

Suggestions to My Readers

I have written this book to share with you, my readers, that which I know and teach. It incorporates portions of my little blue book, *Heal Your Body*, which has become widely accepted as an authoritative work on the mental patterns that create dis-eases in the body.

I have had hundreds of letters from readers asking me to share more of my information. Many persons who have worked with me as private clients, and those who have taken my workshops here and abroad, have requested I take the time to write this book.

I have set up this book to take you through a session, just as I would if you came to me as a private client and attended one of my workshops.

If you will do the exercises progressively as they appear in the book, by the time you have finished, you will have begun to change your life.

I suggest you read through the book once. Then slowly read it again, only this time do each exercise in depth. Give yourself time to work with each one.

If you can, work through the exercises with a friend or with a member of your family.

Each chapter opens with an affirmation. Each of these is good to use when you are working on that area of your life. Take two or three days to study and work with each chapter. Keep saying and writing the affirmation that opens the chapter.

YOU CAN HEAL YOUR LIFE

The chapters close with a treatment. This is a flow of positive ideas designed to change consciousness. Read over this treatment several times a day.

I close this book by sharing with you my own story. I know it will show you that no matter where we have come from or how lowly it was, we can totally change our lives for the better.

Know that when you work with these ideas, my loving support is with you.

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## Some Points of My Philosophy

We are each responsible for all of our experiences.

Every thought we think is creating our future.

The point of power is always in the present moment.

Everyone suffers from self-hatred and guilt.

The bottom line for everyone is,  
“I’m not good enough.”

It’s only a thought, and a thought can be changed.

We create every so-called illness in our body.

Resentment, criticism, and guilt  
are the most damaging patterns.

Releasing resentment will dissolve even cancer.

We must release the past and forgive everyone.

We must be willing to begin to learn to love ourselves.

Self-approval and self-acceptance in the now  
are the keys to positive changes.

When we really love ourselves, everything in our life works.



*In the infinity of life where I am, all is perfect,  
whole, and complete, and yet life is ever changing.*

*There is no beginning and no end,  
only a constant cycling and recycling  
of substance and experiences.*

*Life is never stuck or static or stale,  
for each moment is ever new and fresh.*

*I am one with the very Power that created me, and this Power  
has given me the power to create my own circumstances.*

*I rejoice in the knowledge that I have the power  
of my own mind to use in any way I choose.*

*Every moment of life is a new beginning point  
as we move from the old. This moment is a new point  
of beginning for me right here and right now.*

*All is well in my world.*

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