

METAPHYSICAL CAUSATIONS

(denotes the "new thought pattern" or affirmation for the body part/ailment listed above it)*

Problem

Probable Cause

Abdominal Cramps

Fear. Stopping the process. Refusal to flow with experiences.

**I trust the process of life. I am safe.*

Abscess

Fermenting thoughts over hurts, slights and revenge.

**I allow my thoughts to be free. The past is over. I am at peace.*

Accidents

Inability to speak up for the self. Rebellion against authority. Belief in violence. Anger.

**I release the pattern in me that created this. I am at peace. I am worthwhile.*

Aches

Longing for love. Longing to be held.

**I love and approve of myself. I am loving and lovable.*

Acne

Not accepting the self. Dislike of the self.

**I am a Divine expression of life. I love and accept myself where I am right now.*

Adenoids

Family friction, arguments. Child feeling unwelcome, in the way.

**This child is wanted and welcomed and deeply loved.*

Addictions

Running from the self. Fear. Not knowing how to love the self.

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

Addison's Disease

Severe emotional malnutrition. Anger at the self.

**I lovingly take care of my body, my mind and my emotions.*

Adrenal Problems

Defeatism. No longer caring for the self. Anxiety.

**I love and approve of myself. It is safe for me to care for myself.*

Ageing Problems

Social beliefs. Old thinking, Fear of being one's self. Rejection of the now.

**I love and accept myself at every age. Each moment in life is perfect.*

AIDS

Denial of the self. Sexual guilt. A strong belief in not being "good enough".

**I am a Divine, magnificent expression of life. I rejoice in my sexuality. I rejoice in all that I am. I love myself.*

Alcoholism

What's the use! feeling of futility, guilt, inadequacy. Self rejection.

**I live in the now. Each moment is new. I choose to see my self worth. I love myself.*

Allergies

Who are you allergic to? Denying your own self worth. Irritation to life.

**The world is safe and friendly. I am safe. I am at peace with life.*

Alzheimer's Disease

A desire to leave the planet. The inability to face life as it is.

**Everything happens in the right time, space, sequence. Divine right action is taking place at all times.*

Amnesia

Fear. Running from life. Inability to stand up for the self.

**Intelligence, courage and self worth are always present. It is safe to be alive.*

Anaemia

Yes but, attitude. Lack of joy. Fear of life. Feeling not good enough.

**It is safe for me to experience joy in every area of my life. I love life.*

Ankle

Represents mobility and direction.

**I move forward easily in life.*

Anorectal Bleeding Anger and frustration.

**/trust the process of life. Only right and good action is taking place in my life.*

Anorexia Denying the self life. Extreme fear, self hatred and rejection.

**/it is safe to be me. I am wonderful just as I am. I choose to live. I choose joy and self acceptance.*

Anus Releasing point. Dumping ground.

**/easily and comfortably release that which I no longer need in life.*

Anus, Abscess Anger in relation to what you don't want to release.

**/it is safe to let go. Only that which I no longer need leaves my life.*

Anus, Bleeding See Anorectal Bleeding.

Anus, Fistula Incomplete releasing of trash. Holding on to garbage of the past.

**/it is with love that I totally release the past. I am free. I am love.*

Anus, Itching Guilt over the past. Remorse.

**/lovingly forgive myself. I am free.*

Anus, Pain

Guilt. Desire for punishment. Not good enough.

**The past is over. I choose to love and approve of myself in the now.*

Anxiety

Not trusting the flow and the process of life.

**I love and approve of myself and I trust the process of life. I am safe.*

Apathy

Resistance to feeling. Deadening of the self. Fear.

**It is safe to feel. I open myself to life. I am willing to experience life.*

Appendicitis

Fear. Fear of life. Blocking the flow of good.

**I am safe. I relax and let life flow joyously.*

Appetite, Excessive

Fear. Needing protection. Judging the emotions.

**I am safe. It is safe to feel. My feelings are normal and acceptable.*

Appetite, Loss of

Fear. Protecting the self. Not trusting life.

**I love and approve of myself. I am safe. Life is safe and joyous.*

Arms

Represent the capacity and ability to hold the experiences of life.

**I lovingly hold and embrace my experiences, with ease and with joy.*

Arteriosclerosis Resistance, tension. Hardened narrow mindedness.
Refusing to see good.

**I am completely open to life and to joy. I choose to see with love.*

Arteries Carry the joy of life.

**I am filled with joy. It flows through me with every beat of my heart.*

Arthritis Feeling unloved. Criticism, resentment, bitterness.
Feeling not good enough.

**I am love. I now choose to love and approve of myself. I see others with love.*

Arthritic Fingers A desire to punish. Blame. Feeling victimised.

**I see with love and understanding. I hold all my experiences up to the light of love.*

Asphyxiating Attacks Fear. Not trusting the process of life. Getting stuck in
childhood.

