

## 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.

