

Testimonial from
*Modern Day Miracles: Miraculous Moments and Extraordinary Stories from People All Over the
World Whose Lives Have Been Touched by Louise L. Hay*

Embracing Multiple Sclerosis

By Victoria, graphic designer, Canada

I was diagnosed with “relapsing-remitting multiple sclerosis” in 1987. My symptoms were blurred vision and numbness in my hands, arms, and legs. My neurologist told me that there wasn’t any medication available for me at this point and I’d be in a wheelchair in two years. *No, I won’t*, I thought.

I decided to “speak” to my multiple sclerosis (MS). I told it that I would respect it; in return, it would have to respect *me* and let me live my life. When I didn’t respect *myself*, I’d have attacks of blurred vision and weakness in my arms and legs that would last two or three months. This went on for 15 years, until my disease became aggravated because of personal issues in 2003.

At this point, the disease accelerated into “secondary progressive multiple sclerosis.” I had no balance and, according to the doctors, no chance for a remission. I could no longer walk without the assistance of a walker. I was in excruciating pain, which felt like electric shocks traveling through my head and shoulders. My speech was slurred, I was choking on my food, I had no coordination in my limbs, and I was sleeping all the time. My symptoms were a reflection of what was going on in my mind, which was overwhelmed by the controlling emotions of resentment, anger, and fear.

By this time, I’d discovered Louise Hay, whose teachings showed me that I had to take responsibility for my own disease. I was the only one who could decide if I would ever walk again, and I had to be able to stand up for myself. MS was not a terrible diagnosis but a blessing in disguise. My body was speaking to me and telling me that I was able to walk on my own if I so chose. To do so, I had to be more independent and make my own decisions.

I began to say affirmations on a daily basis, truly feeling them, and I started turning my life around. I moved away from fear and made my decisions based on love and truth. By loving myself, honoring my body, and not treating myself as a victim, I created the most extraordinary version of myself. I also started to attract like-minded, positive, and supportive people into my life.

I've been doing Pilates and taking belly-dancing lessons. I have started art classes and am continuing my career as a graphic designer. I am now able to speak and see clearly, I have more energy, and my coordination has improved 100 percent. I view my walker as a support, not a crutch. Reading Louise's books and saying her affirmations daily – and most important, feeling them in my heart – have made me embrace MS and given me the inner peace to move forward fearlessly. I am now the woman I was born to be, and I am confident in my abilities!

First Service Testimonial from
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The Power of Re-parenting and Loving My Inner Child

By Paul, licensed massage therapist, Maryland

In my early adult life, I was repeatedly going through everything in a medicated state of powerlessness and denial as I repeated destructive behaviors and dysfunctional patterns that originated in experiences with my parents and teachers. Over time, studying Louise Hay's book *You Can Heal Your Life* and listening to many of her tapes helped me develop my understanding and knowledge of forgiveness, both for myself and for others.

I understood by my mid-30's – the time when I began reading and studying Louise's work – that everyone including myself had been doing the best they could with what they knew at the time. So slowly, but very surely, I began taking personal responsibility for my health and restoring my sanity by first releasing resentment and blame. And during my ongoing treatment for various addictions, I also made a conscious commitment and practice to love myself and my inner child. Whenever I caught myself in a spiral of negative thinking, which was so often, I'd start repeating many of Louise's affirmations. This was a way of re-parenting myself on many levels, getting the messages and thoughts I wished I'd been given growing up.

Yes, ultimately I did stop drinking and acting out. But what good – and how enduring – would any of that have been if I had never really learned how to love, trust, and care for myself and my inner child?

Thanks to Louise, I ended up acquiring much wisdom and many tools upon which to build my new foundation of love and self-esteem. From this stronger, healthier place, I could start affirming with even greater success that I am a valuable, worthy man capable of attracting abundance, love, creativity, prosperity, and fulfillment into my world. And so it is!

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Affirmations Work for Children, Too!

By Carla, internet-marketing specialist, Texas

When my daughter, Haley, was in kindergarten, she received “red marks” for being too chatty several times a week. I’d tell her, “Baby, you’ve got to pay attention and quit talking,” but that didn’t change anything. In first grade, we had the same issue. I used a different approach and threatened to take things away from her, but that didn’t really work either.