**It is safe to grow up. The world is safe. I am safe.*

Asthma Unresolved guilt. Smother love. Inability to breathe for
one's self. Feeling stifled. Suppressed crying.

**It is safe now for me to take charge of my own life. I choose to be free.*

Athlete's Foot

Frustration at not being accepted. Inability to move forward with ease.

**I love and approve of myself. I give myself permission to go ahead. It's safe to move.*

Backs

Represent the support of life.

**I know that life always supports me.*

Back Problems

Upper

Lack of emotional support. Feeling unloved. Holding back love.

**I love and approve of myself. Life supports and loves me.*

Middle

Guilt. Stuck in all that "stuff" back there. Get off my back.

**I release the past. I am free to move forward with love in my heart.*

Lower

Fear of money. Lack of financial support.

**I trust the process of life. All that I need is always taken care of. I am safe.*

Baby Asthma

Fear of life. Not wanting to be here.

**This child is safe and loved. This child is welcomed and cherished.*

Bad Breath Anger and revenge thoughts. Experiences backing up.

**/release the past with love. /choose to voice only love.*

Balance, Loss of Scattered thinking. Not centred.

**/centre myself in safety and accept the perfection of my life. All is well.*

Baldness Fear. Tension. Trying to control everything. Not trusting the process of life.

**/am safe. /love and approve of myself. /trust life.*

Bedwetting Fear of parent. Usually father.

**This child is seen with love, with compassion and with understanding. All is well.*

Belching Fear. Gulping life too quickly.

**There is time and space for everything /need to do. /am at peace.*

Birth Defects Karmic. You selected to come out that way. We choose our parents.

**Every experience is perfect for our growth process. /am at peace with where /am.*

Blackheads Feeling dirty and unloved.

**/love and approve of myself. /am loving and lovable.*

Bladder Problems Anxiety. Holding on to old ideas. Fear of letting go.
Being pissed off.

**I comfortably and easily release the old and welcome the new in my life. I am safe.*

Bleeding Joy running out. Anger. But where?

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

Bleeding Gums Lack of joy in the decisions made in life.

**I trust that rights action is always taking place in my life. I am at peace.*

Blisters Resistance. Lack of emotional protection.

**I gently flow with life and each new experience. All is well.*

Blood Represents joy in the body, flowing freely.

**I am the joy of life expressing and receiving.*

Blood Problems Lack of joy. Lack of circulation of ideas.

**Joyous new ideas are circulating freely within me.*

Anaemic See Anaemia.

Clotting Closing down the flow of joy.

**I awaken new life within me. I flow.*

Blood Pressure, High Long standing emotional problem not solved. A volcano.
Making mountains out of molehills.

**I joyously release the past. I am at peace.*

Blood Pressure, Low Lack of love as a child. Defeatism. What's the use it
won't work anyway.

**I now choose to live in the ever joyous NOW. My life is a joy.*

Body Odour Fear. Dislike of the self. Fear of others.

**I love and approve of myself. I am safe.*

Boils Anger. Boiling over. Seething.

**I express love and joy and I am at peace.*

Bones Represent the structure of the universe.

**I am well structured and balanced.*

Bone Problems

Breaks Rebellious against authority.

**In my world I am my own authority for I am the only one who thinks in my mind.*

Deformity Mental pressure and tightness. Muscles can't stretch.
Loss of mental mobility.

**I breathe in life fully. I relax and trust the flow and the process of life.*

Bowels Represent the release of waste.

Problems Fear of letting go of the old and no longer needed.

**/freely and easily release the old and joyously welcome the new.*

Brain Represents the computer, the switchboard.

Tumour Incorrect computerised beliefs. Stubborn, refusing to change old patterns.

**/It is easy for me to reprogram the computer of my mind. All of life is change and my mind is ever new.*

Breasts Represent mothering and nurturing.

**/take in and give out nourishment in perfect balance.*

Breast Problems ~

Cysts,Lumps,

Soreness

Over mothering. Over protection. Over bearing attitudes. Cutting off nourishment.

**/am free to be me and / allow others the freedom to be who they are. It is safe for all of us to grow up.*

Breath Represents the ability to take in life.

Breathing Problems

Fear of refusal to take in life fully. Not feeling the right to take up space or even to exist at times.

**It is my birthright to live life fully and freely. I am worth loving. I now choose to live life fully.*

Bright's Disease

Feeling like a kid who 'can't do it right' and is 'not good enough'. A failure. Loss.

**I love and approve of myself. I care for me. I am totally adequate at all times.*

Bronchitis

Inflamed family environment. Arguments and yelling. Sometimes silent.

**I declare peace and harmony within me and around me. All is well.*

Bruises

The little bumps in life. Self punishment.

**I love and cherish myself. I am kind and gentle with me. All is well.*

Burns

Anger. Burning up. Incensed.

