message in this powerful work is- oIf we are willing to do the mental work, almost anything can be healed.o Louise explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinkingaand improve the quality of your life! Packed with powerful information - you'll love this gem of a book! This special edition, released to mark Hay House's 30th anniversary, contains 16 pages of photographs.

**louise hay symptoms:** You Can Heal Your Heart Louise Hay, David Kessler, 2014-02-04 In You Can Heal Your Heart, self-empowerment luminary Louise Hay and renowned grief and loss expert David Kessler have come together to start a conversation on healing after loss. Louise and David discuss the emotions and thoughts that occur when a relationship leaves you brokenhearted, a marriage ends in divorce, or a loved one dies. They will also help you develop greater self-awareness and compassion, providing you with the courage and tools to face many other types of losses and challenges, such as saying good-bye to a beloved pet, losing your job, coming to terms with a life-threatening illness or disease, and much more. With a perfect blend of Louise's affirmations and teachings on the power of your thoughts and David's many years of working with those in grief, this remarkable book will inspire an extraordinary new way of thinking, bringing profound love and joy into your life. You will not only learn how to harness the power of your grief to help you grow and find peace, but you will also discover that, yes, you can heal your heart.

**louise hay symptoms:** Heal Your Mind Mona Lisa Schulz, Louise L. Hay, 2016 Many of us grapple with how to stay happy, calm, and focused in a world that seems to get more complex by the minute. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use. Heal Your Mind continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered together in All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition. Here, it's applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states. You'll learn what's going on in your brain and body when: You feel sad, angry, or panicked; An addictive substance or behavior has hold of you; You have trouble focusing, reading, or remembering · A past trauma is clouding your mind in the present; An emotional state is a clue to a physical ailment ; And more And in each chapter, you'll get a virtual healing experience through case studies in the All Is Well Clinic, where Dr. Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well-being. Today, the pill-for-every-ill approach is so prevalent that we may think our minds and bodies need an endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements give us another important way to support mind-body health; and affirmations, as well as various forms of therapy, can restore us to balance by changing the way we think. Heal Your Mind puts all these tools at your disposal to help you choose your own path toward wholeness--

**louise hay symptoms:** Metaphysical Anatomy Evette Rose, 2013 Understand causes of emotional, mental and physical ailments that stem from your ancestry, conception, birth and childhood. If you are an alternative practitioner you will quickly sharpen your skills, learn more powerful approaches to emotional, mental and physical ailments. As a practitioner you will understand and work more efficiently with your clients. Under each disease you will find emotional components and accurate key points guiding you to effective alternative ways to heal and how to find core issues.

**louise hay symptoms:** The Secret Language of Your Body Inna Segal, 2010-08-31 Discover the groundbreaking bestseller and TikTok sensation that reveals the connection between your physical health and emotional well-being, and offers processes for healing—featuring a foreword by Bernie

Siegel, M.D. Dive into the enchanting world of holistic healing with renowned intuitive healer Inna Segal. Digging into the root causes of over 300 symptoms and medical conditions, she lays bare the mental, emotional, and energetic triggers behind physical ailments. This comprehensive guide comes complete with a free thirty-five-minute audio download where Inna herself guides you into a powerful self-care and well-being journey, attuning you to the messages your body communicates. Venture into an empowering, transformative journey that calls upon your body's built-in ability to heal itself. With Segal's gentle guidance, you'll not only restore your physical self but also break free from the shackles of limiting beliefs and emotions that may be hindering your growth and vitality. Decode the secret language of disease, access quick and easy exercises for nurturing your organs, and use color to rejuvenate your life. By the end of this inspiring journey, you'll have uncovered and applied the life-altering teachings your body has been signaling you all along and be able to live the life you were truly meant to live.

**louise hay symptoms: The Essential Louise Hay Collection** Louise Hay, 2013-09-24 For decades, Louise Hay has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. In this single volume, you will find three of her most beloved books: • *You Can Heal Your Life* is a true classic, with millions of copies in print worldwide. Louise's key message here is that if we are willing to do the mental work, almost anything can be healed. She explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking . . . and improve the quality of your life. • *In Heal Your Body*, Louise describes the methods she used to cure herself of cancer, which will help you discover patterns in your own health conditions that reveal a lot about yourself. It offers positive new thought patterns to replace negative emotions, an alphabetical chart of physical ailments with their probable causes, and healing affirmations so you can eliminate old patterns. • *The Power Is Within You* expands on Louise's philosophy of loving the self and shows you how to overcome emotional barriers through learning to listen to your inner voice, loving the child within, and letting your true feelings surface. In these pages, Louise encourages you to think of yourself positively and be more accepting of—and grateful for—who you are. The Essential Louise Hay Collection is the perfect read for anyone seeking insights into the mind-body connection, as well as for those who want the pleasure of finally having their favorite Louise Hay books together in one convenient volume!

