

Dear Louise

by Louise Hay



Dear Louise,

I'm 43 years old and have had acne since I was about 12. What might you suggest regarding core issues I might be storing that have contributed to this long-standing problem? I wish to release toxins, traumas, and old scripts associated with this condition!

— H.E., New York City

Dear H.E.,

After observing myself and so many other people for many, many years, I've come to the conclusion that food and thinking are the two things at the core of almost all of our issues; that is, the thoughts we choose to think and the foods we choose to eat. The first thing to look at is your diet. Sometimes the simplest changes can make a big difference in your health. I personally do not eat dairy, wheat, sugar, corn, soy, or caffeine.

On the metaphysical level, anything to do with the skin relates to self-worth and your individuality. So, there's a part of you that feels that you're worthless and have no right to exist. All affirmations of self-worth and self-love are great

for you. Affirm: I love and adore myself. I am worthy of the best in life. I love my face. I am beautiful and everybody loves me. I am worth loving. Bye, bye, acne-it is time for you to disappear. Life loves me.

Dear Louise,

For most of my adult life (I'm 55 now), I've been drawn to live in California. I've come to feel and believe that my life would become more meaningful spiritually and I'd prosper, and that I'd also meet that special woman there. I did live in Los Angeles, San Francisco, and even briefly in San Diego, but I've come back to the East Coast to retire. Is

this all in my head, or is it my destiny? Something within says, "Take the chance and live," meaning move back. What do you suggest?

— B.D., Atlanta, Georgia

Dear B.D.,

There's a branch of astrology that answers just this sort of question: Where are the best places in this country, or on the planet, for me to live? It's called AstroCartography, or relocation astrology. Go to Google.com and you'll find what you're looking for. Also, I'm sure that there are astrologers in Atlanta who could be of help to you. My company recently added a wonderful author/astrologer, Mark Husson, to our Hay House Radio lineup, and he also does private sessions. I've personally used Mark's services, and he's great. He can be reached through his website: www.12house.com.

Good luck in your quest, and remember to always follow your heart. Affirm: I now

attract to myself the answer I am looking for.

Dear Louise,

I'm aware that fear is the dominant vibration in my life, but the more affirmations I focus on, the more fear I seem to generate, and I have frightening vision problems. I affirm: "I choose to see clearly with eyes of love," but have yet to achieve a place of safety and love within myself. I'm also working on releasing bulimia and osteoporosis. Is there a key that I'm missing?

—U.S., Montreal, Canada

Dear U.S.,

I heard a suggestion recently: Put a smile in your liver, meaning, keep yourself so full of smiling love that even your liver is smiling. There's a little girl within you that longs to be loved and comforted and accepted just as she is.

I suggest that you put your arms around yourself, with your left hand on your liver

(on your ribcage, just below your right breast), and say tenderly and lovingly: I love you so much that even my liver is smiling. You cannot love and fear at the same time. Just love your liver for now. When your liver is healthy and happy, your whole body will sing with joy. This will soothe your inner child.

Louise L. Hay is a metaphysical teacher and the best-selling author. For a Free premier issue of the Louise Hay Newsletter call 800-654-5126. Questions for Louise? Write to Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (letters may be edited for length and clarity). Visit Louise and Hay House at: www.LouiseHay.com or www.hayhouse.com. And, tune in to HayHouseRadio.com for the best in inspirational talk radio featuring top Hay House authors.

Academy of Spirit

Open your mind, your heart and touch your soul with online video classes from inspiring presenters



Topics include: Spiritual Growth, Health & Healing, Financial Prosperity and many others

Enjoy a free class — use coupon code: NSJ1007


New presentations added weekly check back often www.academyofspirit.com

At Academy of Spirit in Lynnwood:

- **Mondays with Spirit** - every Monday 6:30 - 8:30 pm - FREE
- **October 7, 10-5: How to Live a High Vibrational Life** \$65.00
Presented by Carol Heywood-Brabrauskas
- **October 19, 29, 21: Commanding Wealth™** \$445 Presented by Asara Lovejoy

Do you have an inspiring message to share with the world? Be a presenter on our web site.
Contact us! Academy@AcademyofSpirit.com

19015 - 36th Ave W - Suite H Lynnwood, WA 98036
In the Colony Park Business Center, just north of Lynnwood Convention Center



Goddess Shoppe

A Metaphysical Oasis in North Shoreline

- * Devotional Statuary
- * Art Nouveau
- * Metaphysical Supplies
- * Pre-raphaelite Art
- * Candles & Incense
- * Unique Lighting

19928 1/2 Aurora Ave. North, (206) 999-1502 www.goddess-gifts.com



Upcoming Events

SEATTLE CHAPTER: October 10, 11:30 a.m. to 1:30 p.m.
How to Use Your Website to Build Your Business by Robin Block, Internet Marketing Specialist, East West Bookshop, 6500 Roosevelt Way NE, Seattle. \$5 donation. No lunch provided. Open to all.

NORTH END CHAPTER: October 10, 6-8 p.m. meeting at Barbara Kehoe's home, 802 Lucas Dr., Sedro-Woolley. For more information call (360)855-2991.

SPOKANE CHAPTER: For meeting information contact Charles Lightwalker (509) 389-7290 or email charleslightwalker@yahoo.com

To learn more about the Washington State Holistic Chamber or to join, go to www.washingtonholisticchamber.org

Discover Commanding Wealth™

Your Key to Miraculous Wealth in a Moment

October 19, 20 & 21
9 AM – 7 PM (Friday)
9: AM – 5 PM (Saturday & Sunday)
The Academy of Spirit
 19012 36th Ave W Suite H, Lynnwood WA 98036

Discover how Asara Lovejoy transformed her life from one with overwhelming debt, no job and no income into a life of emotional and financial success. She will share with you how to radically transform yourself into a money making, opportunity generating, good luck attracting, miracle manifesting Master.

Mark your calendar for October 19, 20, 21 and get ready for your financial greatness to arrive.

Contact Bonnie Strehlow at 253-661-0717 or visit www.asara.com for all the FREE PREVIEW events and to register now!

Asara Lovejoy, author of The One Command, is sharing this life changing program with others around the world.