**I create only peace and harmony within myself, and in my environment. I deserve to feel good.*

Bursitis

Repressed anger. Wanting to hit someone.

**Love relaxes and releases all unlike itself.*

Buttocks

Represent power. Loose buttocks, loss of power.

**I use my power wisely, I am strong. I feel safe. All is well.*

Calluses

Hardened concepts and ideas. Fear solidified.

**It is safe to see and experience new ideas and new ways. I am open and receptive to good.*

Canker Sores

Festering words held back by the lips. Blame.

**I create only joyful experiences in my loving world.*

Cancer

Deep hurt. Long-standing resentment. Deep secret or grief eating away at the self. Carrying hatreds. What's the use.

**I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.*

Carbuncle

Poisonous anger about personal injustices.

**I release the past and allow love to heal every area of my life.*

Car Sickness

Fear. Bondage. Feeling of being trapped.

**I move with ease through time and space, only love surrounds me.*

Cataracts Inability to see ahead with joy. Dark future.

**Life is eternal and filled with joy. I look forward to every moment.*

Childhood Diseases Belief in calendars and social concepts and false laws.
Childish behaviour in the adults around them.

**This child is Divinely protected and surrounded by love. We claim mental immunity.*

Chills Mental contraction, pulling away and in. Desire to
retreat. Leave me alone.

**I am safe and secure at all times. Love surrounds me and protects me. All is well.*

Chronic Diseases A refusal to change. Fear of the future. Not feeling
safe.

**I am willing to change and to grow. I now create a safe new future.*

Cholesterol Clogging the channels of joy. Fear of accepting joy.

**I choose to love life. My channels of joy are wide open. It is safe to receive.*

Colds Too much going on at once. Mental confusion, disorder.
Small hurts. "I get three colds every winter" type of
belief.

**I allow my mind to relax and be at peace. Clarity and harmony, within me and around me. All is well.*

Colic Mental irritation, impatience, annoyance in the surroundings.

**This child responds only to love and to loving thoughts. All is peaceful.*

Colitis Over-exacting parents. Feeling of oppression and defeat. Great need for affection.

**I love and approve of myself. I create my own joy. I choose to be a winner in life.*

Coma Fear. Escaping something or someone.

**We surround you with safety and love, and create a space for you to heal. You are love.*

Conjunctivitis Anger and frustration at what you are looking at in life.

**I see with eyes of love. There is a harmonious solution and I accept it now.*

Constipation Refusing to release old ideas. Stuck in the past. Sometimes stinginess.

**As I release the past, the new and fresh and vital enters. I allow life to flow through me with ease.*

Coronary Thrombosis Feeling alone and scared. Not good enough. Don't do enough. Will never make it.

**I am one with all of life. The universe totally supports me. All is well.*

Coughs A desire to bark at the world. "See me! Listen to me!"

**I am noticed and appreciated in the most positive ways. I am loved.*

Cramps Tension. Fear. Gripping, holding on.

**I relax and allow my mind to be peaceful.*

Croup See Bronchitis

Crying Tears are the river of life. Shed in joy as well as sadness and fear.

**I am peaceful with all of my emotions. I love and approve of myself.*

Cushing's Disease Mental imbalance. Over-production of crushing ideas. A feeling of being overpowered.

**I lovingly balance my mind and my body. I now choose thoughts that make me feel good.*

Cuts Punishment for not following your own rules.

**I create a life filled with rewards.*

Cysts Running the old painful movie. Nursing hurts. A false growth.

**The movies of my mind are beautiful because I choose to make them so. I love me.*

Cystic Fibrosis

A thick belief that life won't work for you. Poor me.

**Life loves me and I love life. I now choose to take in life fully and freely.*

Deafness

Rejection, stubbornness, isolation. What don't you want to hear? Don't bother me.

**I listen to the Divine and rejoice at all that I am able to hear. I am one with all.*

Depression

Anger you feel you do not have a right to have.
Hopelessness.

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

Diabetes

Longing for what might have been. A great need to control. Deep sorrow. No sweetness left.

**This moment is filled with joy. I now choose to experience the sweetness of today.*

Diarrhoea

Fear. Rejection. Running off.

**My intake, assimilation and elimination is in perfect order. I am at peace with life.*

Dizziness

Flighty, scattered thinking. A refusal to look.

**I am deeply centred and peaceful in life. It is safe for me to be alive and joyous.*

Ears Represent the capacity to hear.

Earache Anger, not wanting to hear. Too much turmoil.

**Harmony surrounds me. I listen with love to the good and the pleasant. I am a centre for love.*

Eczema Breath taking antagonism. Mental eruptions.

**Harmony and peace, and love, and joy surround me and indwell me. I am safe and secure.*

Edema What or who won't you let go of?

**I willingly release the past. It is safe for me to let go. I am free now.*

Elbow Represents changing directions and accepting new experiences.