When Haley started second grade, I was introduced to Louise Hay. I’d already been a fan of *The Secret*, Wayne Dyer, and Esther Hicks; however, *You Can Heal Your Life* removed the blinders from my eyes.

Haley began school as her usual self. After receiving “too chatty” comments for the first nine weeks, I spoke to her teacher. She told me that my daughter was just social and that I shouldn’t worry. She said that Haley was well liked by her classmates and wasn’t being disruptive – she was just responding to those attempting to get her attention.

Just like my daughter, I am also very social and didn’t want to scold her for being who I want her to be. Therefore, I came up with a positive affirmation for her, which we repeated constantly: *I am a good listener*. I figured that if she was thinking about being a good listener, she wouldn’t be able to talk and listen at the same time. It worked – Haley didn’t receive any red marks for the rest of the school year. She’s also learned to share her positive thoughts with her friends and has made me very proud.

I’ve just started a new affirmation for my daughter. In the first grade, she was labeled a “slow reader.” Teachers actually said those words to her. I recently received a letter from one of them, stating that Haley would be getting additional help for her reading problem. I responded to the teacher by explaining the approach I was going to take with Haley. As I informed her, “I firmly believe you become what you think. After being told that many times over the years, Haley knows this to be true. The method I’m using to help her in school has been very effective for us. Call me crazy if you’d like, but it works for Haley and me. Therefore, the positive affirmation we’ve created is: *I understand everything I read.*”

I have printed this latest affirmation on paper and stickers and have placed them everywhere in our home – even inside the refrigerator. I've also affixed stickers to every notebook and folder Haley brings home from school. It's only been five days, yet my daughter is already expressing more confidence in her reading.

Thank you, Louise Hay. You are wonderful.

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Training My Brain

By Melanie, program coordinator, Canada

Being a logical person in most aspects of my life, I was having a difficult time coping with all the emotions I was having after I left my husband of ten years. Dealing with the sole responsibility for my three children, my career, and my home was overwhelming – I had no idea where to turn or even what it was that I was feeling.

A colleague who'd seen through the act I was putting on recommended *You Can Heal Your Life* to me. It was the first book of Louise Hay's I'd ever read, but certainly not the last. Through her books and various tools, Louise has taught me to train my brain to think positively. I realized that I hadn't really loved myself before ... and now I do.

Changing my life has been a process, and it has required the use of many different virtues such as patience and determination. Even so, utilizing my intuition as well as logic has been rewarding. My life flourished due to the change in my thought patterns: I've lost 25 pounds; I no longer suffer from acne; and I appreciate myself and my surroundings without effort, seeing the beauty in things through eyes of love. My new discovery of independence, fun, and love – as well as the commitment to the lifelong process of happiness – is felt by my friends and family. I express gratitude every day for picking up Louise's book and, indeed, healing my life.

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The Most Important Miracle of All

By Martin, insurance salesman, Argentina

I am a 30-year-old man who lives in Argentina. *You Can Heal Your Life* came into my life when I was only 15 – since then, my life has changed completely.

Waking up to life so young was the best and most important thing that Louise could have done for me. Living in Argentina is not that easy, with our economic woes and terrible poverty. I knew that my life had to be bigger than that, so I vowed to change my mind and my thoughts. I started by affirming: *I am not a statistic* many times a day.

Even though everyone told me, “It’s not easy to get a good job here,” I knew that I could get a *fantastic* one ... and I did. I also started to take care of my body by becoming a vegetarian and running every day (at first I couldn’t even run a block, and now I participate in marathons several times a year). I began to travel around the world, and I met amazing people who opened my mind to new ideas.

But the miracle that Louise has brought into my life is the incredible love that I feel for myself and others – it is priceless. Louise gave me a whole new experience, and I’ll be eternally grateful to her every single day of my life.

We tend to think that miracles are only related to overcoming an illness or other big issues. Yet Louise teaches that miracles are all around us, in every breath, in every smile, in every rose and sunset.

