



## Chapter Fifteen

### THE LIST

**“I am healthy, whole and complete.”**

As you look through the following list taken from my book *HEAL YOUR BODY*, see if you can find the correlation between diseases you may have had or are having now and the probable causes I have listed.

A good way to use this list when you have a physical problem:

1. Look up the mental cause. See if this could be true for you. If not, sit quietly and ask yourself, “What could be the thoughts in me that created this?”
2. Repeat to yourself, “I am willing to release the pattern in my consciousness that has created this condition.”
3. Repeat the new thought pattern to yourself several times.
4. Assume that you are already in the process of healing.

Whenever you think of the condition, repeat the steps.



Problem	Probable Cause	New Thought Pattern
Abdominal Cramps	Fear. Stopping the process.	<i>I trust the process of life. I am safe.</i>
Abscess	Fermenting thoughts over hurts, slights and revenge.	<i>I allow my thoughts to be free. The past is over. I am at peace.</i>
Accidents	Inability to speak up for the self. Rebellion against authority. Belief in violence.	<i>I release the pattern in me that created this. I am at peace. I am worthwhile.</i>
Aches	Longing for love. Longing to be held.	<i>I love and approve of myself. I am loving and lovable.</i>
Acne	Not accepting the self. Dislike of the self.	<i>I am a Divine expression of life. I love and accept myself where I am right now.</i>
Addictions	Running from the self. Fear. Not knowing how to love the self.	<i>I now discover how wonderful I am. I choose to love and enjoy myself.</i>
Addison's Disease	Severe emotional malnutrition. Anger at the self.	<i>I lovingly take care of my body, my mind and my emotions.</i>
Adenoids	Family friction, arguments. Child feeling unwelcome, in the way.	<i>This child is wanted and welcomed and deeply loved.</i>
Adrenal Problems	Defeatism. No longer caring for the self. Anxiety.	<i>I love and approve of myself. It is safe for me to care for myself.</i>



**Aging Problems**

Social beliefs. Old thinking. Fear of being one's self. Rejection of the now.

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

**AIDS**

Denial of the self. Sexual guilt. A strong belief in not being "good enough."

*I am a Divine, magnificent expression of life. I rejoice in my sexuality. I rejoice in all that I am. I love myself.*

**Alcoholism**

What's the use? Feeling of futility, guilt, inadequacy. Self-rejection.

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

**Allergies**

Who are you allergic to? Denying your own power.

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

**Alzheimer's Disease**

A desire to leave the planet. The inability to face life as it is.

*Everything happens in the right time-space sequence. Divine right action is taking place at all times.*

**Amnesia**

Fear. Running from life. Inability to stand up for the self.

*Intelligence, courage and self-worth are always present. It is safe to be alive.*

**Anemia**

"Yes-but" attitude. Lack of joy. Fear of life. Feeling not good enough.

*It is safe for me to experience joy in every area of my life. I love life.*

**Ankle**

Represents mobility and direction.

*I move forward easily in life.*

**Anorectal Bleeding**

Anger and frustration.

*I trust the process of life. Only right and good action is taking place in my life.*



## Anorexia

Denying the self life. Extreme fear, self-hatred and rejection.

*It is safe to be me. I am wonderful just as I am. I choose to live. I choose joy and self-acceptance.*

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## Anus

Releasing point. Dumping ground.

*I easily and comfortably release that which I no longer need in life.*

### - Abscess

Anger in relation to what you don't want to release.

*It is safe to let go. Only that which I no longer need leaves my body.*

### - Bleeding

See Anorectal Bleeding

*It is with love that I totally release the past. I am free. I am love.*

### - Fistula

Incomplete releasing of trash. Holding on to garbage of the past.

*I lovingly forgive myself. I am free.*

### - Itching

Guilt over the past. Remorse.

*The past is over. I choose to love and approve of myself in the now.*

### - Pain

Guilt. Desire for punishment. Not good enough.

*I love and approve of myself, and I trust the process of life. I am safe.*

## Anxiety

Not trusting the flow and the process of life.

*It is safe to feel. I open myself to life. I am willing to experience life.*

## Apathy

Resistance to feeling. Deadening of the self. Fear.

*I am safe. I relax and let life flow joyously.*

## Appendicitis

Fear. Fear of life. Blocking the flow of good.



**Appetite**

– Excessive

Fear. Needing protection. Judging the emotions.

*I am safe. It is safe to feel. My feelings are normal and acceptable.*

– Loss of

Fear. Protecting the self. Not trusting life.

*I love and approve of myself. I am safe. Life is safe and joyous.*

**Arms**

Represent the capacity and ability to hold the experiences of life.

*I lovingly hold and embrace my experiences with ease and with joy.*

**Arteriosclerosis**

Resistance, tension. Hardened narrow-mindedness. Refusing to see good.

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

**Arteries**

Carry the joy of life.

*I am filled with joy. It flows through me with every beat of my heart.*

**Arthritis**

Feeling unloved. Criticism, resentment.

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

**Arthritic Fingers**

A desire to punish. Blame. Feeling victimized.

*I see with love and understanding. I hold all my experiences up to the light of love.*

**Asphyxiating Attacks**

Fear. Not trusting the process of life. Getting stuck in childhood.

*It is safe to grow up. The world is safe. I am safe.*



## Asthma

Smother love. Inability to breathe for one's self. Feeling stifled. Suppressed crying.

*It is safe now for me to take charge of my own life. I choose to be free.*

## Athlete's Foot

Frustration at not being accepted. Inability to move forward with ease.

*I love and approve of myself. I give myself permission to go ahead. It's safe to move.*

## Baby Asthma

Fear of life. Not wanting to be here.

*This child is safe and loved. This child is welcomed and cherished.*

## Backs

Represent the support of life.

*I know that life always supports me.*

## Back Problems

## - Upper

Lack of emotional support. Feeling unloved. Holding back love.

