

Dear Louise

by Louise Hay



Dear Louise,

As I've been going through a bad period, I've decided to make changes in my life, but after so many years reading your books, I know that when we introduce changes in our lives, other issues arise, and I think that's what has happened to me. Recently I started to have tachycardia (a rapid heart-beat), which usually occurs when I'm surrounded by a lot of people in places without fresh air. I also think I'm having panic attacks, so it scares me a lot, and when I start to feel nervous it becomes worse.

What should I do? I would really appreciate your help.

—G.V., Virgin Islands

Dear G.V.,

Tachycardia is a part of what happens when a per-

son is having a panic attack. Being nervous and scared doesn't help the condition, but makes it worse. What is it you're truly afraid of? Look within and see if there's a belief that you're not deserving of your own good. So often we subconsciously sabotage the manifestation of what we desire as a means to protect ourselves. As odd as it seems, it is most often our success that frightens us rather than our failure.

Subconsciously you may be thinking that upon fulfilling a goal you may discover that either it doesn't make you happy or it could be taken away from you. It's imperative to constantly remind yourself that this is the moment in which you're either enjoying or not enjoying your life. What you're feeling now is creating your tomorrows.

Listening to CDs with stress-free affirmations and

working with a therapist are wonderful ways to be supported on this healing journey. You do not need to do it all alone.

Some affirmations to use: I am at peace. I relax and enjoy life. I know that whatever I need to know is revealed to me in the perfect time/space sequence.

Dear Louise,

I'm a 47-year-old female on a spiritual mission. Lately I've been feeling frustrated by friends and relatives who are negative, dull, whining, or unappreciative. I try to counsel those people but feel that my words and suggestions

fall on deaf ears, and it's getting exhausting! How do I know whether to "mend" or "end" a relationship?

Also, recently I ran into three people I haven't see in many years: the mother of old friends I'm not speaking to, a guy I had a fling with years ago, and an old woman whose 17-year-old granddaughter just passed away. Is there any meaning behind those meetings?

—K.C., Lansdale, Pennsylvania

Dear K.C.,

People who are negative, dull, whining, or unappreciative could never understand what you're talking about, so don't even try. When I find myself in a similar situation, I'll give out one sentence only. If the other person picks up on it and wants to know more, fine. If not, I leave them alone. Never waste your time or energy on people who aren't interested. Just be true to yourself and your beliefs. Those who aren't meant to be in your life anymore will just fall away.

The three people you talk

about are showing you that the universe is giving you some opportunities to practice forgiveness and love. I would pay attention and at least forgive in your own heart.

Affirm: I forgive. I let go. I am at peace within my own heart and with all of life.

Dear Louise,

I'm from Argentina but have been living in Florida for about ten years. Nine years ago I began suffering from right-knee pain. To date, I've had four surgeries; the last was a tendon transplant. I've been a vegetarian for more than 20 years but am not sure I've been eating a proper diet. What did you do to rid yourself of cancer? Maybe I should try it. Almost everything I eat seems to upset my stomach, so now I'm eating potatoes, carrots, and a banana for

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breakfast. I'm almost 48 and want to get rid of my depression and pain. Thank you so much for your help.

—G.D., Miami, Florida

Dear G.D.,

People often ask me what I did to rid myself of cancer. What I want you to know is that I did what worked for me (meditation, eating right,

See page 14

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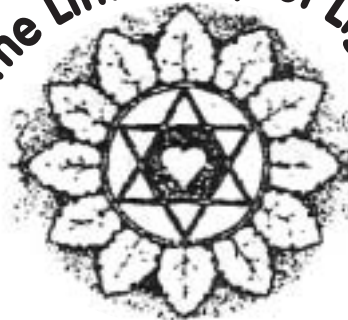


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