Thank you, Louise, for being my inspiration and introducing us all to the most important miracle of all: the love of ourselves.

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The Upward Spiral

By Dalon, correctional officer, Texas

For years I'd been battling severe mental illness, and I was almost ready to kill myself because I was in such misery. I decided to give acupuncture a try, telling the practitioner that I was willing to do whatever it took so that I wouldn't have to live like this anymore. He handed me a copy of *You Can Heal Your Life*, and my life turned around.

I had to go through the book several times before I really started to grasp some things; I was having so many bad reactions to all of the medications I was taking, and it was hard for me to figure things out. But I kept at it, and I've been able to create so much more peace and organization in my mind. I went on to pick up Louise Hay's *Love Your Body* cassette tape, and it also made a tremendous impact. The first time I listened to it, I couldn't help but cry, thinking about how I hadn't been loving my body.

I experienced complete acceptance for the very first time during a mirror exercise – I realized that I deserved to be happy and healthy. It's amazing what affirmations, mirror work, love, and time can do. I'm really enjoying being me now, which I don't think I've ever experienced other than when I was a baby. I hold on to my positive affirmations more often than not, and when I do slip back into the old negativity, I don't beat myself up or blame myself. Yes, there are plenty of hurdles and bumps in the road, but I've discovered that while I can always count on myself, I'm never alone.

I'm so proud of myself for sticking with all of this healing work and allowing it to take me on its upward spiral. I'm now working on learning to be gentle with myself and others. This has been a huge challenge in my job as a prison guard.

Recently, an inmate threatened me because I couldn't give him water when he wanted it. When I was able to do so, I came back to his cell to give him the water. He was still very aggressive and refused it. I looked him in the eyes and told him that I forgave him for everything he said to me. He just looked down and said thank you. I kept remembering that he really was a brutalized, tormented child. It touched me that by saying three simple words – I forgive you – I could put a positive image in the darkened mind of a person who's probably never experienced any kindness in his life.

I love Louise, and one day I would absolutely love to give her a hug for the work she's done. I don't feel empty inside anymore, and I am blessed beyond my fondest dreams. I have my life back, and I feel like I am the luckiest man in the world!

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Blessings for a Safe Trip

By Sandra, office manager, Colorado

One year ago I moved to Fort Collins, Colorado; however, I work 40 miles away in Cheyenne, Wyoming. I'd heard hair-raising stories about the winter weather and how bad the roads could get between the two cities. I started worrying constantly about the weather and was very nervous driving to and from work, and then I read Louise Hay's advice on blessing your trip as well as your car before leaving the house. So that's what I started doing: Now every time I go to work and come home, I bless the car, the weather, and the other drivers on the road. I end by saying, "Thank You, God, for a safe trip."

Here is the miraculous part. In the last year, I've seen ice, snowstorms, gale-force winds, and tornadoes ... but never when I'm on the road. On my way home from work, I've seen blizzards as I walk out the door, then I turn the corner, and it's clear. One day the wind was blowing more than 50 miles an hour all day; just as I was about to leave, a co-worker went outside and announced that the wind had completely stopped. I just smiled and said, "Thank you, God."

This story might not seem big to some, but all of this has been huge for me. I am truly thankful for the gift Louise gave me and the miracles I've experienced by changing my beliefs and having faith in the power within.

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I Deserve to Be Happy

By Tamara, spiritual counselor, Arizona

In 1996 I was enrolled in the Swedish Institute in Manhattan, studying to become a massage therapist. I was diagnosed with a couple of autoimmune diseases and told that I had to quit school because massaging would negatively affect my illness. I was distraught – I loved being in school and helping others heal.

A friend saw my distress and handed me the book *You Can Heal Your Life*, by Louise Hay. I thought it was mumbo jumbo at first, but the more I read, the more my spirit seemed to lighten. I started using affirmations and even stuck them onto the dashboard of my car. I would cry every time I told myself, *I deserve love*, or *I am perfect exactly as I am*. My head was anxious, but my soul knew the truth.

I'd just left an abusive marriage, and I kept reminding myself, *I deserve to be happy*. Shortly after I got my own place with my kids, my nine-year-old daughter and I were in a horrible car accident, and she died a week later. I clung to my affirmations for dear life, and through even more tears, I worked on forgiving myself.

