

# Dear Louise

by Louise Hay



Dear Louise,

I'm doing affirmations for more prosperity in my life, but they don't seem to be working. What do you suggest I do to keep the prosperity coming?

—D.A., Chicago, Illinois

Dear D.A.,

I'm glad to hear you've been doing prosperity affirmations. That's a good beginning. How many do you do a day? 100 isn't too much. If you feel you're not getting results, then something must be blocking your affirmations. I wonder how many poverty affirmations you're also doing. Begin to notice what you say to yourself during the day that could be negating the positive statements. If you're saying, "My prosperity is increasing," this is very good. If later in the day you find yourself saying, "There's almost nothing in my check-book," or, "I wonder if the money will ever come," then you're just negating it all. You can't say both yes and no to the universe and expect to get any movement at all.

Really begin to pay attention to your thoughts. All of them! You don't want to fight your thoughts, but you do want to guide them. Spend one month noticing every thought, and replace any poverty thoughts with prosperity thoughts.

Affirm: All my thoughts support my growing prosperity.

Dear Louise,

I've read *You Can Heal Your Life* more times than I can remember and have bought many copies over the years. I feel that I'm at the point where I really need to talk to someone who can help me get back to feeling okay about myself. I know you no longer work with people one-on-one. Is there anyone who carries on your style of counseling that you can recommend?

—B.H., Miami, Florida

Dear B.H.,

Making changes is more than just reading a book, but doing the exercises in my book is also important. It's called good old practice, practice, practice. I've been practicing every day for over 25 years, and it has paid off for me handsomely.

Too many of us do the affirmations half-heartedly for a while and then fall by the wayside and later come back to doing "some" of the work. But this system never pays off. It's as though you're handed the script for a play where you were to be the star and you only learned half of the lines. Opening night would be a disaster because you hadn't fulfilled your part.

I began my own spiritual training with the Church of Religious Science in New York. The first year not too much happened because I played with the ideas. The second year I was sincere about the work and miracles began to happen in my life, and they've never stopped. The three-year program I took at this Science of Mind church changed my life. If you want to contact someone who thinks and counsels the way I do, then I suggest you look for Unity or Religious Science churches in your area. The websites are: [www.unity.org](http://www.unity.org) and [www.religiousscience.org](http://www.religiousscience.org). I know you'll be guided to the perfect one for you.

Dear Louise,

I've suffered from hyperhidrosis since the age of ten. This is excessive sweating of the hands, feet, and underarms. I'm now 57 years old and have learned to live with it, even though it's been emotionally very difficult to deal with. Could you shed some light on what the metaphysical reason is for this?

—S.C., Atlanta, Georgia

Dear S.C.,

I wonder what happened around the age

of ten that consumed you with fear and totally blocked your creative energy. No matter how long ago a problem started, remember that it came from nowhere and it can go back to nowhere. It's not a thing; it's a mental pattern expressing as an experience.

Like many issues created in childhood, forgiveness is the most important approach to take. Parents do many foolish and even brutal things, but seldom is anything done deliberately. Usually parents really believe that how they're raising you is for your best interest. They could only parent you in the ways that their parents treated them.


I'd focus on making a list of all the negative experiences you had as a child. As the list grows, begin to take each individual experience into meditation and do a healing, forgiving release.

In your meditation, you might sit on a beautiful island or beside a river or on a mountain. Enjoy all the beauty in your mind's eye. Place the parent in front of you, and say, "I realize you were doing the best you could at the time. I forgive you and I release you to a life of great happiness." Then, feel a gentle cooling breeze caressing your body, removing

all the old fears and barriers to your own happiness. Say to your own ten-year-old self, "You are safe and free, and I am safe and free."

Do this with each experience. It may take you several days to do so. However, when the list is complete, you will have comfort and freedom in your body and in your mind.

*Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books. For the past 25 years, she has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. To subscribe to the Louise Hay newsletter, call for a free premier issue, 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](http://www.LouiseHay.com) or [www.hay-house.com](http://www.hay-house.com), and, tune in to HayHouseRadio.com for the best in inspirational talk radio featuring top Hay House authors!*



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