**I easily flow with new experiences and with new directions and new changes.*

Emphysema Fear of taking in life. Not worthy of living.

**It is my birth right to live fully and freely. I love life. I love me.*

Epilepsy Sense of persecution. Rejection of life. A feeling of great struggle. Self-violence.

**I choose to see life as eternal and joyous. I am eternal and joyous and at peace.*

Eyes Represent the capacity to see clearly, past, present and future.

**I see with love and joy.*

Eye Problems Not liking what you see in your own life.

**I now create the life I love to look at.*

Children Not wanting to see what is going on in the family.

**Harmony and joy and beauty and safety now surround this child.*

Cataracts Inability to see ahead with joy. Dark future.

**Life is eternal and filled with joy.*

Glaucoma Stony unforgiveness. Pressure from long standing hurts. Overwhelmed by it all.

**I see with love and tenderness.*

Crossed Not wanting to see what's out there. Crossed purposes.

**It is safe for me to see. I am at peace.*

Wall Eyed Fear of looking at the present, right here.

**I love and approve of myself right now.*

Astigmatism "I trouble". Fear of really seeing the self.

**I am now willing to see my own beauty and magnificence.*

Farsighted Fear of the present.

**I am safe in the here and now. I see that.*

Nearsighted Fear of the future.

**I accept Divine guidance and am always safe.*

Face Represents what we show the world.

**It is safe to be me. I express who I am.*

Fainting Fear. Can't cope. Blacking out.

**I have the power and strength and knowledge to handle everything in my life.*

Fat Represents protection. Over-sensitivity.

**I am protected by Divine love. I am always safe and secure.*

Fatigue Resistance, boredom. Lack of love for what one does.

**I am enthusiastic about life and filled with energy and enthusiasm.*

Feet Represent our understanding; of ourselves, of life, of others.

**My understanding is clear and I am willing to change with the times. I am safe.*

Female Problems

Denial of the self. Rejecting femininity. Rejection of the feminine principle.

**I rejoice in my femaleness. I love being a woman. I love my body.*

Fevers

Anger. Burning up.

**I am the cool, calm, expression of peace and love.*

Fibroid Tumours and Cysts

Nursing a hurt from a partner. A blow to the feminine ego.

**I release the pattern in me that attracted this experience. I create only good in my life.*

Fistula

Fear. A blockage in the letting go process.

**I am safe. I trust fully in the process of life. Life is for me.*

Fingers

Represents the details of life.

**I am peaceful with the details of life.*

Thumb

Represents intellect and worry.

**My mind is at peace.*

Index Finger

Represents ego and fear.

**I am secure.*

Middle Finger Represents anger and sexuality.

**I am comfortable with my sexuality.*

Ring Finger Represents unions and grief.

**I am peacefully loving.*

Little Finger Represents the family and pretending.

**I am myself with the family of life.*

Flu See Influenza

Foot Problems Fear of the future, and of not stepping forward in life.

**I move forward in life with joy and with ease.*

Frigidity Fear. Denial of pleasure. A belief that sex is bad.
Insensitive partners.

**It is safe for me to enjoy my own body. I rejoice in being a woman.*

Gangrene Mental morbidity. Drowning of joy with poisonous thoughts.

**I now choose harmonious thoughts and let the joy flow freely through me.*

Gallstones Bitterness. Hard thoughts. Condemning. Pride.

**There is joyous release of the past. Life is sweet and so am I.*

Gas Pains Gripping. Fear. Undigested ideas.

**I relax and let life flow through me with ease.*

Gastritis Prolonged uncertainty. A feeling of doom.

**I love and approve of myself. I am safe.*

Genitals Represent the masculine and feminine principles.

**I rejoice in my own expression of life.*

Problems Worry about not being good enough.

**I am perfect just as I am. I love and approve of myself.*

Glands Represent holding stations. Self starting activity.

Glandular Problems Poor distribution of get up and go ideas.

**I am the creative power in my world. I have all the Divine ideas and activity that I need.
I move forward right now.*

Goiter

Hatred for being inflicted upon. Victim. Feeling thwarted in life. Unfulfilled.

**I am the power and authority in my life. I am free to be me.*

Gout

The need to dominate. Impatience, anger.

**I am safe and secure. I am at peace with myself and with others.*

Grey Hair

Stress. A belief in pressure and strain.

**I am at peace and comfortable in every area of my life. I am strong and capable.*

Growths

Nursing those old hurts. Building resentment.

**I easily forgive. I love myself and will reward myself with thoughts of praise.*

Gum Problems

Inability to back up decisions. Wishy-washy about life.

**I am a decisive person. I follow through and support myself with love.*

Hands

Hold and handle. Clutch and grip. Grasping and letting go. Caressing. Pinching. All ways of dealing with experiences.