**louise hay symptoms: Love Your Body** Louise L. Hay, 2009-10 Bestselling author Hay presents 54 affirmation treatments designed to help people create a beautiful, healthy, happy body.

**louise hay symptoms: Loving Yourself to Great Health** Louise Hay, Ahlea Khadro, Heather Dane, 2015-10-06 For decades, best-selling author Louise Hay has transformed people's lives by teaching them to let go of limiting beliefs. Now in this tour de force, Louise teams up with her go-to natural health and nutrition experts, Ahlea Khadro and Heather Dane, to reveal the other side of her secret to health, happiness, and longevity: living a nutrient-rich life. Unlike any health book you've ever read, this work transcends fads, trends, and dogma to bring you a simple yet profound system to heal your body, mind, and spirit that is as gentle as changing the way you think. Louise, Ahlea, and Heather show you how to take your health, your moods, and your energy to the next level. In *Loving Yourself to Great Health*, you will; tap into the secrets Louise has used for decades to supercharge the effectiveness of affirmations and bring your body back into alignment with your mind; discover what nutrition really means and how to cut through the confusion about which diets really work; learn to hear the stories your body is eager to reveal; and uncover techniques for longevity, vitality, good moods, deep intuition, and for meeting your body's unique healing needs at all stages of life. At 88 years of age, Louise has much wisdom to share about what it takes to live a long, happy, healthy life. We invite you to join us on an amazing journey that will turn your life into your greatest love story.

**louise hay symptoms: Soul Speak - The Language of Your Body** Julia Cannon, 2013-08-01 In this book you will discover what the messages from the different body systems mean and how you can heal any situation by understanding the message that is being delivered and acting

appropriately on that message. This is a secret language that is now being revealed. It is no longer a mystery. Discover for yourself what YOU are trying to say to YOURSELF.

**louise hay symptoms: Your Body Speaks Your Mind** Deb Shapiro, 2012-12-20 What are your symptoms and illnesses telling you about yourself? In *Your Body Speaks Your Mind*, renowned teacher and bestselling author Deb Shapiro shows how understanding your body's 'language of symptoms' can increase your potential for healing. She explains the interconnectedness between your physical state and your emotional, psychological and spiritual health, and reveals: How unresolved emotional and psychological issues can affect your physical health; How feelings and thoughts are linked to specific parts of the body; How you can take steps to heal your body with your mind, and your mind with your body. *Your Body Speaks Your Mind* shows you how to initiate communication between body and mind, and decode the priceless information your body is giving you, in order to achieve better health and a greater sense of wellbeing.

**louise hay symptoms: Numerology for Healing** Michael Brill, 2008-11-25 A unique approach to using numerology to identify life challenges and karmic lessons to heal emotional and physical problems • Provides a clear method for identifying challenges specific to your birthday and name • Details 185 health conditions and how to address the causes using numerology--from addictions and Alzheimer's disease to thyroid problems, heart failure, and cancer • Offers guidance in understanding universal abandonment issues and how these affect our behavior In *Numerology for Healing*, Michael Brill combines numerology with psychology, quantum physics, and the concepts of gematria and reincarnation to create a unique approach to healing emotional and physical problems based on life challenges and karmic lessons. Humans suffer from a profound sense of abandonment when the soul is decanted from the Universal Oneness into the confines of a personality. Brill explains how this sense of abandonment manifests itself in two principal types of behavior: people work to be loved and appreciated for who they are, or they try to control and micromanage their lives and relationships so that nothing goes wrong. Both of these behavior patterns are exhausting physically, emotionally, and mentally and are clear catalysts for illness. Brill details 185 physical and mental health conditions and shows how to identify and treat the causes--from addictions and Alzheimer's disease to thyroid problems, heart failure, and cancer. For instance, he reveals that, in general, illnesses beginning with the letter "A" (acne and alcoholism) have issues of self-esteem as one of the basic causes, whereas illnesses beginning with letter "G" (gallstones and glaucoma) are associated with a need to be in control, in relationships or at work. By using the numerology of your birth date and name, *Numerology for Healing* makes it easy to identify your positive and negative tendencies and characteristics and to use them as the key to achieving a healthier life.