*I love and approve of myself. Life supports and loves me.*

## - Middle

Guilt. Struck in all that "stuff" back there. Get off my back.

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

## - Lower

Fear of money. Lack of financial support.

*I trust the process of life. All I need is always taken care of. I am safe.*

## Bad Breath

Anger and revenge thoughts. Experiences backing up.

*I release the past with love. I choose to voice only love.*



Balance, Loss of

Scattered thinking. Not centered.

*I center myself in safety and accept the perfection of my life. All is well.*

Baldness

Fear. Tension. Trying to control everything. Not trusting the process of life.

*I am safe. I love and approve of myself. I trust life.*

Bedwetting

Fear of parent, usually the father.

*This child is seen with love, with compassion, and with understanding. All is well.*

Belching

Fear. Gulping life too quickly.

*There is time and space for everything I need to do. I am at peace.*

Birth Defects

Karmic. You selected to come that way. We choose our parents.

*Every experience is perfect for our growth process. I am at peace with where I am.*

Blackheads

Feeling dirty and unloved.

*I love and approve of myself. I am loving and lovable.*

Bladder Problems

Anxiety. Holding on to old ideas. Fear of letting go. Being "pissed off."

*I comfortably and easily release the old and welcome the new in my life. I am safe.*

Bleeding

Joy running out. Anger. But where?

*I am the joy of life expressing and receiving in perfect rhythm.*

Bleeding Gums

Lack of joy in the decisions made in life.

*I trust that right action is always taking place in my life. I am at peace.*



Blisters

Resistance. Lack of emotional protection.

*I gently flow with life and each new experience. All is well.*

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Blood

Represents joy in the body, flowing freely.

*I am the joy of life expressing and receiving.*

Blood Problems

Lack of joy. Lack of circulation of ideas.

*Joyous new ideas are circulating freely within me.*

– Anemic

See Anemia

– Clotting

Closing down the flow of joy.

*I awaken new life within me. I flow.*

Blood Pressure

– High

Longstanding emotional problem not solved.

*I joyously release the past. I am at peace.*

– Low

Lack of love as a child. Defeatism. What's the use; it won't work anyway.

*I now choose to live in the ever-joyous NOW. My life is a joy.*

Body Odor

Fear. Dislike of the self. Fear of others.

*I love and approve of myself. I am safe.*

Boils

Anger. Boiling over. Seething.

*I express love and joy, and I am at peace.*

Bones

Represent the structure of the Universe.

*I am well structured and balanced.*



**Bone Problems**

– Breaks  
Rebelling against authority.

*In my world, I am my own authority; for I am the only one who thinks in my mind.*

– Deformity  
Mental pressure and tightness. Muscles can't stretch. Loss of mental mobility.

*I breathe in life fully. I relax and trust the flow and the process of life.*

Bowels  
Represent the release of waste.

*Letting go is easy.*

– Problems  
Fear of letting go of the old and no longer needed.

*I freely and easily release the old and joyously welcome the new.*

Brain  
Represents the computer, the switchboard.

*I am the loving operator of my mind.*

– Tumor  
Incorrect computerized beliefs. Stubborn. Refusing to change old patterns.

*It is easy for me to reprogram the computer of my mind. All of life is change, and my mind is ever new.*

Breasts  
Represent mothering and nurturing.

*I take in and give out nourishment in perfect balance.*

**Breast Problems**

– Cysts, Lumps, Soreness  
Overmothering. Overprotection. Overbearing attitudes. Cutting off nourishment.

*I am free to be me, and I allow others the freedom to be who they are. It is safe for all of us to grow up.*



Breath

Represents the ability to take in life.

*I love life.*

Breathing Problems

Fear or refusal to take in life fully. Not feeling the right to take up space or even to exist at times.

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

Bright's Disease

Feeling like a kid who "can't do it right," and is "not good enough." A failure. Loss.

*I love and approve of myself. I care for me. I am totally adequate at all times.*

Bronchitis

Inflamed family environment. Arguments and yelling. Sometimes silent.

*I declare peace and harmony within me and around me. All is well.*

Bruises

The little bumps in life. Self-punishment.

*I love and cherish myself. I am kind and gentle with me. All is well.*

Burns

Anger. Burning up. Incensed.

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

Bursitis

Repressed anger. Wanting to hit someone.

*Love relaxes and releases all unlike itself.*

Buttocks

Represent power. Loose buttocks, loss of power.

*I use my power wisely. I am strong. I feel safe. All is well.*

Callouses

Hardened concepts and ideas. Fear solidified.

*It is safe to see and experience new ideas and new ways. I am open and receptive to good.*



## Cancer

Deep hurt. Longstanding resentment. Deep secret or grief eating away at the self. Carrying hatreds. What's the use.

*I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.*

## Candidiasis

Feeling very scattered. Lots of frustration and anger. Demanding and untrusting in relationships. Great takers.

*I give myself permission to be all that I can be and I deserve the very best in life. I love and appreciate myself and others.*

## Canker Sores

Festering words held back by the lips. Blame.

*I create only joyful experiences in my loving world.*

## Carbuncle

Poisonous anger about personal injustices.

*I release the past and allow time to heal every area of my life.*

## Car Sickness

Fear. Bondage. Feeling of being trapped.

*I move with ease through time and space. Only love surrounds me.*

## Cataracts

Inability to see ahead with joy. Dark future.

*Life is eternal and filled with joy. I look forward to every moment.*

## Cellulite

Getting stuck in early childhood pain. Holding onto the lumps and bumps of the past. Difficulty in moving forward. Fear of choosing your own direction.

*I forgive everyone. I forgive myself. I forgive all past experiences. I am free.*

## Childhood Diseases

Belief in calendars and social concepts and false laws. Childish behavior in the adults around them.

*This child is Divinely protected and surrounded by love. We claim mental immunity.*



Chills

Mental contraction, pulling away and in. Desire to retreat. Leave me alone.