**I choose to handle all my experiences with love and with joy, and with ease.*

Halitosis Rotten attitudes, vile gossip, foul thinking.

**/speak with gentleness and love. /exhale only the good.*

Hay Fever Emotional congestion. Fear of the calendar. A belief in persecution. Guilt.

**/am one with ALL OF LIFE. /am safe.*

Headaches Invalidating the self. Self-criticism. Fear.

**/love and approve of myself. /see myself and what /do with eyes of love. /amsafe.*

Heartburn Fear. Fear. Fear. Clutching fear.

**/breathe freely and fully. /am safe. /trust the process of life.*

Heart Represents the centre of love and security (see blood).

Problems Long standing emotional problems. Lack of joy.
Hardening the heart. Belief in strain and stress.

**Joy. Joy. Joy. /lovingly allow joy to flow through my mind and body and experiences.*

Attack Squeezing all the joy out of the heart in favour of money or position, etc.

**/bring joy back to the centre of my heart. /express love to all.*

Haemorrhoids Fear of deadlines. Anger of the past. Afraid to let go.
Feeling burdened.

**I release all that is unlike love. There is time and space for everything I want to do.*

Hepatitis Resistance to change. Fear, anger, hatred. Liver is the
seat of anger and rage.

**My mind is cleansed and free. I leave the past and move into the new. All is well.*

Hernia Ruptured relationships. Strain, burdens. Incorrect
creative expression

**My mind is gentle and harmonious. I love and approve of myself.*

Herpes Mass belief in sexual guilt and the need for punishment.
Public shame. Belief in a punishing God. Rejection of
the genitals.

**My concept of God supports me. I am normal and natural. I rejoice in my own
sexuality and in my own body. I am wonderful.*

Hip Carries the body in perfect balance. Major thrust in
moving forward.

Hip Problems Fear of going forward in major decisions. Nothing to
move forward to.

**I am in perfect balance. I move forward in life with ease and with joy at every age.*

Hyperglycaemia See Diabetes

Ileitis Fear. Worry. Not being good enough.

**I love and approve of myself. I am doing the best I can. I am wonderful. I am at peace.*

Impotence Sexual pressure, tension, guilt. Social beliefs. Spite against a previous mate. Fear of mother.

**I now allow the full power of my sexual principle to operate with ease and with joy.*

Incurable Cannot be cured by outer means at this point. We must go "within" to effect the cure. It came from no-where and will go back to no-where.

**Miracles happen every day. I go within to dissolve the pattern that created this and I now accept a Divine healing. And so it is !!!*

Indigestion Gut level fear, dread, anxiety. Griping and grunging.

**I digest and assimilate all new experiences peacefully and joyously.*

Infection Irritation, anger, annoyance.

**I choose to be peaceful and harmonious.*

Inflammation "Itis" Fear. Seeing red. Inflamed thinking.

**My thinking is peaceful, calm, and centred.*

Influenza

Response to mass negativity and beliefs. Fear. Belief in statistics.

**I am beyond groups beliefs or the calendar. I am free from all congestion and influence.*

Ingrown Toe Nail

Worry and guilt about your right to move forward.

**It is my Divine right to take my own direction in life. I am safe. I am free.*

Insanity

Fleeing from the family. Escapism, withdrawal. Violent separation from life.

**This mind knows its true identity and is a creative point of Divine Self Expression.*

Insomnia

Fear. Not trusting the process of life. Guilt.

**I lovingly release the day and slip into peaceful sleep, knowing tomorrow will take care of itself.*

Itching

Desires that go against the grain. Unsatisfied.
Remorse, itching to get out or get away.

**I am at peace just where I am. I accept my good knowing all my needs and desires will be fulfilled.*

"Itis"

Anger and frustration about conditions you are looking at in your own life.

**I am willing to change all patterns of criticism. I love and approve of myself.*

Jaundice Prejudice internal and external. Unbalanced reason.

**I feel tolerance and compassion and love for all people, myself included.*

Jaw Problems Anger. Resentment. Desire for revenge.

**I am willing to change the patterns in me that created this condition. I love and approve of myself. I am safe.*

Joints Represent changes in direction in life and the ease of these movements.

**I easily flow with change. My life is Divinely guided and I am always going in the best direction.*

Keratitis Extreme anger. A desire to hit those or what you see.

**I allow the love from my own heart to heal all that I see. I choose peace. All is well in my world.*

Kidney Problems Criticism, disappointment, failure. Shame. Reacting like a kid.

**Divine right action is always taking place in my life. Only good comes from each experience. It is safe to grow up.*

Knee Represents pride and ego.

**I am flexible and flowing.*

Problems

Stubborn ego and pride. Inability to bend. Fear, inflexibility. Won't give in.

**Forgiveness. Understanding. Compassion. I bend and flow with ease and all is well.*

Laryngitis

So mad you can't speak. Fear of speaking up. Resentment of authority.