**louise hay symptoms: The Inner Cause** Martin Brofman, 2018-05-08 Explores the body as a map of consciousness, where physical symptoms reflect stresses on our minds, emotions, and Higher Self • Offers a comprehensive guide to 800 physical symptoms with the description of their inner cause and the message they are sending to our consciousness • Explains how learning a symptom's message empowers the individual affected to take charge and effect change on the inner level • Addresses the individual as well as the helping professions, healers and therapists, to help them understand more fully the dynamics of the body-mind interface The body is intimately connected to the mind and the Spirit. Each physical symptom reflects a deeper part of our Spirit and consciousness, the part the Western traditions know as the "unconscious" or "subconscious." When we make a decision that leaves us with stress, it affects our consciousness, and therefore our energy field or aura. When the tension increases in intensity, it reaches the physical level where it creates a symptom. This means that if we make a different decision, or change our mind about something, we can let go of this stress, and the symptom. The symptom itself is not the problem, just a message that, once understood, has fulfilled its purpose and can be released. Integrating Martin Brofman's more than 30 years of research and healing practice, *The Inner Cause* comprises an A to Z compendium of 800 symptoms and a psychology of their inner causes, the messages they are trying to send to our consciousness. Woven into the descriptions of symptoms, the author also discusses personality profiles associated with certain symptoms, derived from his understanding of the

chakras, the body-mind interface, and the connections he discovered when developing his Body Mirror System of Healing. He explains that when you explore the inner cause to a symptom, you recognize that you have created this symptom through the stressed way you chose to respond to the conditions in your life. By learning a symptom's message, you become empowered to take charge and effect change on the inner level. For each symptom discussed, the author explores the message of the symptom, which chakras are involved, how you may be affected, and which issues you might need to look at to resolve the tension or stress--although a specific solution will always depend on the individual's personal situation. With its correlation of symptoms and psychological states of being, *The Inner Cause* provides invaluable insight into how we can effectively support our own healing process physically, emotionally, and spiritually.

**louise hay symptoms: Meditations to Heal Your Life** Louise L. Hay, 2010 This is a book of ideas to spark your own creative thinking process. It will give you an opportunity to see other ways to approach your experiences. . . . As you read this book, you may find statements that you don't agree with; they may clash with your own belief systems. That's all right. It's what Louise calls stirring up the pot. She says, Yo...

**louise hay symptoms: Power Thoughts** Louise Hay, 2023-06-06 Choose positive affirmations and take the first step to creating a new and fulfilling life with the trusted guidance of Louise Hay. Every thought you think and every word you speak is an affirmation. An affirmation is like planting a seed. You're always in the process of tending to your garden, and if you do so with care, you'll find that each day becomes more joyous than the one before it. This newly repackaged edition of *Power Thoughts* includes 365 daily affirmations, with topics including health, prosperity, friendship, love, forgiveness, self-esteem and many more. 'By reading these affirmations - one a day, several at a time or just by opening the book at random - you're taking the first step toward building a more rewarding life... I know you can do it!' - Louise Hay

**louise hay symptoms: Meaning-Full Disease** Brian Broom, 2018-03-28 The book is grounded upon the author's extensive professional involvement with physical diseases that are a powerful expression of the patients' emotional themes and life-stories. They are meaning-full diseases. They occur commonly, and are the most compelling argument for an urgent acknowledgment of the role of meanings in the healing process. Following the pattern of his first book, *Somatic Illness and the Patient's Other Story*, the author shows in case after case that listening and responding to the story of patients suffering from persistent physical diseases frequently leads to major reversal of the disease processes. This present book takes a crucial second step. There must be an understandable basis for meaning-full diseases. Resistance to them relates in part to the inability of current Western scientific and biomedical theories to explain them. The author sets out to construct conceptual frameworks, within which clinicians and patients can see that a close relationship between life experience and the appearance of physical disease really does make sense.

**louise hay symptoms: Trust Life** Louise Hay, 2018-10-02 365 affirmations and reflections drawn from the inspirational work of Louise Hay. Queen of the New Age . . . A founder of the self-help movement . . . The closest thing to a living saint . . . Louise Hay was called all this and more, and her work inspired millions worldwide, but she never set herself up as a guru with all the answers. She urged every attendee at her workshops and conferences, every reader of her dozens of books, to remember that it is you who has the power to heal your life. She was just here to guide you on the path of remembering the truth of who you are: powerful, loving, and lovable. In honor of Louise's life, you now hold in your hands this compilation of her most inspiring teachings from her greatest works. Our hope is that the 366 entries within this book allow you to carry the wisdom of Louise with you each and every day, and inspire you to trust the process of Life. As Louise said: Very simply, I believe that what we give out, we get back; we all contribute to, and are responsible for, the events that take place in our lives--both the good and the so-called bad. We create our experiences based on the words we say and the thoughts we think. When we create peace and harmony in our minds and think positive thoughts, we will attract positive experiences and like-minded people to us. In essence, what I'm saying is that what we believe about ourselves and

about Life becomes true for us.