*I am safe and secure at all times. Love surrounds me and protects me. All is well.*

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Cholesterol

Clogging the channels of joy. Fear of accepting joy.

*I choose to love life. My channels of joy are wide open. It is safe to receive.*

Chronic Diseases

A refusal to change. Fear of the future. Not feeling safe.

*I am willing to change and to grow. I now create a safe new future.*

Colds

Too much going on at once. Mental confusion, disorder. Small hurts. "I get three colds every winter," type of belief.

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

Colic

Mental irritation, impatience, annoyance in the surroundings.

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

Colitis

Overexacting parents. Feeling of oppression and defeat. Great need for affection.

*I love and approve of myself. I create my own joy. I choose to be a winner in life.*

Coma

Fear. Escaping something or someone.

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

Conjunctivitis

Anger and frustration at what you are looking at in life.

*I see with eyes of love. There is a harmonious solution, and I accept it now.*



**Constipation**

Refusing to release old ideas. Stuck in the past. Sometimes stinging.

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

**Coronary Thrombosis**

Feeling alone and scared. Not good enough. Don't do enough. Will never make it.

*I am one with all of life. The Universe totally supports me. All is well.*

**Cramps**

Tension. Fear. Gripping, holding on.

*I relax and allow my mind to be peaceful.*

**Croup**

See Bronchitis

**Crying**

Tears are the river of life. Shed in joy as well as in sadness and fear.

*I am peaceful with all of my emotions. I love and approve of myself.*

**Cushing's Disease**

Mental imbalance. Overproduction of crushing ideas. A feeling of being overpowered.

*I lovingly balance my mind and my body. I now choose thoughts that make me feel good.*

**Cysts**

Running the old painful movie. Nursing hurts. A false growth.

*The movies of my mind are beautiful because I choose to make them so. I love me.*

**Cystic Fibrosis**

A thick belief that life won't work for you. Poor me.

*Life loves me, and I love life. I now choose to take in life fully and freely.*



Deafness

Rejection, stubbornness, isolation. What don't you want to hear? Don't bother me.

*I listen to the Divine and rejoice at all that I am able to hear. I am one with all.*

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Diabetes

Longing for what might have been. A great need to control. Deep sorrow. No sweetness left.

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

Diarrhea

Fear. Rejection. Running off.

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

Dizziness

Flight, scattered thinking. A refusal to look.

*I am deeply centered and peaceful in life. It is safe for me to be alive and joyous.*

Ears

Represent the capacity to hear.

*I hear with love.*

Earache

Anger. Not wanting to hear. Too much turmoil. Parents arguing.

*Harmony surrounds me. I listen with love to the pleasant and the good. I am a center for love.*

Eczema

Breath-taking antagonism. Mental eruptions.

*Harmony and peace, love and joy surround me and indwell me. I am safe and secure.*

Edema

What or who won't you let go of?

*I willingly release the past. It is safe for me to let go. I am free now.*



## Elbow

Represents changing directions and accepting new experiences.

*I easily flow with new experiences, with new directions and new changes.*

## Emphysema

Fear of taking in life. Not worthy of living.

*It is my birthright to live fully and freely. I love life. I love me.*

## Epilepsy

Sense of persecution. Rejection of life. A feeling of great struggle. Self-violence.

*I choose to see life as eternal and joyous  
I am eternal and joyous and at peace.*

## Eyes

Represent the capacity to see clearly — past, present and future.

*I see with love and joy.*

## Eye Problems

Not liking what you see in your own life.

*I now create a life I love to look at.*

## – Astigmatism

“I trouble.” Fear of really seeing the self.

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

## – Cataracts

Inability to see ahead with joy. Dark future.

*Life is eternal and filled with joy.*

## – Children

Not wanting to see what is going on in the family.

*Harmony and joy and beauty and safety  
now surround this child.*

## – Crossed

Not wanting to see what's out there. Crossed purposes.

*It is safe for me to see. I am at peace.*

## – Farsighted

Fear of the present.

*I am safe in the here and now. I see that.*



- Glaucoma  
Stony unforgiveness. Pressure from long-standing hurts. Overwhelmed by it all.  
*I see with love and tenderness.*
- Nearsighted  
Fear of the future.  
*I accept Divine guidance and am always safe.*
- Wall Eyed  
Fear of looking at the present, right here.  
*I love and approve of myself right now.*
- Face  
Represents what we show the world.  
*It is safe to be me. I express who I am.*
- Fainting  
Fear. Can't cope. Blacking out.  
*I have the power and strength and knowledge to handle everything in my life.*
- Fat  
Represents protection. Oversensitivity.  
*I am protected by Divine love. I am always safe and secure.*
- Fatigue  
Resistance, boredom. Lack of love for what one does.  
*I am enthusiastic about life and filled with energy and enthusiasm.*
- Feet  
Represent our understanding — of ourselves, of life, of others.  
*My understanding is clear, and I am willing to change with the times. I am safe.*
- Female Problems  
Denial of the self. Rejecting femininity. Rejection of the feminine principle.  
*I rejoice in my femaleness. I love being a woman. I love my body.*



## Fevers

Anger. Burning up.

*I am the cool, calm, expression of peace and love.*

## Fibroid Tumors and Cysts

Nursing a hurt from a partner. A blow to the feminine ego.

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

## Fingers

Represent the details of life.

*I am peaceful with the details of life.*

### – Thumb

Represents intellect and worry.

*My mind is at peace.*

### – Index Finger

Represents ego and fear.

*I am secure.*

### – Middle Finger

Represents anger and sexuality.

*I am comfortable with my sexuality.*

### – Ring Finger

Represents unions and grief.

*I am peacefully loving.*

### – Little Finger

Represents the family and pretending.

*I am myself with the family of life.*

## Fistula

Fear. A blockage in the letting go process.

*I am safe. I trust fully in the process of life. Life is for me.*

## Flu

See Influenza

## Foot Problems

Fear of the future and of not stepping forward in life.

