True Story on the Power of Forgiveness!

Here is an account/true story of an individual who was diagnosed with "Incurable" cancer. **She used Forgiveness therapy to heal herself and completely recovered!**

You may have heard of her, her name is **Louise Hay!** She became the bestselling author of **"You can Heal Your Life"**. If you haven't read this book it's highly recommended that you do! She is also the founder of Hay House Publishing.

Her history and background

She was born in Los Angeles to a poor mother. Her mother remarried to an abusive step father who abused her and her mother. She was sexually abused as a child. At 15 years of age, she dropped out of high school, became pregnant and gave up her baby girl for adoption.

For many years, she struggled from low paying jobs to survive. She eventually got married and after 14 years of marriage, she was devastated as her husband left her for another woman.

In 1977, she was diagnosed with "incurable" cervical cancer. She came to the conclusion that holding on to the resentment and painful memories of childhood abuse, it manifested as a deadly disease. She refused mainstream medicine and instead focused on forgiveness therapy.

Her foundation (core belief) was that positive thinking, forgiving and letting go of the past can change your life and make you healthy! She used positive "affirmations" repeatedly as a method. She also focused on nutrition, reflexology and studied transcendental meditation (TM). She was completely cured and lived to be 90 years of age!

Louise Hay is a living example of how powerful your thoughts and emotions are! You can eat a healthy diet and exercise everyday, but if your emotional and mental body is unhealthy, it can most certainly manifest as a disease.

It's important to realize that negative emotions like anger, fear, sadness and control can have a detrimental effect on our health and happiness. These negative emotions should be transformed into positive emotions of love, joy, empathy and gratitude. **This can only be done through the power of forgiveness!**

Here is a quotation from "YOU CAN HEAL YOUR LIFE" by Louise Hay

"All Disease Comes From a State of Unforgiveness

Whenever we are ill, we need to search our hearts to see who it is we need to forgive. The *Course in Miracles* says that "All disease comes from a state of unforgiveness" and that "Whenever we are ill, we need to look around to see who it is that we need to forgive."

I would add to that concept that the very person you find it hardest to forgive is the one ***YOU NEED TO LET GO OF THE MOST.*** Forgiveness means giving up, letting go. It has nothing to do with condoning behavior. It's just letting the whole thing go. We do not have to know ***HOW*** to forgive. All we need to do is to be ***WILLING*** to forgive. The universe will take care of the hows.

We understand our pain so well. How hard is it for most of us to understand that ***THEY***, whoever they are we need most to forgive, were also in pain. We need to understand that they were doing the best they could with the understanding, awareness, and knowledge they had at that time.

When people come to me with a problem, I don't care what it is - poor health, lack of money, unfulfilling relationships, or stifled creativity - there is only one thing I ever work on, and that is ***LOVING THE SELF.***"

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