**I am free to ask for what I want. It is safe to express myself. I am at peace.*

Left Side of Body

Represents receptivity, taking in, feminine energy, woman, the mother.

**My feminine energy is beautifully balanced.*

Legs

Carry us forward in life.

Leg Problems

Upper

Holding on to old childhood traumas.

Lower

Fear of the future. Not wanting to move.

**They were doing the best they could with the understanding, awareness and knowledge they had. I release the past with love. I move forward with confidence and joy, knowing that all is well in my future.*

Leprosy

Inability to handle life at all. Strong belief in not being good enough, or clean enough.

**/rise above all limitations. I am Divinely guided and inspired. Love heals all life.*

Leukaemia

Brutally killing inspiration. What's the use.

**/move beyond past limitations into the freedom of the now. It is safe to be me.*

Leucorrhoea

A belief that women are powerless over the opposite sex.
Anger at a mate.

**/create all my experiences. I am the power. I rejoice in my femaleness. I am free.*

Liver

Seat of anger and primitive emotions.

Problems

Chronic complaining. Justifying faultfinding to deceive yourself. Feeling bad.

**/choose to live through the open space in my heart. I look for love and find it everywhere.*

Lockjaw

Anger. A desire to control. A refusal to express feelings.

**/trust the process of life. I easily ask for what I want. Life supports me.*

Lung The ability to take in life.

**/ take in life in perfect balance.*

Problems Depression. Grief. Fear of taking in life. Not worthy of living fully.

**/ have the capacity to take in the fullness of life. / lovingly live life to the fullest.*

Lump in Throat Fear. Not trusting the process of life.

**/ am safe. / trust that life is here for me. / express myself freely and joyously.*

Lupus A giving up. Better to die than stand up for one's self. Anger and punishment.

**/ speak up for myself freely and easily. / claim my own power. / love and approve of myself. / am free and safe.*

Lymph Problems A warning that the mind needs to be re-centred on the essentials of life, love and joy.

**/ am now totally centred in the love and joy of being alive. / flow with life.*

Mastoiditis Anger and frustration. A desire not to hear what is going on. Usually in children. Fear infecting the understanding.

**Divine peace and harmony surround and indwell me. / am an oasis of peace and love joy. All is well in my world.*

Menopause Problems Fear of no longer being wanted. Fear of ageing. Self rejection. Not being good enough.

*I am balanced and peaceful in all changes of cycles and I bless my body with love.

Menstrual Problems Rejection of one's femininity. Guilt, fear. Belief that the genitals are sinful or dirty.

*I accept my full power as a woman and accept all my bodily process as normal and natural. I love and approve of myself.

Migraine Headaches Dislike against being driven. Resisting the flow of life. Sexual fears. (Can usually be relieved by masturbation)

*I relax into the flow of life and let life provide all that I need, easily and comfortably.

Miscarriage Fear. Fear of the future. Not now, later. Inappropriate timing.

*Divine right action is always taking place in my life. I love and approve of myself. All is well.

Mouth Represents taking in of new ideas and nourishment.

Problems Set opinions. Closed mind. Incapacity to take in new ideas.

*I welcome new ideas and new concepts and prepare them for digestion and assimilation.

Multiple Sclerosis

M/S

Mental hardness, hard-heartedness, iron will, inflexibility.
Fear.

*By choosing loving, joyous thoughts I create a loving, joyous world. I am safe and free.

Motion Sickness

Fear. Fear of not being in control.

*I am always in control of my thoughts. I am safe. I love and approve of myself.

Mucus Colon

Layered deposits of old confused thoughts clogging the channel of elimination. Wallowing in the gummed mire of the past.

*I release and dissolve the past. I am a clear thinker. I live in the now.

Myopia

Fear of the future. Not trusting what is ahead.

*I trust the process of life. I am safe.

Nails

Represent protection.

*I reach out safely.

Nail Biting

Frustration. Eating away at the self. Spite of a parent.

*It is safe for me to grow up. I now handle my own life with joy and with ease.

Narcolepsy

Can't cope. Extreme fear. Wanting to get away from it all. Don't want to be here.

*I rely on Divine wisdom and guidance to protect me at all times. I am safe.

Nausea

Fear. Rejecting an idea or experience.

*I am safe. I trust the process of life to bring only good to me.

Nearsightedness

See Myopia

Neck

Represent flexibility. The ability to see what's back there.

Neck Problems

Refusing to see other sides of a question. Stubborn, inflexibility.

*It is with flexibility and ease that I see all sides of an issue. There are endless ways of doing things and seeing things. I am safe.

Nephritis

Over reaction to disappointment and failure.

*Only right action is taking place in my life. I release the old and welcome the new. All is well.

Nerves

Represent communication. Receptive reporters.

*I communicate with ease and with joy.

Nervous Breakdown Self centeredness. Jamming the channels of communication.