*I move forward in life with joy and with ease.*

## Frigidity

Fear. Denial of pleasure. A belief that sex is bad. Insensitive partners.

*It is safe for me to enjoy my own body. I rejoice in being a woman.*



Gallstones

Bitterness. Hard thoughts. Condemning. Pride.

*There is joyous release of the past. Life is sweet, and so am I.*

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Gangrene

Mental morbidity. Drowning of joy with poisonous thoughts.

*I now choose harmonious thoughts and let the joy flow freely through me.*

Gas Pains

Gripping. Fear. Undigested ideas.

*I relax and let life flow through me with ease.*

Gastritis

Prolonged uncertainty. A feeling of doom.

*I love and approve of myself. I am safe.*

Genitals

Represent the masculine and feminine principles.

*It is safe to be who I am.*

– Problems

Worry about not being good enough.

*I rejoice in my own expression of life. I am perfect just as I am. I love and approve of myself.*

Glands

Represent holding stations. Self-starting activity.

*I am the creative power in my world.*

Glandular Problems

Poor distribution of get-up-and-go ideas.

*I have all the Divine ideas and activity I need. I move forward right now.*

Goiter

Hatred for being inflicted upon. Victim. Feeling thwarted in life. Unfulfilled.

*I am the power and authority in my life. I am free to be me.*



Gout	The need to dominate. Impatience, anger.	<i>I am safe and secure. I am at peace with myself and with others.</i>
Gray Hair	Stress. A belief in pressure and strain.	<i>I am at peace and comfortable in every area of my life. I am strong and capable.</i>
Growths	Nursing those old hurts. Building resentment.	<i>I easily forgive. I love myself and will reward myself with thoughts of praise.</i>
<u>Gum Problems</u>	Inability to back up decisions. Wishy-washy about life.	<i>I am a decisive person. I follow through and support myself with love.</i>
Halitosis	Rotten attitudes, vile gossip, foul thinking.	<i>I speak with gentleness and love. I exhale only the good.</i>
Hands	Hold and handle. Clutch and grip. Grasping and letting go. Caressing. Pinching. All ways of dealing with experiences.	<i>I choose to handle all my experiences with love and with joy and with ease.</i>
Hay Fever	Emotional congestion. Fear of the calendar. A belief in persecution. Guilt.	<i>I am one with ALL OF LIFE. I am safe at all times.</i>
Headaches	Invalidating the self. Self-criticism. Fear.	<i>I love and approve of myself. I see myself and what I do with eyes of love. I am safe.</i>
Heartburn	Fear. Fear. Fear. Clutching fear.	<i>I breathe freely and fully. I am safe. I trust the process of life.</i>



Heart

Represents the center of love and security. (See Blood)

*My heart beats to the rhythm of love.*

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- Problems

Longstanding emotional problems. Lack of joy. Hardening of the heart. Belief in strain and stress.

*Joy. Joy. Joy. I lovingly allow joy to flow through my mind and body and experience.*

- Attack

Squeezing all the joy out of the heart in favor of money or position, etc.

*I bring joy back to the center of my heart. I express love to all.*

Hemorrhoids

Fear of deadlines. Anger of the past. Afraid to let go. Feeling burdened.

*I release all that is unlike love. There is time and space for everything I want to do.*

Hepatitis

Resistance to change. Fear, anger, hatred. Liver is the seat of anger and rage.

*My mind is cleansed and free. I leave the past and move into the new. All is well.*

Hernia

Ruptured relationships. Strain, burdens. Incorrect creative expression.

*My mind is gentle and harmonious. I love and approve of myself. I am free to be me.*

Herpes

Mass belief in sexual guilt and the need for punishment. Public shame. Belief in a punishing God. Rejection of the genitals.

*My concept of God supports me. I am normal and natural. I rejoice in my own sexuality and in my own body. I am wonderful.*



Hip

Carries the body in perfect balance. Major thrust in moving forward.

*Hip Hip Hooray — there is joy in every day.*

Hip Problems

Fear of going forward in major decisions. Nothing to move forward to.

*I am in perfect balance. I move forward in life with ease and with joy at every age.*

Hives

Small hidden fears. Mountains out of molehills.

*I bring peace to every corner of my life.*

Hodgkin's Disease

Blame and a tremendous fear of "not being good enough." A frantic race to prove one's self until the blood has no substance left to support itself. The joy of life is forgotten in the race for acceptance.

*I am perfectly happy to be me. I am good enough just as I am. I love and approve of myself. I am joy expressing and receiving.*

Holding Fluids

What are you afraid of losing?

*I willingly release with joy.*

Hyperglycemia

See Diabetes

Hyperthyroidism

Extreme disappointment at not being able to do what you want to do. Always fulfilling others, not the self.

*I return my power to its rightful place. I make my own decisions. I fulfill myself.*

Hyperventilation

Fear. Resisting change. Not trusting the process.

*I am safe everywhere in the Universe. I love myself and trust the process of life.*



Hypoglycemia

Overwhelmed by the burdens in life.  
What's the use?

*I now choose to make my life light and  
easy and joyful.*

Ileitis

Fear. Worry. Not being good enough.

*I love and approve of myself. I am doing  
the best I can. I am wonderful. I am at  
peace.*

Impotence

Sexual pressure, tension, guilt. Social  
beliefs. Spite against a previous mate.  
Fear of mother.

*I now allow the full power of my sexual  
principle to operate with ease and with  
joy.*

Incontinence

A letting go. A feeling of being out of  
control emotionally. A lack of self-nour-  
ishment.

*As I nurture myself, those around me  
are nurtured. I am gentle and caring  
with myself. All is well.*

Incurable

Cannot be cured by outer means at this  
point. We must "go within" to effect the  
cure. It came from nowhere and will go  
back to nowhere.

*Miracles happen every day. I go within  
to dissolve the pattern that created this,  
and I now accept a Divine healing. And  
so it is!*

Indigestion

Gut-level fear, dread, anxiety. Gripping  
and grunging.

