

Dear Louise

by Louise Hay



Dear Louise,

I'm a 58-year-old woman and thought I had a mild case of snoring up till now. Two years ago I found out that I have sleep apnea, and I use a Continuous Positive Airway Pressure (CPAP) machine every night.

I'm totally embarrassed by this. A doctor friend of mine said that I shouldn't be. What might be the core issues that have contributed to this condition? Is there an

affirmation I can use to help?

—K.C., Vancouver, B.C., Canada

Dear K.C.,

Sleep apnea usually means that a person is feeling guilty about expressing themselves so they hold back and almost suffocate themselves in the process. What is it that

you need to express? Who are you afraid of? You need to know that you are safe and have a right to be yourself. Tell that person what you need to tell him or her, and you'll feel so much better afterward. On the physical side, most people with this condition are overweight and need to ingest a more cleansing diet. If this applies to you, I suggest that you eat lots of vegetables and protein, and very little sugar and starch.

Affirm: I love my body. I take loving care of my diet and my thoughts. I choose foods that support my health, and I think thoughts that make me feel good. My healing has begun. I sleep peacefully.

Dear Louise,

I have had a second back surgery for a herniated disk at the same location (L5, S1), which is at the base of the spinal column. The surgeon performed a laminotomy on this twice now. The herniation was on the left side with extreme lower back pain and pain shooting down the left leg.

Can you help me with what might be the issue here, and an affirmation for strength regarding this area?

—T.C., Chicago, Illinois

Dear T.C.,

Our bodies are always talking to us, trying to get our attention, wanting us to heal our thinking. The lower back is like a balance beam for the whole body. It anchors the body for action. It also represents the support of our upper body. So when we have back problems there's a part of us that doesn't feel supported by life. I would suspect that you're worried about finances. There's a part of you that doesn't trust life to support you financially. All of us need to trust life more. An affirmation I like to use is: The power that brought me this far will take care of me the rest of the way.

Since you write that this condition is on the left side of your body, you might go through your old resentment file and see if there's anything left that you need to forgive your mother for (or a woman who was/is of influence in your life). Unforgiveness often holds the pain of guilt somewhere in our bodies.

Affirmations to use: From this moment on,

every hand that touches my body is a healing hand. I release all guilt. My loving, forgiving thoughts bring healing to my body.

Dear Louise,

I am a 31-year-old male and am single... I have a photograph of you, and I look at it every day. I like you, your books, and your ideas.

I have a problem in my job, and I'm hoping you can solve it. I want to transfer to another branch of the company where I work, but my boss doesn't agree with me. Would you please help me? As I'm writing this letter, I feel very sad and hopeless. Thanks a lot.

—S.S., Tehran, Iran

Dear S.S.,

Thank you for reading my books! Your letter to me is so vague that I suspect that you're also very vague in knowing what you want in life. Many people look at life in this way. I suggest you sit down and write exactly what you do want to have happen in your life. Be specific.

We can only change things in our life in the present moment. If you don't clear your thinking now, you'll just find the same circumstances in the other branch of the company.

Also, try these affirmations every morning when you get up and are preparing for your day: I forgive everyone in my life who has ever harmed me. I am free of the past. I deserve to have a good life and allow that to happen now. I am filled with gratitude and thanksgiving. All is well in my world.

Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books. For the past 25 years, she has people in discovering and using their own creative powers for personal growth and self-healing. To subscribe to the Louise Hay newsletter call 800-654-5126 for a free issue.

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