*I open my heart and create only loving communication. I am safe, I am well.

Nervousness Fear, anxiety, struggle, rushing. Not trust the process of life.

*I am on an endless journey through eternity, there is plenty of time. I communicate with my heart. All is well.

Neuralgia Punishment for guilt. Anguish over communication.

*I forgive myself. I love and approve of myself. I communicate with love.

Nodules Resentment and frustration and hurt ego over career.

*I release the pattern of delay within me and I now allow success to be mine.

Nose Represents self-recognition. Intuition.

*I recognise my own intuitive ability.

Nose Bleeds A desire to be noticed and recognised. Feeling left out.

*I trust my own intuition for I am in contact with the Universal wisdom. I recognise my own true worth.

Numbness

With holding love and consideration. Going dead mentally.

*| share my feelings and my love. | respond to love in everyone.

Osteomyelitis

Anger and frustration at the very structure of life.

*| am peaceful with and trust the process of life. | am safe and secure.

Ovaries

Represent points of creation. Creativity.

*| am balanced in my creative flow.

Overweight

Fear, need for protection. Running away from feelings. Insecurity, self-rejection. Seeking fulfilment.

*| am at peace with my own feelings. | am safe where | am. | create my own security. | love and approve of myself.

Pain

Guilt. Guilt always seeks punishment.

*| lovingly release the past. They are free and | am free. All is well in my heart now.

Pancreas

Represents the sweetness of life.

Pancreatitis

Rejection. Anger and frustration because life seems to have lost its sweetness.

*| love and approve of myself and | alone create sweetness and joy in my life.

Paralysis Fear, terror. Escaping a situation or person.
Resistance.

*I am one with all of life, I am safe and I am totally adequate for all situations.

Parkinson's Disease Fear and an intense desire to control everything and everyone.

*I relax knowing that I am safe. Life is for me and I trust the process of life.

Peptic Ulcer Fear. A belief that you are not good enough. Anxious to please.

*I love and approve of myself. I am at peace with myself. I am wonderful.

Phlebitis Anger and frustration. Blaming others for the limitation and lack of joy in life.

*Joy now flows freely within me and I am at peace with life.

Piles See Haemorrhoids

Petit Mal See Epilepsy

Pink Eye Anger and frustration. Not wanting to see.

*I release the need to be right. I am at peace. I love and approve of myself.

Pituitary Gland

Represents the control centre.

*My mind and body are in perfect balance.

Plantar Wart

Anger at the very basis of your understanding.
Spreading frustration about the future.

*I move forward with confidence and ease. I trust and flow with the process of life.

Pneumonia

Desperate. Tired of life. Emotional wounds that are not allowed to heal.

*I freely take in Divine ideas which are filled with the breath and the intelligence of life.
This is a new moment.

Polio

Paralysing jealousy. A desire to stop someone.

*There is enough for everyone. I create my good and my freedom with loving thoughts.

Post Nasal Drip

Inner crying. Childish tears. Victim.

*I acknowledge and accept that I am the creative power in my world. I now choose to enjoy my life.

**P.M.S. Post
Menstrual
Syndrome**

Allowing confusion to reign. Giving power to outside influences. Rejection of the feminine processes.

*I now take charge of my mind and my life. I am a powerful, dynamite woman. Every part of my body functions perfectly. I love me.

Psoriasis

Fear of being hurt. Deadenning the senses and the self. Refusing to accept responsibility for our own feelings.

*I am alive to the joys of living. I deserve and accept the very best in life. I love and approve of myself.

Prostrate

Represents the masculine principle.

*I accept and rejoice in my masculinity.

Prostrate Problems

Mental fears weaken the masculinity. Giving up. Sexual pressure and guilt. Belief in ageing.

*I love and approve of myself. I accept my own power. I am forever young in spirit.

Pubic Bone

Represents protection.

Pubic Hair

Represents both attraction and hiding. Neither children nor the elderly have pubic hair.

Pyorrhoea Anger at the inability to make decisions. Wishy-washy people.

*I approve of myself and my decisions are always perfect for me.

Quinsy A strong belief that you cannot speak up for yourself and ask for your needs.

*It is my birth right to have my needs met. I now ask for what I want with love and with ease.

Rabies Anger. A belief that violence is the answer.

*I am surrounded indwelled with peace.

Rectum See Anus

Rash Irritation over delays. A babyish way to get attention.

*I love and approve of myself. I am at peace with the process of life.

Respiratory Ailments Fear of taking in life fully.

**I am safe. I love my life.*

Rheumatism Feeling victimised. Lack of love. Chronic bitterness. Resentment.

*I create my own experiences. As I love and approve of myself and others they get better and better.

Rheumatoid Arthritis Deep criticism of authority. Feeling very put upon.

*I am my own authority. I love and approve of myself. Life is good.

Rickets Emotional malnutrition. Lack of love and security.

