



HAPPY BIRTHDAY LOUISE HAY

This year Louise L. Hay will celebrate her 90th birthday. The queen of affirmations, she is one of the most well known modern day self-help gurus ever to live. A woman who has truly walked her talk, and since the 1970's been an excellent example to the rest of us that we also have our path to walk. This is a woman with a huge and warm heart, or rather the woman who found a way and understood how to make use of the deepest and most sincere true loving feelings and intelligence coming from her heart.

She has helped millions of people around the world, not just one generation, but several generations, and it will continue because Louise's techniques and pure love is so basic, so fundamental that it will never ever be out dated, lose its lustre or appeal to anyone searching for insights and self-realisation.

Not long ago, I met a woman on my way to my clinic, she was in a rather negative mood and she asked me; "Isn't it about time that you get over Louise Hay, and all that, It is so out-dated, and we all know it already!" Yes, she hurt my feelings, but I also understood that it was not about me, it was really about her. I suggested that since she had the book it might be a good idea to take another look at it, maybe she would see it with fresh eyes? maybe she would understand it differently after her second read? Maybe she would respond differently to the exercises in the book second time around? When I met the woman again a few months later, she had a completely different attitude to her own life and towards me ☺.

Anyway, this was not supposed to be about me, well it was always is in a way, it's always about Louise Hays work and it's about me sharing it with all the wonderful souls walking on this planet. Sharing her work with people who have not been told that, inside of them, they have this power, a bright light we all are born with, is there to show us the light on our darkest days. It is with this strength of knowledge and that guiding light that we can move on and away from an unwanted situation.

That is what has always been most important to me, that other people also have the opportunity to get to know this woman from across the pond or "over there", and learn about her exercises and affirmations.





I will always remember my first encounter with Louise Hays work in a workshop called "inner morphing" it was fantastic and wonderful. I had a really hard time understanding, that I had lived my life up till then, in complete emotional darkness, not being able to feel myself or have an eye for or not sensing the people around me. Ironically the themes that surfaced, were about events or people I HAD NOT had in my life: Father, love, empathy and so on....I was surprised and it truly rocked my world.

Louise L. Hay, the queen of affirmations, tells us that whenever you have negative thoughts, they can be changed into positive affirmations. But most importantly, it is not about rejecting or eliminating negative thinking; the challenge, or the art, is to accept those lesser nice or negative thoughts as being a normal part of you.

During this 2-day workshop I learned how to embrace, take in and accept all the darker versions of me. The very same that I had tried to run away from, like running away from a perpetrator in my nightmares. I learned and I realized that when I choose to accept those nasty experiences and memories, well then the energy vanished from them. It was no longer either intimidating or dangerous, but more a memory about something that had happened, something that was a part of me, and never could go away.

By my own acceptance of it being there, I no longer felt fearful. My body and my cells were no longer on the highest alert, and knew all the danger had gone. I was suddenly capable of listening again. I could suddenly hear kind words, feel the love and affection that became the bricks and mortar in my new affirming foundation. Affirmations that still to this day, more than 5 years after my first encounter with Louise Hays Heal your life, are carried in my heart , ready and available on any grey day.

Two transforming days, had changed my life to such a degree that it was hard to grasp. My way of thinking changed, my mind had "closed down" due to re-decoration going on "upstairs" ☺ - This weight was lifted from my shoulders, I felt as light as a feather, I actually thought I had lost weight but the scales told me otherwise ☺.

A few weeks later I went back home to Denmark for the summer. My family and friends kept asking me "what have you done?" "Is it surgery?" "Your face looks so different, so smooth, have you lost weight?" Whatever it was





they wanted some of "that" So of I went to the bookstore, bought 5 books: Louise Hay, "You can heal your life." And I gave them away. Right then, I decided to become a Heal Your Life Workshop leader, and bring this wonderful work to Denmark. Unfortunately for me; (read NOT!) The nearest training from China where I lived at the time, was in Australia. I went Down Under, and what a trip! And that is an entirely different and wonderful life story to tell☺

Louise Hay is 90 years old and "still going strong", she has proven, that even though we have our hearts on our sleeve, it is still possible to create a healthy business, and Hay House Publishing is a great example. An excellent way to let people come forward and tell their stories, and to share their wisdom. Proof that it is possible to be "spiritual", and have a healthy business.

She has proved that anyone of us can donate money, energy and abundance to those in need, all without losing our own reserves. Because when we understand Universal abundance, when we know it is infinite, and that the more we give the more will come right back to us. Then we can let go of control and shown faith no matter it be money, love, time, food or shelter...

More and more people get the message. And they understand the importance of teaching these principles to our children. Letting them understand as early as possible that love and humanity, respect and accept are truly important ingredients when we want to create healthy, balanced and strong individuals. That unconditional love to our selves and others, ***no matter who those others are***, will keep us aligned, with who we are, with our source, our truth. When we are aligned on this blissful frequency we will also understand and feel that it was always there. As Louise says: we all have the strength within to create the life we want. I'm sure you all will agree she is a living proof of that. Happy Birthday Louise –

With Love and my deepest respect
Gudrun Boost
Oct 2016

