

Specific Affirmations from Louise Hay for Healing Spirit Meaning-Diseases & Affirmations

ABDOMINAL CRAMPS: Fear. Stopping the process.

Affirmation: I trust the process of life. I am safe

ACHES: Longing for love. Longing to be held.

Affirmation: I love and approve of myself. I am loving and lovable.

ACNE: Not Accepting or disliking self

Affirmation: The love and acceptance I have for myself is reflected in my outer appearance

ADDICTIONS: Running away from self, Not facing the fear. Not knowing how to love the self.

Affirmation: It is safe to look within for the answers I seek.

ADDISON'S DISEASE: Severe emotional malnutrition. Anger at the self.

Affirmation: I lovingly take care of my body, my mind, and my emotions

ADENOIDS: Family friction, arguments. Child feeling unwelcome, in a way.

Affirmation: This child is wanted and welcomed and deeply loved.

AGING PROBLEMS: Social beliefs. Old thinking. Fear of being one's self.

Rejection of the now.

Affirmation: I love and accept myself at every age. Each moment in life is perfect.

AIDS: Feeling defenseless and hopeless. A strong belief in not being good enough. Denial of the true inner being, or sexual guilt

Affirmation: I love and appreciate all of myself for the unique, powerful and capable person I am.

ALCOHOLISM / ABUSE : Futility, guilt, inadequacy, self-rejection

Affirmation: I live in the now. Each moment is new. I choose to see my self-worth. I love and approve of myself.

ALLERGY & HAYFEVER: You are allergic to someone who or yourself denies your power

Affirmation: The world is safe and friendly. I am safe. I am at peace with life.

ALZHEIMERS: Refusal to deal with the world as it is.

Affirmation: There is always a new and better way for me to experience life. I forgive and release the past. I move into joy.

ANKLE PROBLEMS: Inflexibility and guilt Inability to receive pleasure.

Affirmation: I deserve to rejoice in life. I accept all the pleasure life has to offer.

ANOREXIA: Denying the self and life. Extreme fear of rejection.

Affirmation: It is safe for me. I am wonderful just as I am. I choose joy and self-acceptance.

ANXIETY / NERVOUSNESS: Distrust the natural flow of life.

Affirmation: I love and approve of myself and I trust in the process of life. I am safe.

ARTERIOSCLEROSIS: Hardened narrow-mindedness.

Affirmation: I am completely open to life and to joy. I choose to see with love.

ARM PROBLEMS: Can't hold on to life's experiences.

Affirmation: I lovingly hold and embrace my experiences with love and joy

ARTHRITIS: Feeling unloved, criticism, resentment

Affirmation: I am love. I now choose to love and approve of myself. I see others with love.

BACK (upper): Lack of emotional support, or feeling unloved.

Affirmation: I love and approve of myself. Life supports and loves me.

BACK (middle): Guilt. Stuck in all that stuff back there or Get off my back.

Affirmation: I release the past. I am free to move forward with love in my heart.

BACK (lower): Financial woes and concerns.

Affirmation: I trust the process of life. All I need is taken care of. I am safe.

BALDNESS: Fear, tension. Trying to control everything and not trusting in the process of life.

Affirmation: I am safe. I love and approve of myself. I trust life.

BLACKHEADS (pimples): Small outbursts of anger.

Affirmation: I calm my thoughts and I am serene

(B-C) Spirit Meaning-Diseases & Affirmations

BLOOD PRESSURE: HIGH (hypertension): Longstanding emotional problems not solved. LOW: Lack of love as a child. Defeatism. "What's the use? It won't work anyway."

Affirmation: HIGH: I joyously release the past. I am at peace. LOW: I now choose to live in the ever-joyous NOW. My life is a joy.

BONE BREAKS: Rebelling against authority.

Affirmation: I am the only authority in my world for I am the only one who thinks in my mind.

BOWEL PROBLEMS: Fear of letting go

Affirmation: I freely and easily release the old and joyously welcome the new.

BREAST (left): Feeling unloved, refusal to nourish oneself. Putting everyone else first.

Affirmation: I am loved and nourished by all around me

BREAST (right): Over protection, over bearing, difficulty in giving love.

Affirmation: I embrace and trust life knowing that I am safe and loved. I choose to love and be loved.

BREATHING PROBLEMS: Fear or the refusal to take in life. Not feeling worthy to take up space.

Affirmation: It is my birthright to live fully and freely. I am worth loving. I now choose to live life fully

BRONCHITIS: Inflamed family environment.

Affirmation: I experience peace and harmony within myself and all around me. All is well.