**louise hay symptoms: To Root and to Rise** Carole J. Starr, 2017-05-25 This book offers hope for those struggling with a changed life after brain injury. Long-term survivor Carole Starr offers gentle encouragement, hard-won wisdom and numerous strategies that survivors, caregivers and professionals can use. 'To Root & To Rise' is more than a book; it's also a workbook. The questions in each chapter allow readers to take Carole's strategies and apply them to their own experience. These questions can be answered on one's own, with family members, with rehabilitation professionals, or with a brain injury support group. This book is a powerful resource you'll refer to again and again.

**louise hay symptoms: Awakening to the Fifth Dimension** Kimberly Meredith, 2021-12-07 Elevate your consciousness and heal your life. In *Awakening to the Fifth Dimension*, author Kimberly Meredith offers readers something truly revolutionary—a new dimension of healing. Discovering her healing gifts after two near death experiences in 2013, she is now one of the most in-demand medical intuitive healers in the nation, traveling the country to speak at events, appearing at major consciousness and global virtual events, and offering healing to those who so desperately in need. Here in these pages, Kimberly shares her gift for the first time with a wider audience, giving readers the tools to implement this healing in their own lives. Whether you are wrestling with chronic illness, seemingly untreatable symptoms, or other mental, emotional, or physical ailments, Kimberly's gentle wisdom offers a way forward towards happiness and freedom. Filled with instruction, case studies, testimonials, nutritional advice, and practical methods to raise your consciousness *Awakening to the Fifth Dimension* will empower readers to confront their own health struggles and find true, lasting healing.

**louise hay symptoms: The Healing Questions Guide** Wendi J. Jensen, 2015-04-20 For more from Wendi go to [www.wendijjensen.com](http://www.wendijjensen.com) Wendi has taken the brilliant work of Louise Hay's *You Can Heal Your Life*, Karol Truman's *Feeling Buried Alive Never Die* and Michael Lincoln's *Messages from the Body* to a whole new level to unlock and activate healing in the body. The *Healing Questions Guide* is a one-of-a-kind resource with specific questions to ask the mind to activate healing in the body. These uniquely crafted questions will do 3 very important things. 1) Bypass the ego-mind to access the subconscious 2) Interrupt the unconscious neuro-pathways feeding the negative beliefs 3) Open a dialogue between you and your higher-self using a question you didn't think to ask because you weren't aware that the belief was contributing to what is going on in the body. The natural byproduct of using this book is that it will strengthen your innate intuitive capacity and empower you to reorder your psychological misalignments that a feeding disease in your body. This 500 page encyclopedia of self-inquiring questions is so thorough you can trouble-shoot every vertebra of the spine, every tooth, every toe and finger, as well as the right and left side of the body. Hundreds of symptoms packed with powerful life changing questions and specifically attuned affirmations for reordering the mind. The *Healing Questions Guide* is the ultimate healers resource for unraveling a toxic mind and reordering it for optimal performance. Example: Appendicitis: 1) What protection am I seeking? 2) What will it take for me to be more accepting of life and accepting of myself? 3) What will it take to be more compassionate toward myself? 4) What have I done in the past that I need to forgive myself for? 5) What will it take to be able to handle the emotional commotion and unruly feeling I am experiencing? 6) What burdens and responsibilities am I assuming are mine but really are not? Affirmation: I nourish myself with loving kindness. I am a precious being of light. I gently allow myself to be in my mortal condition. I can distinguish between my feelings and the feelings of others, what is my responsibility and what is theirs.