*I digest and assimilate all new experi-  
ences peacefully and joyously.*

Infection

Irritation, anger, annoyance.

*I choose to be peaceful and harmonious.*

Inflammation "Tis"

Fear. Seeing red. Inflamed thinking.

*My thinking is peaceful, calm and  
centered.*



Influenza

Response to mass negativity and beliefs. Fear. Belief in statistics.

*I am beyond group beliefs or the calendar. I am free from all congestion and influence.*

Ingrown Toenail

Worry and guilt about your right to move forward.

*It is my Divine right to take my own direction in life. I am safe. I am free.*

Insanity

Fleeing from the family. Escapism, withdrawal. Violent separation from life.

*This mind knows its true identity and is a creative point of Divine Self-Expression.*

Insomnia

Fear. Not trusting the process of life. Guilt.

*I lovingly release the day and slip into peaceful sleep, knowing tomorrow will take care of itself.*

Itching

Desires that go against the grain. Unsatisfied. Remorse. Itching to get out or get away.

*I am at peace just where I am. I accept my good, knowing all my needs and desires will be fulfilled.*

“Tits”

Anger and frustration about conditions you are looking at in your own life.

*I am willing to change all patterns of criticism. I love and approve of myself.*

Jandice

Internal and external prejudice. Unbalanced reason.

*I feel tolerance and compassion and love for all people, myself included.*

Jaw Problems

Anger. Resentment. Desire for revenge.

*I am willing to change the patterns in me that created this condition. I love and approve of myself. I am safe.*



## Joints

Represent changes in direction in life and the ease of these movements.

*I easily flow with change. My life is Divinely guided, and I am always going in the best direction.*

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## Keratitis

Extreme anger. A desire to hit those or what you see.

*I allow the love from my own heart to heal all that I see. I choose peace. All is well in my world.*

## Kidney Problems

Criticism, disappointment, failure. Shame. Reacting like a little kid.

*Divine right action is always taking place in my life. Only good comes from each experience. It is safe to grow up.*

## Knee

Represents pride and ego.

*I am flexible and flowing.*

### – Problems

Stubborn ego and pride. Inability to bend. Fear. Inflexibility. Won't give in.

*Forgiveness. Understanding. Compassion. I bend and flow with ease, and all is well.*

## Laryngitis

So mad you can't speak. Fear of speaking up. Resentment of authority

*I am free to ask for what I want. It is safe to express myself. I am at peace.*

## Legs

Carry us forward in life.

*Life is for me.*

## Leg Problems

### – Upper

Holding on to old childhood traumas.

*They were doing the best they could with the understanding, awareness and knowledge they had. I set them free.*



- Lower

Fear of the future. Not wanting to move.

*I move forward with confidence and joy, knowing that all is well in my future.*

Leprosy

Inability to handle life at all. A long belief in not being good enough or clean enough.

*I rise above all limitations. I am Divinely guided and inspired. Love heals all life.*

Leukorrhea

A belief that women are powerless over the opposite sex. Anger at a mate.

*I create all my experiences. I am the power. I rejoice in my femaleness. I am free.*

Leukemia

Brutally killing inspiration. What's the use?

*I move beyond past limitations into the freedom of the now. It is safe to be me.*

Liver

Seat of anger and primitive emotions.

*Love and peace and joy are what I know.*

- Problems

Chronic complaining. Justifying fault-finding to deceive yourself. Feeling bad.

*I choose to live through the open space in my heart. I look for love and find it everywhere.*

Lockjaw

Anger. A desire to control. A refusal to express feelings.

*I trust the process of life. I easily ask for what I want. Life supports me.*

Lump in Throat

Fear. Not trusting the process of life.

*I am safe. I trust that life is here for me. I express myself freely and joyously.*

Lung

The ability to take in life.

*I take in life in perfect balance.*



– Problems

Depression. Grief. Fear of taking in life. Not worthy of living fully.

*I have the capacity to take in the fullness of life. I lovingly live life to the fullest.*

Lupus

A giving up. Better to die than stand up for one's self. Anger and punishment.

*I speak up for myself freely and easily. I claim my own power. I love and approve of myself. I am free and safe.*

Lymph Problems

A warning that the mind needs to be re-centered on the essentials of life. Love and joy.

*I am now totally centered in the love and joy of being alive. I flow with life. Peace of mind is mine.*

Mastoiditis

Anger and frustration. A desire not to hear what is going on. Usually in children. Fear infecting the understanding.

*Divine peace and harmony surround and indwell me. I am an oasis of peace and love and joy. All is well in my world.*

Menopause Problems

Fear of no longer being wanted. Fear of aging. Self-rejection. Not being good enough.

*I am balanced and peaceful in all changes of cycles, and I bless my body with love.*

Menstrual Problems

Rejection of one's femininity. Guilt, fear. Belief that the genitals are sinful or dirty.

*I accept my full power as a woman and accept all my bodily processes as normal and natural. I love and approve of myself.*

Migraine Headaches

Dislike against being driven. Resisting the flow of life. Sexual fears. (Can usually be relieved by masturbation.)

*I relax into the flow of life and let life provide all that I need easily and comfortably. Life is for me.*



**Miscarriage**

Fear. Fear of the future. Not now — later. Inappropriate timing.

*Divine right action is always taking place in my life. I love and approve of myself. All is well.*

**Mononucleosis**

A pattern of belittling life. Making others wrong. Lots of inner criticism. A habit of playing “Ain’t it awful.”

*I am one with all of life. I see myself in others and I love what I see. I rejoice in being alive.*

**Motion Sickness**

Fear. Fear of not being in control.

*I am always in control of my thoughts. I am safe. I love and approve of myself.*

**Mouth**

Represents taking in of new ideas and nourishment.

*I nourish myself with love.*

**– Problems**

Set opinions. Closed mind. Incapacity to take in new ideas.