BRUISES: Self-punishment.

Affirmation: I love and cherish myself. I am kind and gentle with myself. All is well.

BULIMIA: Hopeless terror. Purging self hatred.

Affirmation: I am loved, nourished and supported by life. It is safe for me to be alive.

BURNS: Anger, burning up inside.

Affirmation: I create only peace and harmony within myself and in my environment. I deserve to feel good.

CANCER: What's eating at you? Deep hurt, secret or grief.

Affirmation: I lovingly forgive and release all of the past. I choose to fill my life with joy. I love and approve of myself.

CARPAL TUNNEL: Anger and frustrations at life's seeming injustices.

Affirmation: I now choose to create a life that is abundant. I am at ease.

CHOLESTEROL (high): Clogging the channels of joy.

Affirmation:

CIRCULATION: Lack of joy or the lack of circulation of ideas.

Affirmation: Joyous new ideas are circulating freely within me

COLDS: Too much going on at once. Mental confusion and disorder.

Affirmation: I allow my mind to relax and be at peace. Clarity and harmony are within me and all around me.

COLD SORES: Festering angry words and fear of expressing them.

Affirmation: I only create peaceful experiences because I love myself. All is well.

COLIC: Mental irritation. Annoyance with surroundings

Affirmation: This child only responds to love and loving thoughts. All is peaceful.

COMA: Fear. Trying to escape from something or someone.

Affirmation: We surround you with safety and love. We create a space for you to heal. You are loved.

(C-F) Spirit Meaning-Diseases & Affirmations

CONSTIPATION: Refusing to release old ideas

Affirmation: As I release the past, the new and fresh and vital enter. I allow life to flow through me.

COUGHS: A desire to bark at the world. "Listen to me!"

Affirmation: I am noticed and appreciated in the most positive ways. I am loved.

DEPRESSION: Anger, hopelessness.

Affirmation: I now go beyond other peoples fears and limitations. I create my own life.

DIABETES: Longing for what might have been. No sweetness left in life.

Affirmation: This moment is filled with joy. I now choose to experience the sweetness of today.

DIARRHEA: Fear and rejecting. Running off or away from something/someone.

Affirmation: My intake, assimilation and elimination are in perfect order. I am at peace with life.

DIZZINESS Flighty, scattered thinking.

Affirmation: I am deeply centered and at peace with life. It is safe for me to be alive and joyous.

EAR PROBLEMS: Not wanting to hear. Anger or too much turmoil

Affirmation: I hear with Love

ELBOW PROBLEMS: Not being flexible, not able to change directions or accept new experiences.

Affirmation: I easily flow with with new experiences, new directions and new changes.

EPSTEIN-BARR VIRUS: Pushing Beyond one's limits. Fear of not being good enough. Draining all inner support. Stress Virus.

Affirmation: I relax and recognize my self-worth. I am good enough. Life is easy and joyful.

EYE (astigmatism): Fear of "seeing" the self

Affirmation: I am now willing to see my own beauty and magnificence.

EYES (cataracts): Inability to see ahead with joy

Affirmation: Life is eternal and filled with Joy

EYE PROBLEMS: (children) Not wanting to see what's going on in the family

Affirmation: Harmony and joy and beauty and safety now surround the child.

EYE (farsighted): Fear of the present

Affirmation: I am safe in the here and now. I see that clearly

EYE (nearsighted): Fear of the future.

Affirmation: I accept life and am always safe

EYE STY: Looking at life through angry eyes. Angry at someone.

Affirmation: I choose to see everyone and everything with joy and love.

FAINTING: Fear, can't cope, blacking out what's really going on.

Affirmation: I am strong and powerful and I have the knowledge and ability to handle everything in my life

FEET PROBLEMS: Fear of the future or not wanting to move forward.

Affirmation: I understand clearly and I am willing to change with the times. I am safe.

(F-H) Spirit Meaning - Diseases & Affirmations

FEMALE PROBLEMS: Denial of the self and rejecting the feminine aspects within.

Affirmation: I rejoice in the feminine. I love being a woman and I love my body

FEVERS & INFECTIONS: Anger, burning up.

Affirmation: I am the cool, calm expression of peace and love

FIBROIDS: Nursing a hurt from a partner, a blow to the feminine ego

Affirmation: I release the pattern in me that attracted this experience. I create only good in my life

FINGER (thumb): Worry, always thinking. Being 'under someone's thumb'.
Affirmation: My mind is at peace

FINGER (index): Fear of authority, or egotistical; abusing your authority.
Affirmation: I am secure

FLU: Responding to mass negativity. Putting too much faith in statistics.
Affirmation: I am beyond group beliefs or the calendar. I am free from all congestion and influence.