**louise hay symptoms: Medical Medium** Anthony William, 2021-03-23 From the #1 New York Times best-selling author of the *Medical Medium* series, a revised and expanded edition of the book that started a health revolution. Anthony William, the *Medical Medium*, has helped millions of people heal from ailments that have been misdiagnosed or ineffectively treated or that doctors can't resolve on their own. Now he returns with an elevated and expanded edition of the book where he first

opened the door to healing knowledge from over 30 years of bringing people's lives back. With a massive amount of healing information that science won't discover for decades, Anthony gets to the root of people's pain or illness and what they need to do to restore their health now--which has never been more important. His tools and protocols achieve spectacular results, even for those who have spent years and many thousands of dollars on all forms of medicine before turning to him. They are the answers to rising from the ashes. Medical Medium reveals the true causes of chronic symptoms, conditions, and diseases that medical communities continue to misunderstand or struggle to understand at all. It explores the solutions for dozens of the illnesses that plague us, including Lyme disease, fibromyalgia, adrenal fatigue, ME/CFS, hormonal imbalances, Hashimoto's disease, MS, RA, depression, neurological conditions, chronic inflammation, autoimmune disease, blood sugar imbalances, colitis and other digestive disorders, and more. This elevated and expanded edition also offers further immune support, brand-new recipes, and even more solutions for restoring the soul and spirit after illness or life events have torn at our emotional fabric. Whether you've been given a diagnosis you don't understand, or you have symptoms you don't know how to heal, or someone you love is sick, or you're a doctor who wants to care for your own patients better, Medical Medium offers the answers you need. It's also a guidebook for everyone seeking the secrets to living longer, healthier lives. Discover the reasons we suffer and how to finally heal from more than two dozen common conditions: ACHES & PAINS ADHD ADRENAL FATIGUE AGING ALZHEIMER'S AUTISM AUTOIMMUNE DISEASE BELL'S PALSY BRAIN FOG CANDIDA CHRONIC FATIGUE SYNDROME COLITIS DEPRESSION & ANXIETY DIABETES & HYPOGLYCEMIA DIGESTIVE DISORDERS DIZZINESS EPSTEIN-BARR VIRUS FIBROMYALGIA FROZEN SHOULDER INFLAMMATION LEAKY GUT SYNDROME LUPUS LYME DISEASE MENOPAUSAL SYMPTOMS MIGRAINES & HEADACHES MULTIPLE SCLEROSIS NEUROLOGICAL SYMPTOMS PMS POSTPARTUM FATIGUE PTSD RHEUMATOID ARTHRITIS SHINGLES THYROID DISORDERS TINGLES & NUMBNESS TMJ & JAW PAIN VERTIGO & TINNITUS The truth about the world, ourselves, life, purpose--it all comes down to healing, Anthony William writes. And the truth about healing is now in your hands.

**louise hay symptoms: Why Do People Get Ill?** Darian Leader, David Corfield, 2008-02-28 'Well-argued, thought-provoking . . . will make you think twice before reaching for the painkillers' Daily Mail Have you ever wondered why we get ill? Can our thoughts and feelings worsen or even cause conditions like heart disease, cancer or asthma? And what - if anything - can we do about it? Why Do People Get Ill? explores the relationship between what's going on in our heads and what happens in our bodies, combining the latest research with neglected findings from medical history. With remarkable case studies and startling new insights into why we fall ill, this intriguing book should be read by anyone who cares about their own health and that of other people. 'Fascinating . . . compelling' Observer 'An absorbing examination of the mind-body connection' Harper's Bazaar 'Illuminating, fascinating' Financial Times

**louise hay symptoms: Your Body Speaks Your Mind** Deb Shapiro, 2008-11-01 Shapiro explains why unresolved psycho/emotional issues can affect physical health, how feelings and thoughts are linked to specific body parts, and steps to take to heal the body with the mind, and to heal the mind with the body.

**louise hay symptoms: Love Yourself, Heal Your Life Workbook** Louise Hay, 1995-03-07 The Love Yourself, Heal Your Life Workbook directly applies Louise's techniques of self-love and positive thinking to a wide range of topics that affect us all on a daily basis, including: health, fears and phobias, sex, self-esteem, money and prosperity, friendship, addictive behavior, work, and intimacy. As Louise says, These exercises will give you new information about yourself. You will be able to make new choices. If you are willing, then you can definitely create the kind of life you say you want.

**louise hay symptoms: Mirror Work** Louise Hay, 2016-03-22 AN ESSENTIAL SELF-CARE GUIDEBOOK FROM THE NEW YORK TIMES BESTSELLING AUTHOR OF YOU CAN HEAL YOUR LIFE LOUISE HAY'S 21 DAY SIGNATURE DAILY PRACTICE FOR LEARNING HOW TO LOVE YOURSELF BASED ON HER MOST POPULAR VIDEO COURSE, LOVING YOURSELF Mirror work has long been Louise Hay's favorite method for cultivating a deeper relationship with yourself, and