*I welcome new ideas and new concepts and prepare them for digestion and assimilation.*

**Mucus Colon**

Layered deposits of old, confused thoughts clogging the channel of elimination. Wallowing in the gummed mire of the past.

*I release and dissolve the past. I am a clear thinker. I live in the now in peace and joy.*

**Multiple Sclerosis**

Mental hardness, hard-heartedness, iron will, inflexibility. Fear.

*By choosing loving, joyous thoughts, I create a loving, joyous world. I am safe and free.*



## Muscular Dystrophy

Extreme fear. Frantic desire to control everything and everyone. A deep need to feel safe. Loss of faith and trust.

*It is safe for me to be alive. It is safe to be me. I am good enough as I am. I trust myself.*

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## Myopia

Fear of the future. Not trusting what is ahead.

*I trust the process of life. I am safe.*

## Nails

Represent protection.

*I reach out safely.*

## Nail Biting

Frustration. Eating away at the self. Spite of a parent.

*It is safe for me to grow up. I now handle my own life with joy and with ease.*

## Narcolepsy

Can't cope. Extreme fear. Wanting to get away from it all. Don't want to be here.

*I rely on Divine wisdom and guidance to protect me at all times. I am safe.*

## Nausea

Fear. Rejecting an idea or experience.

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

## Nearsightedness

See Myopia

*I am peaceful with life.*

## Neck

Represents flexibility. The ability to see what's back there.

*It is with flexibility and ease that I see all sides of an issue. There are endless ways of doing things and seeing things. I am safe.*

## Neck Problems

Refusing to see other sides of a question. Stubbornness, inflexibility.



## Nephritis

Overreaction to disappointment and failure.

*Only right action is taking place in my life. I release the old and welcome the new. All is well.*

## Nerves

Represent communication. Receptive reporters.

*I communicate with ease and with joy.*

## Nervous Breakdown

Self-centeredness. Jamming the channels of communication.

*I open my heart and create only loving communication. I am safe. I am well.*

## Nervousness

Fear, anxiety, struggle, rushing. Not trusting the process of life.

*I am on an endless journey through eternity, and there is plenty of time. I communicate with my heart. All is well.*

## Neuralgia

Punishment for guilt. Anguish over communication.

*I forgive myself. I love and approve of myself. I communicate with love.*

## Nodules

Resentment and frustration and hurt ego over career.

*I release the pattern of delay within me, and I now allow success to be mine.*

## Nose

Represents self-recognition.

*I recognize my own intuitive ability*

## Nose Bleeds

A need for recognition. Feeling unrecognized and unnoticed. Crying for love.

*I love and approve of myself. I recognize my own true worth. I am wonderful.*

## Numbness

Withholding love and consideration. Going dead mentally.

*I share my feelings and my love. I respond to love in everyone.*



Osteomyelitis

Anger and frustration at the very structure of life. Feeling unsupported.

*I am peaceful with and trust the process of life. I am safe and secure.*

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Ovaries

Represent points of creation. Creativity.

*I am balanced in my creative flow.*

Overweight

Fear, need for protection. Running away from feelings. Insecurity, self-rejection. Seeking fulfillment.

*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

Guilt. Guilt always seeks punishment.

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

Pancreas

Represents the sweetness of life.

*My life is sweet.*

Pancreatitis

Rejection. Anger and frustration because life seems to have lost its sweetness.

*I love and approve of myself, and I alone create sweetness and joy in my life.*

Paralysis

Fear, terror. Escaping a situation or person. Resistance.

*I am one with all of life. I am safe, and I am totally adequate for all situations.*

Parkinson's Disease

Fear and an intense desire to control everything and everyone.

*I relax knowing that I am safe. Life is for me, and I trust the process of life.*

Peptic Ulcer

Fear. A belief that you are not good enough. Anxious to please.

*I love and approve of myself. I am at peace with myself. I am wonderful.*



Petit Mal

See Epilepsy

Phlebitis

Anger and frustration. Blaming others for the limitation and lack of joy in life.

*Joy now flows freely within me, and I am at peace with life.*

Piles

See Hemorrhoids

Pink Eye

Anger and frustration. Not wanting to see.

*I release the need to be right. I am at peace. I love and approve of myself.*

Pituitary Gland

Represents the control center

*My mind and body are in perfect balance. I control my thoughts.*

Plantar Wart

Anger at the very basis of your understanding. Spreading frustration about the future.

*I move forward with confidence and ease. I trust and flow with the process of life.*

Pneumonia

Desperate. Tired of life. Emotional wounds that are not allowed to heal.

*I freely take in Divine ideas that are filled with the breath and the intelligence of life. This is a new moment.*

Polio

Paralysing jealousy. A desire to stop someone.

*There is enough for everyone. I create my good and my freedom with loving thoughts.*

Post Nasal Drip

Inner crying. Childish tears. Victim.

*I acknowledge and accept that I am the creative power in my world. I now choose to enjoy my life.*



## Pre-Menstrual Syndrome – P.M.S.

Allowing confusion to reign. Giving power to outside influences. Rejection of the feminine processes.

*I now take charge of my mind and my life. I am a powerful, dynamite woman! Every part of my body functions perfectly. I love me.*

## Prostate

Represents the masculine principle.

*I accept and rejoice in my masculinity.*

## Prostate Problems

Mental fears weaken the masculinity. Giving up. Sexual pressure and guilt. Belief in aging.

*I love and approve of myself. I accept my own power. I am forever young in spirit.*

## Psoriasis

Fear of being hurt. Deadening the senses and the self. Refusing to accept responsibility for our own feelings.

*I am alive to the joys of living. I deserve and accept the very best in life. I love and approve of myself.*

## Pubic Bone

Represents genital protection.

*My sexuality is safe.*

## Pubic Hair

Represents both attraction and hiding. Neither children nor the elderly have pubic hair.

Anger at the inability to make decisions. Wishy-washy people.