GAS PAIN (flatulence): Undigested ideas or concerns.
Affirmation: I relax and let life flow through me with ease.

GRAY HAIR: Stress, feeling under pressure and strain.
Affirmation: I am strong and capable. I am at peace and comfortable in every area of my life.

GUM PROBLEMS: Inability to back up decisions. Being wishy-washy about life.
Affirmation: I am a decisive person. I follow through and support myself with love

HAND PROBLEMS: Grasping on to tight, not wanting to let go. Not 'handling' things well.
Affirmation: I choose to handle all my experiences with love and with joy and with ease.

HEADACHES: Self-criticism. Not wanting to accept what is going on
Affirmation: I love and approve of myself. I see myself and what I do with eyes of love. I am safe.

HEART ATTACK: Squeezing all the joy out of life, in favor of money or position.
Affirmation: I bring joy back to the center of my heart. I express love to all.

HEARTBURN (reflux): Clutching onto fear. Not trusting in the process of life.
Affirmation: I breathe freely and fully. I am safe. I trust the process of life.

HEART PROBLEMS: Lack of joy, dealing with issues from anger, not love.
Affirmation: My heart beats to the rhythm of love

HEMORRHOIDS: Fear of deadlines. Afraid to let go and move on.
Affirmation: I release all that is unlike love. There is time and space for everything I want to do

HERNIA: Ruptured relationships, feeling the burdens.
Affirmation: My mind is cleansed and free. I leave the past and move into the new. All is well.

HIP PROBLEMS: Fear of going forward in major decisions.
Affirmation: I am in perfect balance. I move forward in life with ease and with joy at every age.

(H-S) Spirit Meaning-Diseases & Affirmations
HYPERACTIVITY: Feeling pressured and frantic
Affirmation: I am safe. All pressure dissolves. I AM good enough.

HYPERVENTILATION: Resisting change. Not being able to take it all in.
Affirmation: I am safe everywhere in the Universe. I love myself and trust the process of life.

IMPOTENCE: Sexual guilt or pressure, feeling spite against a previous mate
Affirmation: I now allow the full power of my sexuality to flow with ease and with joy

INDIGESTION:Dread or anxiety about a recent or coming event
Affirmation: I digest and assimilate all new experiences peacefully and joyously

INFECTIION(See "Itis"):Irritation, anger or annoyance about a recent situation.
Affirmation: I choose to be peaceful and harmonious

INFLAMATION:Fear. Seeing Red. Inflamed Thinking.
Affirmation:My thinking is peaceful, calm & centered

"ITIS": Anger and frustration about situations you are looking at in your life.
Affirmation: I am willing to change all patterns of criticism. I love and approve of myself.

KIDNEY PROBLEMS: Criticism, disappointment, failure. Shame. Reacting like a little kid.
Affirmation: [Divine] Right is always taking place in my life. Only good comes from each experience. It is safe to grow up.

KIDNEY STONES: Lumps of undissolved anger.
Affirmation: I dissolve all past problems with ease.

KNEE PROBLEMS: Stubborn ego and pride. Inability to bend. Inflexibility. Won't give in
Affirmation: Forgiveness. Understanding. Compassion. I bend, flow with ease & all is well.

LARYNGITIS: Fear of speaking up.
Affirmation: I am flexible and flowing

LEFT SIDE OF BODY: The feminine side. Represents receptivity, taking in, women, mother, love.
Affirmation: My feminine energy is beautifully balanced.

LEG PROBLEMS: Fear of the future, not being able to carry things forward.
Affirmation: I move forward with confidence and joy, knowing that all is well in my future.

LIVER PROBLEMS: (hepatitis) Resistance to change. Fear, anger, hatred. Liver is the seat of anger and rage.
Affirmation: My mind is cleansed & free. I leave the past & move into the new. All is well.

LUNG PROBLEMS: Depression, grief or fear of life. Not feeling worthy.
Affirmation: I have the capacity to take in the fullness of life. I lovingly live life to the full

LUPUS: A giving up. Better to die than stand up for one's self. Anger and punishment.
Affirmation:I speak up for myself freely and easily. I claim my own power. I love and approve of myself. I am free and safe.

MENOPAUSE: Fear of no longer being wanted.
Affirmation: I am balanced and peaceful in all changes of cycles and know that I am loved.

MENTAL ALERTNESS & SENILITY: Returning to the "safety" of childhood. Demanding care

and attention.