leading a more peaceful and meaningful life. Mirror work—looking at oneself in a mirror and repeating positive affirmations—was Louise’s powerful method for learning to love oneself and experience the world as a safe and loving place. Each of the 21 days is organized around a theme, such as monitoring self-talk, overcoming fear, releasing anger, healing relationships, forgiving self and others, receiving prosperity, and living stress-free. The daily program involves an exercise in front of the mirror, positive affirmations, journaling, an inspiring Heart Thought to ponder, and a guided meditation. Packed with practical guidance and support, presented in Louise’s warmly personal words, MIRROR WORK—or Mirror Play, as she likes to call it—is designed to help you: • Learn a deeper level of self-care • Gain confidence in their own inner guidance system • Develop awareness of their soul gifts • Overcome resistance to change • Boost self-esteem • Cultivate love and compassion in their relationships with self and others In just three weeks, you will establish the practice of Mirror Work as a tool for personal growth and self-care, and a path to a full, rich life. CHAPTERS INCLUDE: • Loving Yourself • Making Your Mirror Your Friend • Monitoring Your Self-Talk • Letting Go of Your Past • Building Your Self-Esteem • Releasing Your Inner Critic • Loving Your Inner Child • Loving Your Body, Healing Your Pain • Feeling Good, Releasing Your Anger • Overcoming Your Fear • Starting Your Day with Love • Forgiving Yourself and Those Who Have Hurt You • Healing Your Relationships • Living Stress Free • Receiving Your Prosperity “Mirror work—looking deeply into your eyes and repeating affirmations—is the most effective method I’ve found for learning to love yourself and see the world as a safe and loving place. I have been teaching people how to do mirror work for as long as I have been teaching affirmations. The most powerful affirmations are those you say out loud when you are in front of your mirror. The mirror reflects back to you the feelings you have about yourself. The more you use mirrors for complimenting yourself, approving of yourself, and supporting yourself during difficult times, the deeper and more enjoyable your relationship with yourself will become.” Love, Louise Hay

**louise hay symptoms: After the Diagnosis** Julian Seifter, 2011-08-16 A heartfelt lesson on the art of living well through serious illness. Dr. Julian Seifter understands the difficulty of managing a chronic condition in our health-obsessed world. When he found out he was suffering from diabetes, he was an ambitious medical resident who thought he could run away from his diagnosis. Good health was part of his self-image, and acknowledging that he needed treatment seemed like a kind of failure. In his practice, however, as he helped his patients come to terms with serious conditions, he began to understand that there were different, better ways to approach a life-altering diagnosis. In this frank account of his experiences both as a doctor and as a patient, he shares the many lessons he has learned.--From publisher description.

**louise hay symptoms: Abnormal Illness Behaviour** Issy Pilowsky, 1997-08-04 Pilowsky presents a general introduction to the early recognition and management of abnormal illness behaviour, and suggests ways to identify such behaviour, offer appropriate psychological care and provide specialist psychiatric help.

**louise hay symptoms: The Magic Path of Intuition** Florence Scovel Shinn, 2013-12-02 Florence Scovel Shinn was a gifted teacher who shaped the fields of spiritual growth and New Thought. Her practical, straightforward style empowered countless people to trust their inner knowing and overcome their challenges. With an Introduction by self-help luminary Louise Hay, who credits Florence as one of her early inspirations, this simple yet poignant book—which contains original, previously unpublished text—can help you positively transform your life. Powerful affirmations will show you how to cultivate your intuition and release any resistance, fear, and doubt. Florence said, You must live fully in the now to make your dreams come true. Are you ready to follow your own magic path, your Divine wisdom, and realize your dreams? Goals or wishes that seem far off or unattainable are just waiting for you to believe in your potential and innate ability to manifest your desires!

**louise hay symptoms: Medical Medium** Anthony William, 2015-11-10 HEALING WISDOM THAT’S DECADES AHEAD OF ITS TIME Anthony William, the one and only Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively

treated or that doctors can't resolve. He's done this by listening to a divine voice that literally speaks into his ear, telling him what lies at the root of people's pain or illness and what they need to do to restore their health. His methods achieve spectacular results, even for those who have spent years and many thousands of dollars on all forms of medicine before turning to him. Now, in this revolutionary book, he opens the door to all he has learned in over 25 years of bringing people's lives back: a massive amount of healing information, much of which science won't discover for decades, and most of which has never appeared anywhere before. Medical Medium reveals the root causes of diseases and conditions that medical communities either misunderstand or struggle to understand at all. It explores all-natural solutions for dozens of the illnesses that plague us, including: · Lyme disease · Fibromyalgia · Adrenal fatigue · Chronic fatigue syndrome · Hormonal imbalances · Hashimoto's disease · Multiple sclerosis · Depression · Neurological conditions · Chronic inflammation · Autoimmune disease · Blood sugar imbalances · Colitis and other digestive disorders · And more It also offers solutions for restoring the soul and spirit after illness has torn at our emotional fabric. Whether you've been given a diagnosis you don't understand, or you have symptoms you don't know how to name, or someone you love is sick, or you want to care for your own patients better, Medical Medium offers the answers you need. It's also a guidebook for everyone seeking the secrets to living longer, healthier lives. The truth about the world, ourselves, life, purpose—it all comes down to healing, Anthony William writes. And the truth about healing is now in your hands.