*I approve of myself, and my decisions are always perfect for me.*

## Quinsy

A strong belief that you cannot speak up for yourself and ask for your needs.

*It is my birthright to have my needs met. I now ask for what I want with love and with ease.*



Rabies

Anger. A belief that violence is the answer.

*I am surrounded and indwelled with peace.*

Rash

Irritation over delays. Babyish way to get attention.

*I love and approve of myself. I am at peace with the process of life.*

Rectum

See Anus

Rheumatism

Feeling victimized. Lack of love. Chronic bitterness. Resentment.

*I create my own experiences. As I love and approve of myself and others, my experiences get better and better.*

Rheumatoid Arthritis

Deep criticism of authority. Feeling very put upon.

*I am my own authority. I love and approve of myself. Life is good.*

Rickets

Emotional malnutrition. Lack of love and security.

*I am secure and am nourished by the love of the Universe itself.*

Ringworm

Allowing others to get under your skin. Not feeling good enough or clean enough.

*I love and approve of myself. No person, place or thing has any power over me. I am free.*

Round Shoulders

Carrying the burdens of life. Helpless and hopelessness.

*I stand tall and free. I love and approve of me. My life gets better every day.*

Sagging Lines

Sagging lines on the face come from sagging thoughts in the mind. Resentment of life.

*I express the joy of living and allow myself to enjoy every moment of every day totally. I become young again.*



Scabies

Infected thinking. Allowing others to get under your skin.

*I am the living, loving, joyous expression of life. I am my own person.*

Sciatica

Being hypocritical. Fear of money and of the future.

*I move into my greater good. My good is everywhere, and I am secure and safe.*

Scleroderma

Feeling unprotected and unsafe. Feeling irritated and threatened by others. Creating protection.

*I am divinely protected and safe at all times. Everything I do is right and brings me love, which I accept with joy and pleasure.*

Scoliosis

See Round Shoulders

Seasickness

Fear. Fear of death. Lack of control.

*I am totally safe in the Universe. I am at peace everywhere. I trust life.*

Senility

Returning to the so-called safety of childhood. Demanding care and attention. A form of control of those around you. Escapism.

*Divine protection. Safety. Peace. The Intelligence of the Universe operates at every level of life.*

Shingles

Waiting for the other shoe to drop. Fear and tension. Too sensitive.

*I am relaxed and peaceful because I trust the process of life. All is well in my world.*

Shoulders

Are meant to carry joy, not burdens.

*I am free to be joyous.*



Sickle Cell Anemia

A belief that one is not good enough that destroys the very joy of life.

*This child lives and breathes the joy of life and is nourished by love. God works miracles every day.*

Sinus Problems

Irritation to one person, someone close.

*I declare peace and harmony indwell me and surround me at all times. All is well.*

Skin

Protects our individuality. A sense organ.

*I feel safe to be me.*

Skin Problems

Anxiety, fear. Old, buried guck. I am being threatened.

*I lovingly protect myself with thoughts of joy and peace. The past is forgiven and forgotten. I am free in this moment.*

Slipped Disc

Feeling totally unsupported by life. Indecisive.

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

Snoring

Stubborn refusal to let go of old patterns.

*I release all that is unlike love and joy in my mind. I move from the past into the new and fresh and vital.*

Spinal Meningitis

Extreme family discord. Living in an atmosphere of anger and fear. Lots of inner turmoil. Lack of support.

*I choose to create peace in my mind, my body and my world. All is well. I am safe and loved.*

Spine

Flexible support of life.

*I am supported by life.*



## Spinal Curvature

The inability to flow with the support of life. Fear and trying to hold on to old ideas. Not trusting life. Lack of integrity. No courage of convictions.

*I release all fears. I now trust the process of life. I know that life is for me. I stand straight and tall with love.*

## Spleen

Obsessions. Being obsessed about things.

*I love and approve of myself. I trust the process of life to be there for me. I am safe. All is well.*

## Sprains

Anger and resistance. Not wanting to move in a certain direction in life.

*I trust the process of life to take me only to my highest good. I am at peace.*

## Sterility

Fear and resistance to the process of life, OR not needing to go through the parenting experience.

*I trust in the process of life. I am always in the right place, doing the right things, at the right time. I love and approve of myself.*

## Stiff Neck

Unbending bullheadedness.

*It is safe to see other viewpoints.*

## Stiffness

Rigid, stiff thinking.

*I am safe enough to be flexible in my mind.*

## Stomach

Holds nourishment. Digests ideas.

*I digest life with ease.*

## \_ Problems

Dread. Fear of the new. Inability to assimilate the new.

*Life agrees with me. I assimilate the new every moment of every day. All is well.*



Stroke

Giving up. Resistance. Rather die than change. Rejection of life.

*Life is change, and I adapt easily to the new. I accept life — past, present and future.*

Stuttering

Insecurity. Lack of self-expression. Not being allowed to cry.

*I am free to speak up for myself. I am now secure in my own expression. I communicate only with love.*

Swelling

Being stuck in thinking. Clogged, painful ideas.

*My thoughts flow freely and easily. I move through ideas with ease.*

Syphilis

See Venereal Disease

*I decide to be me.*

Tape Worm

Strong belief in being a victim and unclean. Helpless to the seeming attitudes of others.

*Others only reflect the good feelings I have about myself. I love and approve of all that I am.*

Teeth

Represent decisions.

— Problems

Longstanding indecisiveness. Inability to break down ideas for analysis and decisions.

*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.*

Testicles

Masculine principle, masculinity.

*It is safe to be a man.*

Tetanus

A need to release angry, festering thoughts.

*I allow the love from my own heart to wash through me and cleanse and heal every part of my body and my emotions.*



Throat

Avenue of expression. Channel of creativity.

*I open my heart and sing the joys of love.*

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– Problems

The inability to speak up for one's self. Swallowed anger. Stifled creativity. Refusal to change.