Affirmation: I am safe and life is peaceful. The intelligence of the Universe operates at every level of life.

MIGRAINE HEADACHE: Sexual fears, or fear of being close, letting someone in too close. Feeling driven or pressured.

Affirmation: I relax into the flow of life and let life provide all that I need easily and comfortably. I love Life!

MENSTRUAL IMBALANCE/PMS: Rejection of one's femininity. Guilt or feeling "dirty".

Affirmation: my bodily processes are a natural part of life. I love and approve of myself.

NAUSEA: Fear, rejecting an idea or experience.

Affirmation: I am safe. I trust the process of life to bring only good to me.

(N-T) Spirit Meaning-Diseases & Affirmations

NECK PROBLEMS: Refusing to see another's side or position. Stubbornness. Who/what is being a pain in the neck?

Affirmation: I am peaceful with life

OVERWEIGHT PROBLEMS: Fear, feeling a deep need for emotional protection. Running away from feelings, insecurity.

Affirmation: I am at peace with my own feelings. I am safe where I am. I create my own security. I love and approve of myself.

PAIN: Self punishment, feeling emotional guilt.

Affirmation: I lovingly release the past. They are free and I am free. All is well in my heart now.

PROSTATE ENLARGEMENT: Mental fears weakening the masculinity. Sexual pressure and feelings of guilt or inadequacy.

Affirmation: I accept my own power. I embrace life and feel young in spirit. I love and approve of myself.

SEIZURES: Running away from the self, family or from life.

Affirmation: I am at home in the Universe. I am safe and secure and understood.

SHOULDER PROBLEMS:: Carrying the weight of the world on your shoulders. Feeling like life is a burden.

Affirmation: I choose to allow all of my experiences to be joyous and loving.

SINUS PROBLEMS:: Irritation to someone, usually someone close to you.

Affirmation: I choose to declare peace and harmony with all the individuals around me. I surround myself with love and goodwill.

SKIN CONDITIONS: Anxiety, fear, feeling threatened.

Affirmation: I lovingly protect myself with thoughts of joy and peace.

SLIPPED DISK: Feeling unsupported in life.

Affirmation: Life supports all of my thoughts; therefore, I love and approve of myself and all is well.

SOLAR PLEXAS: Ignoring 'gut reactions', or your own intuitions.
Affirmation: I trust my inner voice. I am strong, wise and powerful.

SORE THROAT: Holding in angry words. Feeling unable to express the self.
Affirmation: I release all restrictions, and I am free to be me.

SNORING: Stubborn refusal to let go of old patterns.
Affirmation: I release all that is unlike love and joy in my mind. I move from the past into the new and fresh and vital.

SPASMS: I release all restrictions, and I am free to be me.
Affirmation: I release, I relax and let go. I am safe in life.

STOMACH & INTESTINAL PROBLEMS: Dread, fear of the new, or not feeling nourished.
Affirmation: I digest life with ease

STROKE: Insecurity, lack of self-expression. Not being allowed to cry.
Affirmation: Life is change, and I adapt easily to the new. I accept life - past, present and future.

TEETH PROBLEMS: Being indecisive, not being able to break down ideas for analysis and decisions.
Affirmation: I make my decisions based on the principles of truth, and I rest securely knowing that only right action is taking place in my life.

(T-Z) Spirit Meaning-Diseases & Affirmations

TESTICULAR PROBLEMS: Not accepting masculine principles, or the masculinity within.
Affirmation: Not accepting masculine principles, or the masculinity within.

THYROID PROBLEMS: Humiliation. Feeling repressed or put down. Feeling as if you never get to do what you want.
Affirmation: I move beyond old limitations and allow myself to express freely and creatively.

TUMORS: Nursing old hurts and shocks. Building on remorse
Affirmation: I lovingly release the past and turn my attention to this new day.

ULCERS: Fear, a strong belief that you are not good enough. "What is eating away at you?"
Affirmation: I love and approve of myself. I am at peace. I am calm.

URINARY PROBLEMS: Feeling pissed off! Usually at the opposite sex or lover.
Affirmation: I release the pattern in my consciousness that created this condition. I am willing to change. I love and approve of myself.

VARICOSE VEINS: Standing in a situation you hate. Feeling over worked and over burdened.
Affirmation: I stand in truth and live and move in joy. I love life, and circulate freely.

HIVES (rash or Urticaria): Small, hidden fears. Mountains out of molehills.
Affirmation: I bring peace to every corner of my life.

OSTEOPOROSIS: Feeling there is no support left in life.
Affirmation: I stand up for myself and Life supports me in unexpected, loving ways