**louise hay symptoms:** The Body is the Barometer of the Soul So be Your Own Doctor II Annette Noontil, 1994 This book shows you the simple way to change your thoughts to change your body. Discover how the body reacts to your thoughts and situations and how to change negatives into healthy positives.

**louise hay symptoms:** Love Your Disease John Harrison, 1984-01

**louise hay symptoms:** Body Belief Aimee E. Raupp, 2018 Please note that I submitted the full text and do not have a summary to include. But the box is now a required field and the site would not let me submit without adding text there. Please let me know if summaries are now required for all applications--

**louise hay symptoms:** Speak Your Truth Denise A. Dorfman, 2014-04-11 Speak Your Truth: How You Can Recover from Lupus is part memoir, part self-help book. Denise Dorfman takes you on her own self-healing journey and teaches you how she recovered from lupus. She now lives a happy, healthy life with no active disease. If you have been diagnosed with lupus, you too can learn how to improve your health and even recover from lupus by learning the main probable mental causes of lupus; using your mind to manifest wellness; employing simple lifestyle changes to feel better each day; and choosing the right affirmations for the major symptoms of lupus you are experiencing.

**louise hay symptoms:** The Root of All Healing Misa Hopkins, 2009-05 Within each of us there is a core discovery that needs to be made if we are going to become well. In a direct yet compassionate style, Misa Hopkins reveals the reason so many of us don't get well-even though we have tried a variety of treatments and solutions. There is a growing acknowledgement in contemporary spiritual thought that we are the creators of our own reality, including our health. Hopkins shares real-life stories demonstrating that healing is not just the result of finding the right cure, but rather a personal opportunity to create wellness by engaging the sacred flow of Divine consciousness. Without promoting any particular healing methodology or spiritual practice, she provides us with simple steps-a guidebook-for accessing the healing power and wisdom that already lives inside. Hopkins candidly takes us into the successes of her own healing as she uncovered and transformed secret needs being met through her life-challenging illnesses. She shows us how illness can actually meet profound subconscious emotional needs, causing us to remain sick, and then she teaches us how to invite our subconscious worlds into alignment with our conscious desires. The result of this alignment is the ultimate root of all healing-a new level of our own Divine awareness and power awakened. If everyone seeking medical and holistic help read this and addressed the hidden barriers to healing, they would get healthier faster and with less struggle. I want all my



patients to have this book! -Valerie Olmsted, NMD, Host of The Enlightened Medicine Show Misa, after witnessing the results of your healing steps several times in my life and in the lives of clients you've helped, I know miracles can be created. -Kevin Hooey, Transformational Coach This book is absolutely brilliant! Misa puts important concepts together in a way that makes you go...'Oh I get it!' It's a first aid handbook for the new 21st century consciousness. -Cheryl McDaniel, LPN The 7 steps provide practical ways any of us can develop grass roots self-mastery in our journey of Divine awareness and healing. -John Brown, Minister I have fewer migraines, less back pain, and sleep better! I am so much more upbeat and happy; trusting myself and my process, and enjoying ordinary life now! -Arleahnna, Spiritual Healer

