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I still remember sitting on the bed feeling angry and indignant about my failed marriage, and while I was sitting there all of a sudden I found out about what I was thinking and it was like a light bulb when turned off and I realized I was responsible for what I was thinking and I didn't want to think those thoughts. I wanted to heal, forgive, let go of the anger and pain I went through. So I went down to the bookstore and the first book I found, you can heal your life is Louise Hay, I finished it in a day or two and it changed the course of my life. The book empowered me in many ways, but the main thing she taught me was... The only thing we're dealing with is thought, and thought can be changed. We choose our thoughts. It was very liberating and at that point I decided to change my thoughts around what I was going through. I forgave, let go and healed. Today in honor of Louise Hay I have a free gift for all of you, a free PDF copy of her book You Can Heal Your Life, one that changed mine so many years ago. Just click here to download the PDF. I also wanted to share 10 life lessons from Louise Hay that can inspire and help you on your way forward, they certainly did for me. 10 LIFE LESSONS FOR LOUISE HAY 1. Love Yourself Loving Yourself is the most powerful thing you can do. When I divorced in 2010, I realized that this was what I had to do, love myself and be OK with me before I could bring anyone else into my life. 2. Remember your words the universe listens to everything you say and think, and for many of us, most of the time it is negative. Your thoughts create your life, so what do you think? 3. Don't be offended when you are offended and hold on to the anger and resentment of everything he does harms you. Let go, and you'll be healed. 4. Learn how to think successfully when you learn to use your mind in a positive way, miracles happen. What you think and believe is what will come true for you. Most the problem I see with the clients who come to me, they have negative thinking and don't program their mind in a positive way. Ask Ask how can I positively program my mind today? 5. Help others We can all help others improve their quality of life, how do you help? These can be the smallest things. Don't underestimate the powerful difference you can make. What is the one thing you will do today to help someone? 6. Be calm when customers come to me with problems, they panic and get stuck in a problem that just creates more. Recognize the problem, feel it, and then return to the present. Here is one of Louise's most beautiful and powerful statements: Everything is fine and everything works for my highest good and from this experience only good will come and I am safe. 7. Affirmations Every day make positive statements about your life. Do them intentionally, make it a habit and watch things change. Write them down and say them out loud. Choose which ones you need for this period of your life. 8. Keep working on yourself when something is not working, work for yourself when things are going well, work for yourself. I have people come to me who have all sorts of problems and I ask, what have you done so far to work on this? Not much most of the time. You have the power to change your life. There are so many tools available to you. Your mind is muscle and it will grow and work for you when you work on it. Be grateful every day, as many times a day as you can be grateful for what you have, where you are, for the opportunities around you. There is always something to thank and thank. 10. Believe what good ahead Louise says: Only a good lie in front of me. I love that. It means that no matter what happens to you, you will learn and grow, and good will come out of it. What a great way to live a life. I hope these 10 life lessons inspired you as they made me. Don't forget to pop me a message to info@thehappinessconsultancy.com let me know what you think of the book. Love and happiness, Tamlin Godsall Happiness Coach www.thehappinessconsultancy.com si esten dispuestos hacer los ejercicios progresivamente, tal como aparecen en el Libro, para cuando los hayan terminado se habre iniciado el cambio en su vida. Yo les dir'a que lean una vez todo el libro, y despu's vuelvan a leerlo lentamente, pero esta vez haciendo cada ejercicio en profundidad. Dense tiempo pair trabajar con cada uno de ellos. Si pueden, hagan los ejercicios con un amigo o con un miembro de la familia. Cada capitulato se inicia con una afirmaci'n, y cada una de ellas les sere etil cuando est'n trabajando en ese aspecto de su vida. Tumen dos o tres d'as para estudiar cada capetulo y trabajar con y no se olviden de decir y escribir repetidas veces la afirmaci'n con que se inicia el cap'tlo. Los Capitulos se cierran con un tratamiento que es una corriente de ideas positivas, pensadas para transformar la conciencia. Relean este tratamiento varias veces por d'a. Al final del Libro, by comparison with you my own story: s'que will show you that, de dende vengamos ni lo humildes que fueran nuestros or'genes, podemos mejorar nuestra vida hasta cambiarla totalmente. Nosotros creamos las situaciones, y despu's renunciamos nuestro poder, culpando otra persona de nuestra frustraci'n. Nadi, ni ning'n lugar ni cosa, tiene poder alguno sobre nosotros, porque en nuestra mente los enicos que pensamos somos nosotros, los que creamos nuestras experiencias, nuestra realidad y todo lo que hay en ella. Cuando creamos paz, armonia y equilibrio en nuestra mente, los encontramos en nuestra vida. Louise L. Hay. Descargar Academia.edu no longer supports the Internet Explorer. To browse the Academia.edu and the wider Internet faster and more securely, please take a few seconds to update the browser. Academia.edu uses cookies to personalize content, adapt ads, and improve user experience. Using our website, you agree to our collection of information using cookies. To learn more, check out our Privacy Policy. x Este website using pol'ticas para mejorar su experiencia cookies. Asumiremos que este de acuerdo con esto, pero puede optar por no participar si lo desea. Aceptar Leer m's It's been one year since Louise Hay switched and we miss her here at Hay House! Louise has had a great influence on many people over the years, some of whom called her closest to a living saint. Here at Hay House, we all agree. Louise had a wonderful ability to communicate with the Spirit, heal people's hearts and inspire them to love more. To honor her life and legacy you can now listen to her audiobook Power Inside You for free on the Hay House Radio podcast until September 3. Power Inside You is one of Louise's most beloved books, the New York Times Bestseller, which distills many of her most popular teachings into one-how to love yourself, go beyond pain, create prosperity, follow her inner voice and more. We release several chapters a day starting on August 25 and ending on September 3. Subscribe to the Hay House Radio podcast to get the latest chapters daily! Listen Now Louise may no longer be with us, but her eternal teachings live on in the many books, courses and audiobooks she has left for us to continue to learn and grow. Louise has left an imprint on all our lives and hearts, and we will remember her with love, far into the future. Considerado un clasico y predecesor de la Temica del crecimiento personal, Este libro expresa con total espontaneidad y de forma natural y con un lenguaje cotidiano la consideraci'n del pensamiento como conductor y gestor de la vida y c'mo este puede ser destacando la influencia del estado de la mente y su manifestaci'n sinton'ica f's Parody de Usted puede sanar sous vida, la autora destaca entre algunos puntos relevantes la invitaci'n la aceptaci'n y aprobaci'n propia, la ampliacion y actualizaci'n del conocimiento en to set aside beliefs that impacted at one point personal evolution, becoming a kind of wall between man and his impulse to renew and change. All this is also supported by a series of practical exercises that gradually enliven and stimulate perception. The work was first written by Louise Hay and published in 1984 under the original title You Can Heal Your Life. To date, it has more than 35 million copies sold in 30 languages. Here are 3 options for you to enjoy this work: Material available through the Industrial Technical Training Center of Mexico All Book Reviews on Personal Development Infolibros.org participates in the Amazon Affiliate Program, an affiliate advertising program designed to offer websites a way to earn advertising, advertising and including links to Amazon. Amazon. libros de louise hay pdf gratis. sana tu cuerpo louise hay pdf gratis. pensamientos y alimentos louise hay pdf gratis. el poder del espejo louise hay pdf gratis. todo esta bien louise hay pdf gratis. gratitud louise hay pdf gratis. la vida te ama louise hay pdf gratis. tu felicidad empieza ahora louise hay pdf gratis

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