*It's okay to make noise. I express myself freely and joyously. I speak up for myself with ease. I express my creativity. I am willing to change.*

Thymus

Master gland of the immune system. Feeling attacked by life. "They" are out to get me.

*My loving thoughts keep my immune system strong. I am safe inside and out. I heal myself with love.*

Thyroid

Humiliation. I never get to do what I want to do. When is it going to be my turn?

*I move beyond old limitations and now allow myself to express freely and creatively.*

Tinnitus

Refusal to listen. Not hearing the inner voice. Stubbornness.

*I trust my Higher Self. I listen with love to my inner voice. I release all that is unlike the action of love.*

Toes

Represent the minor details of the future.

*All details take care of themselves.*

Tonsillitis

Fear. Repressed emotions. Stifled creativity.

*My good now flows freely. Divine ideas express through me. I am at peace.*



**Tuberculosis**

Wasting away from selfishness. Possessive. Cruel thoughts. Revenge.

*As I love and approve of myself, I create a joyful, peaceful world to live in.*

**Tumors**

Nursing old hurts and shocks. Building remorse.

*I lovingly release the past and turn my attention to this new day. All is well.*

**Ulcers**

Fear. A strong belief that you are not good enough. What is eating away at you?

*I love and approve of myself. I am at peace. I am calm. All is well.*

**Urinary Infections**

“Pissed off.” Usually at the opposite sex or a lover. Blaming others.

*I release the pattern in my consciousness that created this condition. I am willing to change. I love and approve of myself.*

**Uterus**

Represents the home of creativity.

*I am at home in my body.*

**Vaginitis**

Anger at a mate. Sexual guilt. Punishing the self.

*Others mirror the love and self-approval I have for myself. I rejoice in my sexuality.*

**Varicose Veins**

Standing in a situation you hate. Discouragement. Feeling overworked and overburdened.

*I stand in truth and live and move in joy. I love life, and I circulate freely.*

**Veneral Disease**

Sexual guilt. Need for punishment. Belief that the genitals are sinful or dirty. Abusing another.

*I lovingly and joyously accept my sexuality and its expression. I accept only thoughts that support me and make me feel good.*



**Villigo**

Not belonging. Feeling completely outside of things. Not one of the group.

*I am at the very center of life, and I am totally connected in love.*

**Vulva**

Represents vulnerability.

*I am the love and the beauty of life in full expression.*

**Warts**

Little expressions of hate. Belief in ugliness.

*I open my consciousness to the expansion of life. There is plenty of space for me to grow and to change.*

**Wisdom Tooth Impacted**

Not giving mental space to create a firm foundation.

*I handle all my experiences with wisdom, with love, and with ease.*

**Wrist**

Represents movement and ease.



## NEW THOUGHT PATTERNS

**FACE: (Acne):** I love and accept myself where I am right now. I am wonderful.

**SINUSES:** I am one with all of life. No one has the power to irritate me unless I allow it. Peace, harmony. I deny any beliefs in calendars.

**EYES:** I am free. I look ahead freely because life is eternal and filled with joy. I see with loving eyes. No one can ever hurt me.

**THROAT:** I can speak up for myself. I express myself freely. I am creative. I speak with love.

**LUNGS:** The breath of life flows easily through me. (Bronchitis): Peace. No one can irritate me. (Asthma): I am free to take charge of my life.

**HEART:** Joy, love, peace. I joyfully accept life.

**LIVER:** I let go of everything which I no longer need. My consciousness is now cleansed and my concepts are fresh, new and vital.

**LARGE INTESTINE:** I am free; I release the past. Life flows easily through me. (Hemorrhoids): I release all pressure and burdens. I live in the joyous present.

**GENITALS: (Impotence):** Power. I allow the full potential of my sexual principle to operate with ease and joy. I lovingly and joyously accept my sexuality. There is no guilt and no punishment.

**KNEE:** Forgiveness, tolerance, compassion. I move forward without hesitation.

**SKIN:** I get attention in positive ways. I am secure. No one threatens my individuality. I am at peace. The world is safe and friendly. I release all anger and resentment. Whatever I need will always be here. I accept my good without guilt. I am peaceful with all the little things in life.

**BACK:** Life itself supports me. I trust the universe. I freely give love and trust. Lower back: I trust the universe. I am courageous and independent.

**BRAIN:** All of life is change. My growth patterns are ever new.

**HEAD:** Peace, love, joy, relaxation. I relax into the flow of life and let life flow through me with ease.

**EARS:** I listen to God. I hear the joys of life. I am part of life. I listen with love.

**MOUTH:** I am a decisive person. I follow through. I welcome new ideas and new concepts.

**NECK:** I am flexible. I welcome other viewpoints.

**SHOULDERS: (Bursitis):** I release anger in harmless ways. Love releases and relaxes. Life is joyous and free; all that I accept is good.

**HANDS:** I handle all ideas with love and ease.

**FINGERS:** I relax knowing the wisdom of life takes care of all details.

**STOMACH:** I assimilate new ideas easily. Life agrees with me; nothing can irritate me. I am calm.

**KIDNEYS:** I seek only good everywhere. Right action is taking place. I am fulfilled.

**BLADDER:** I release the old and welcome the new.

**PELVIS: (Vaginitis):** Forms and channels may change but love is never lost. (Menstrual): I am balanced in all changes of cycles. I bless my body with love. All parts of my body are beautiful.

**HIP:** I joyfully move forward supported and sustained by the power of life. I move into my greater good. I am secure. (Arthritis): Love. Forgiveness. I let others be themselves and I am free.

**GLANDS:** I am in total balance. My system is in order. I love life and circulate freely.

**FEET:** I stand in truth. I move forward with joy. I have spiritual understanding.

New thought patterns (positive affirmations) can heal and relax your body.

This diagram was made by Meganne Forbes using Louise L. Hay's book, *Heal Your Body*, Published by Louise L. Hay, 1979, New York.