**louise hay symptoms: The Power Is Within You** Louise Hay, 1995-03-07 THE BESTSELLING EXTENSION TO THE INTERNATIONAL PHENOMENON, YOU CAN HEAL YOUR LIFE THAT HAS SOLD MORE THAN 50 MILLION COPIES A CLASSIC STEP-BY-STEP BLUEPRINT FOR HOW TO LOVE YOURSELF AND DISCOVER YOUR POWER WITHIN Louise Hay expands on her philosophies in You Can Heal Your Life of loving yourself through: · Learning to listen and trust your inner voice · Loving your inner child · Letting your true feelings out... · Discovering your strength so you can take charge of your life...and much more The more you connect to the Power within you, the more you can be free in all areas of your life. This inspiring book will help you have confidence and overcome the blocks, limiting beliefs, and barriers to loving yourself out of the way, so you can love yourself no matter what circumstance you happen to be going through. You'll learn how to react to problems differently using positive affirmations and a new mindset so you have more peace. After many years counseling clients and conducting hundreds of intensive training programs, self-help pioneer Louise Hay said the one thing that heals every problem is to love yourself and The Power is Within You will show you how. This book will be an essential steppingstone on your path of self-discovery and is a roadmap on how to change for the better by loving and taking care of yourself, starting today. The Power is Within You Chapters Include: PART ONE - BECOMING CONSCIOUS The Power Within Following My Inner Voice The Power of Your Spoken Word Reprogramming Old Tapes PART TWO - DISSOLVING THE BARRIERS Understanding The Blocks That Bind You Letting Your Feelings Out Moving Beyond The Pain PART THREE - LOVING YOURSELF How To Love Yourself Loving The Child Within Growing Up and Getting Old PART FOUR - APPLYING YOUR INNER WISDOM Receiving Prosperity Expressing Your Creativity The Totality of Possibilities PART FIVE - LETTING GO OF THE PAST Change and Transition A World Where It's Safe to Love Each Other "I feel an important thing to be aware of is that the Power we are all seeking out there is also within us and readily available to us to use in positive ways. May this book reveal to you how very powerful you really are. The information in this book, which has been a part of my lectures, and new ideas since writing You Can Heal Your Life, is an opportunity to know a little more about yourself and to understand the potential that is your birthright. You have an opportunity to love yourself more, so you can be a part of an incredible universe of love. Love begins in our hearts, and it begins with us. Let your love contribute to the healing of our planet." Life loves you and so do I, Louise Hay

**louise hay symptoms: Sacred Medicine** Lissa Rankin, MD, 2024-05 "Sacred Medicine is a book of inclusion. It does not prescribe nor preach nor proselytize: it illustrates, informs, and illuminates." —From the foreword by Dr. Gabor Maté, author of When the Body Says No and In the Realm of Hungry Ghosts In 2007, Lissa Rankin left a promising career in medicine to tend to her own health and well-being. Her search to discover why people really get sick and what truly optimizes health outcomes launched a bestselling book, two television specials, and a revolution in the way we look at mind-body medicine. But so many questions remained for this doctor and skeptic. How is it that some people do everything right and stay sick, while others seem to do nothing extraordinary yet fully recover? How does faith healing work—or does it? What's behind the phenomenon of spontaneous remission—and is this something we can influence? Can we make ourselves miracle-prone? Certain that, if she looked hard enough, she would find the answers, Dr. Rankin embarked on a decade-long journey to explore these questions and more. The result is Sacred Medicine, both a seeker's travelogue and a discerning guide to the sometimes-perilous paths

available to patients when wellness fads, lifestyle changes, and doctors have failed them. In *Sacred Medicine*, you'll follow Dr. Rankin around the world to meet healers gifted and flawed, go on pilgrimage to sacred sites, investigate the science of healing, and learn how to stay safe when seeking a healer. You'll receive the wisdom offered by Indigenous cultures for whom healing begins with our sacred connection to Mother Earth, and dive deep into the cutting-edge trauma research that is igniting a medical revolution. Rich with practices and protocols that Dr. Rankin has found particularly effective, *Sacred Medicine* delivers a thoughtful, grounded exploration of questions around how we heal—and a path of hope for those in need.

**louise hay symptoms: The Art of Healing** Bernie S. Siegel, 2013-09-15 In 1979, Dr. Bernie S. Siegel, a successful surgeon, took a class from Elisabeth Kübler-Ross that focused on crayon drawing for healing, especially with patients facing life-threatening disease. Siegel incorporated into his practice these techniques — many of which were laughed at by others in the medical community. But his Exceptional Cancer Patients “carefrontation” protocol facilitated healings, often deemed miraculous, and attracted attention. “Dr. Bernie” discovered and shared the fact that while patients might need antibiotics, surgery, radiation, and chemotherapy, their bodies also want to heal. He found that this innate propensity could be aided by unconventional practices, including drawing. Why? Drawing produces symbols often representing the subconscious. Siegel shows how to interpret drawings to help with everything from understanding why we are sick to making treatment decisions and communicating with loved ones. All those facing ill health, and those caring for them, personally and professionally, will welcome the hands-on, patient-proven practices offered here.

**louise hay symptoms: Awakening Intuition** Mona Lisa Schulz, 1999 This guide teaches readers how to hone their receptivity to intuitive messages by listening to their bodies, dreams, visions, emotional reactions and memories. It contains case studies of intuitive healing and perspectives on scientific research into the power of mind and cellular memories.

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