

Louise Hay Quotes

*Thinking, People, Believe, Mind, Giving, Way, Love, Want, Needs, Life, Heart,
Forgiving, Body, Inspirational, Past, Perfect, Moving, Love You, Joy, World*

Life is very simple. What I give out comes back to me. Today, I choose to give love.

~Louise Hay

I do not fix problems. I fix my thinking. Then problems fix themselves.

~Louise Hay

I choose to make the rest of my life the best of my life.

~Louise Hay

I cannot change another person. I let others be who they are, and I simply love who I am.

~Louise Hay

Life is a lottery that we've already won. But most people have not cashed in their tickets.

~Louise Hay

You have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.

~Louise Hay

I love myself, therefore, I behave in a loving way to all people for I know that that which I give out returns to me multiplied.

~Louise Hay

I am grateful for being alive today. It is my joy and pleasure to live another wonderful day.

~Louise Hay

If we are willing to do the mental work, almost anything can be healed.

~Louise Hay

Love is the great miracle cure. Loving ourselves works miracles in our

lives.

~Louise Hay

Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older.

~Louise Hay

You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we're not. We always have the power of our mindsâ€”Claim and consciously use your power.

~Louise Hay

I give myself permission to be all that I can be, and I deserve the very best in life.

~Louise Hay

I truly believe that we are here to bless and prosper, each other.

~Louise Hay

It's okay to learn from every experience, and it's okay to make mistakes.

~Louise Hay

The thoughts we choose to think are the tools we use to paint the canvas of our lives.

~Louise Hay

The simple part is, every thought we think and every word we speak is creating our future. If you change your thinking, you can change your life.

~Louise Hay

Remember: you are the only person who thinks in your mind! You are the power and authority in your world.

~Louise Hay

I give myself the green light to move forward, and to joyously embrace the new.

~Louise Hay

Until you love yourself, you will never know who you really are and you won't know what you're really capable of

~Louise Hay

When our inner vision opens, our horizons expand.

~Louise Hay

If I wait until I become perfect before I love myself, I will waste my whole life. I am already perfect right here and right now. I am perfect exactly as I am.

~Louise Hay

Patience is being at peace with the process of life

~Louise Hay

Life is really very simple. What we give out, we get back

~Louise Hay

There's no such thing as good weather, or bad weather. There's just weather and your attitude towards it.

~Louise Hay

I forgive myself for not being perfect. I am living the very best way I know how.

~Louise Hay

Love who you are and what you are and what you do. Laugh at yourself and at life and nothing can touch you.

~Louise Hay

I am willing to let go. I release others to experience whatever is meaningful to them, and I am free to create that which is meaningful to me.

~Louise Hay

I think we're all born with this huge canvas in front of us and the paintbrushes and the paint, and we choose what to put on this canvas.

~Louise Hay

Filling my mind with pleasant thoughts is the quickest road to health.

~Louise Hay

Stop giving your precious energy to things that make you feel bad.

~Louise Hay

Some of the things you believe were never true. They were someone else's fears. Give yourself a chance to examine your thoughts. Change those that are negative. You are deserving.

~Louise Hay

Love is contagious. When I share love, it comes back to me multiplied. Love opens every door.

~Louise Hay

I release all criticism. I only give out that which I wish to receive in return. My love and acceptance of others is mirrored to me in every moment.

~Louise Hay

Gratitude BRINGS MORE to be grateful about, so today I make the point of expressing gratitude for everything in my LIFE!

~Louise Hay

Thoughts are like drops of water: with our thoughts we can drown in a sea of negativity, or we can float on the ocean of life.

~Louise Hay

One of the bonuses about loving yourself is that you get to feel good.

~Louise Hay

Don't run from lessons; they are little packages of treasure that have been given to us. As we learn from them, our lives change for the better.

~Louise Hay

I rejoice in what I have and I know that fresh new experiences are always ahead. I greet the new with open arms. I trust life to be wonderful.

~Louise Hay

Ask for what you want. Believe that you deserve it, and then allow Life to give it to you.

~Louise Hay

Today I can do anything I put my mind to.

~Louise Hay

I live in a loving, abundant, harmonious universe, and I am grateful.

~Louise Hay

When we are ready to make positive changes in our lives, we attract whatever we need to help us.

~Louise Hay

Forgiveness is a gift to myself. I forgive, and I set myself free.

~Louise Hay

My day begins and ends with gratitude and joy.

~Louise Hay

I now go beyond other people's fears and limitations. I create my life.

~Louise Hay

I am the joy of life expressing and receiving in perfect rhythm.

~Louise Hay

I release all fears and doubts. I accept myself and create peace in my mind and heart. I now choose to free myself from all destructive fears and doubts. I am loved and I am safe.

~Louise Hay

Be ready for love when it does come. Prepare the field and be ready to nourish love. Be loving, and you will be lovable. Be open and receptive to love.