Over and over again, I told myself, *I deserve to be happy*. My mind didn't want to believe this, but once again, my spirit craved the words and they brought me peace. No matter what was going on or how bad things got – through alcoholism, strained family relationships, and my health issues – I used affirmations to get through my day. And believe me, they worked.

As I sit here today, I've now been in recovery for more than ten years, my family relationships are healed, and I have a wonderful life. My favorite affirmation is: *I deserve to give and receive love*. To that end, I've attracted an amazing man into my life who loves *all* of me.

I now run a woman's spiritual-empowerment group for addicts, prostitutes, and abused women; and I use Louise's book *Empowering Women* and her DVD of *You Can Heal Your Life* as part of my class. I know from the bottom of my heart that the impact of her work has helped heal my life from one of helplessness to one of hopefulness. All is well in my world!

Thank you, Louise, and God bless the work you have done for me and others.

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The Revelation

By Najmunesa, parenting coach, trainer/facilitator,
and spiritual counselor, South Africa

When I first came across the book *You Can Heal Your Life*, I was at a very low point in my life. The youngest of 16 children, I've always felt like the black sheep of the family. I mean this literally: I grew up in the dark days of apartheid, and I wasn't as light skinned as the rest of my siblings. I felt that my mother hated me, and I was constantly acting out in order to be noticed and have a feeling of belonging.

I burst a blood vessel in the right side of my brain when I gave birth to my first child, but this didn't get diagnosed until years later. I suffered epileptic fits and postpartum depression, and developed a hyperactive thyroid. After my second child I had a nervous breakdown, which in later years I'd view as a *breakthrough* instead of a *breakdown*.

I found a copy of Louise's book in the library, but it took me many years to read it. I learned about her "Heal Your Life" workshops, but they were only offered to whites. My boss at the time felt that I was "white enough" and took me to one of them. I attended each and every one of these workshops over the years, and that's how my life changed. At the same time I enrolled in a course on spirituality, and I was amazed by the correlation between my faith and Louise's premises. The experience was truly a revelation. I learned that I could retain my values, even as I worked on changing my beliefs.

Today I work in grassroots communities, facilitating parenting and self-awareness workshops. I'm the coordinator for a group that helps people with depression and anxiety, and I used to be the hotline counselor as well. Louise's work changed my life and helped me find my way, and now I try to do the same for others. Thank you for the opportunity to share my story.

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More Than a Survivor, More Than a Rose

By Jeannie, vice president of sales, California

My father was drunk again and putting a gun to my head ... and you can imagine how the rest of the night went. Even though I was only 15 years old, I'd already experienced years of abuse of all kinds. I left home the next morning and never returned. I now consider that horrible night a blessing, as it gave me the impetus to leave.

I turned out to be a good survivor, staying with the family of a friend from school for two months. Then I found a job at a theater, and a roommate to share an apartment with. I saved my money and bought a used typewriter from Goodwill, determined to get a job in an office and improve my situation. So I worked on my typing skills and lied about my age. I was able to get an office job, using the bus for transportation.

I learned everything I could. After passing my high-school-equivalency exam, I started college at night. Although it took me almost ten years, I eventually got my degree, a B. S. in accounting.

I may have been good at being a survivor, but I was poor at picking men – by age 40, I was on my own with four children. I wanted to do more than just survive, and soon attracted a book that changed everything: *You Can Heal Your Life* by Louise Hay.

I began to affirm that I could have a great job creating money rather than counting it, and that I'd make plenty for all of my family's needs. Within three months, I was offered a job selling pumps, hard hat and all, and I proved that I could excel at sales. My next affirmation was to sell products I loved and believed in. Not only did that opportunity show up (selling Hay House books!), but I've been very successful for the last 18 years. While I have a great

job and a beautiful home, what's more important is that I know I am a loved soul, put on the planet to bloom like a rose and be much more than a survivor.

My hope is that I can share my story with young girls and boys so they can see the importance of never giving up hope. Not only can they make it through their challenges, but they can flourish and realize how very much they are loved.