~Louise Hay

Love yourself and you can heal your life.

~Louise Hay

Each day is a new opportunity. Yesterday is over and done. Today is the first day of my future.

~Louise Hay

I am deeply fulfilled by all that I do.

~Louise Hay

An affirmation opens the door. It's a beginning point on the path to change.

~Louise Hay

I create easily and effortlessly when I let my thoughts come from the

loving space of my own heart.

~Louise Hay

Nothing in the past is as powerful as what we choose to do in the present moment.

~Louise Hay

I now discover how wonderful I am. I choose to love and enjoy myself.

~Louise Hay

Right now is the time for you to visualize and create your future. Make it as healthy and bright and joyful as you can. It's your life, and you're going to live it.

~Louise Hay

I am blessed beyond my fondest dreams.

~Louise Hay

I awaken today, appreciating everything in sight, and I give thanks.

~Louise Hay

I feel that when we really love and accept and approve of ourselves exactly as we are, then everything in life works.

~Louise Hay

I will not be distracted by noise, chatter, or setbacks. Patience, commitment, grace, and purpose will guide me.

~Louise Hay

Love happens! I release the desperate need for love, and instead, allow it to find me in the perfect time-space sequence.

~Louise Hay

The Universe loves a grateful person. The more you thank Life, the

more Life will give you to be thankful for.

~Louise Hay

My happy thoughts help create my healthy body.

~Louise Hay

Love of self and love of life connects us with the prosperity of the Universe. Self-love creates self-expression and allows us to be creative in deeply fulfilling ways.

~Louise Hay

I am worth loving. I do not have to earn love. I am lovable because I exist. Others reflect the love I have for myself.

~Louise Hay

Be willing to take the first step, no matter how small it is. Concentrate on the fact that you are willing to learn. Absolute miracles will happen.

~Louise Hay

Our bodies need real, fresh food to maintain health.

~Louise Hay

Loving ourselves is the miracle cure we are all looking for.

~Louise Hay

I love myself for I am a beloved child of the universe and the universe lovingly takes care of me now.

~Louise Hay

Love is everywhere, and I am loving and lovable.

~Louise Hay

I give a portion of my time to helping others. It is good for my own health.

~Louise Hay

It's important to remember that people are always doing the best they can, including you.

~Louise Hay

Begin to listen to what you say. Don't say anything that you don't want to become true for you.

~Louise Hay

Today I fulfill my creative side. I want to bloom wherever I am planted!

~Louise Hay

I am willing to release the need to be unworthy. I am worthy of the very best in life, and I now lovingly allow myself to accept it

~Louise Hay

I am willing to learn how to take good care of my body.

~Louise Hay

I no longer criticize anyone--not even myself. I only give out positive vibes.

~Louise Hay

It's not what happens to you, but how you handle it. If Life gives you lemons, make lemonade. If the lemons are rotten, take out the seeds and plant them in order to grow new lemons.

~Louise Hay

I think leaving [death] can be as joyous as - probably more joyous than - being born, because being born is very physically uncomfortable for the baby.

~Louise Hay

You have the power to heal your life, and you need to know that!

~Louise Hay

Everything in your life, every experience, every relationship is a mirror of the mental pattern that is going on inside of you.

~Louise Hay

All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe!

~Louise Hay

It is safe to be me. I love life. I am always safe and secure. I move forward in life with joy and ease. All is well in my world.

~Louise Hay

Everything I touch is a success.

~Louise Hay

When we create peace, and harmony, and balance in our minds, we will find it in our lives.

~Louise Hay

Today healing energy constantly flows through every organ, joint and cell in my body.

~Louise Hay

You are not making the change because you are a bad person and you are doing it wrong. You make changes because you love yourself and you want to improve the quality of your life.

~Louise Hay

I am willing to move out of my comfort zone and experience life in a new way.

~Louise Hay

My talents are in demand, and my unique gifts are appreciated by those around me.

~Louise Hay

I allow the healing power in my body to manifest perfect health.

~Louise Hay

What I gave out in the form of words would return to me as experiences.

~Louise Hay

The gateways to wisdom and knowledge are always open.

~Louise Hay

If you accept a limiting belief, then it will become a truth for you.

~Louise Hay

I know that I cannot take responsibility for other people. We are all under the law of our own consciousness.

~Louise Hay

Instead of just getting old and giving up and dying, let's learn to make a huge contribution to life.

~Louise Hay

Make joy and happiness the center of your world.

~Louise Hay

Your security is not your job, or your bank account, or your investments, or your spouse or your parents. Your security is your ability to connect with the cosmic power that creates all things.

~Louise Hay

All of us can improve the quality of our lives if we practice the art of

self-care and train our minds to think thoughts that make us feel good.

~Louise Hay

Forgiveness is for yourself because it frees you. It lets you out of that prison you put yourself in.

~Louise Hay

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