*I am secure and nourished by the love of the Universe itself.

Right Side of Body Giving out, letting go, masculine energy, men, the father.

**I balance my masculine energy easily and effortlessly.*

Ringworm Allowing others to get under your skin. Not feeling good enough or clean enough.

*I love and approve of myself. No person, place or thing has any power over me. I am free.

Round Shoulders Carrying the burdens of life. Helpless and hopeless.

*I stand tall and free. I love and approve of me. My life gets better every day.

Sagging Lines Sagging lines on the face come from sagging thoughts in the mind. Resentment of life.

*I express the joy of living and allow myself to totally enjoy every moment of every day. I become young again.

Scabies Infected thinking. Allowing others to get under your skin.

*I am the living, loving, joyous expression of life. I am my own person.

Sciatica Being hypocritical. Fear of money and of the future.

*I move into my greater good. My good is everywhere and I am secure and safe.

Scoliosis See Round Shoulders

Scratches Feeling life tears at you, that life is a ripoff. That you are being ripped off.

*I am grateful for life's generosity to me. I am blessed.

Sea Sickness Fear. Fear of death. Lack of control.

*I am totally safe in the Universe. I am at peace everywhere. I trust life.

Senility Returning to the so-called safety of childhood.
Demanding care and attention. A form of control of those around you. Escapism.

*Divine protection. Safety. Peace. The Intelligence of the Universe operates at every level of life.

Sickle Cell Anaemia A belief that one is not good enough that destroys the very joy of life.

*This child lives and breathes the joy of life, and is nourished by love. God works miracles every day.

Sinus Problems Irritation to one person, someone close.

*I declare peace and harmony indwell me and surround me at all times. All is well.

Shingles Waiting for the other shoe to drop. Fear and tension.
Too sensitive.

*I am relaxed and peaceful because I trust the process of life. All is well in my world.

Shoulders Are meant to carry joy not burdens.

Skin Protects our individuality. A sense organ.

Problems Anxiety, fear. Old buried gunk. I am being threatened.

*I lovingly protect myself with thoughts of joy and peace. The past is forgiven and forgotten. I am free in this moment.

Slipped Disc Feeling totally unsupported by life. Indecisive.

*Life supports all of my thoughts, therefore I love and approve of myself and all is well.

Snoring

Stubborn refusal to let go of old patterns.

*I release all that is unlike love and joy in my mind. I move from the past into the new and fresh and vital.

Spine

Flexible support of life.

*I am supported by life.

Spinal Curvature

The inability to flow with the support of life. Fear and trying to hold onto old ideas. Not trusting life. Lack of integrity. No courage of convictions.

*I release all fears. I now trust the process of life. I know that life is for me. I stand straight and tall with love.

Spleen

Obsessions. Being obsessed about things.

*I love and approve of myself. I trust the process of life to be there for me. I am safe. All is well.

Sprains

Anger and resistance. Not wanting to move in a certain direction in life.

*I trust the process of life to take me only to my highest good. I am at peace.

Sterility

Fear and resistance to the process of life. OR not needing to go through the parenting experience.

*I trust in the process of life. I am always in the right place, doing the right thing, at the right time. I love and approve of myself.

Stiffness Rigid, stiff thinking,;

*I am safe enough to be flexible in my mind.

Stiff Neck Un-bending bull-headedness.

*It is safe to see other view points.

Stomach Holds nourishment. Digests ideas and feelings.

*I digest life with ease.

Stomach Problems Dread. Fear of the new. Inability to assimilate the new.

**Life agrees with me. I assimilate the new every moment of every day. All is well. I relax and allow my mind to be peaceful.*

Stroke Giving up. Resistance. Rather die than change.
Rejection of life.

*Life is change and I adapt easily to the new. I accept life past, present and future.

Stuttering Insecurity. Lack of self expression. Not being allowed to cry.

*I am free to speak up for myself. I am now secure in my own expression. I only communicate with love.

Swelling Being stuck in thinking. Clogged, painful ideas.

*My thoughts flow freely and easily. I move through ideas with ease.

Syphilis See Venereal Disease

Tape Worm Strong belief in being a victim and unclean. Helpless to the seeming attitudes of others.

*Others only reflect the good feelings I have about myself. I love and approve of all that I am.

Tetanus A need to release angry festering thoughts.

*I allow the love from my own heart to wash through me and cleanse and heal every part of my body and my emotions.

Teeth Represent decisions.

Problems Long standing indecisiveness. Inability to break down ideas for analysis and decisions.

*I make my decisions based on the principles of Truth and I rest securely knowing that only Right Action is taking place in my life.

Tinnitus Refusal to listen. Not hearing the inner voice.
Stubbornness.

*I trust my Higher Self. I listen with love to my inner voice. I release all that is unlike the action of love.

Testicles Masculine principle, masculinity.

*It is safe to be a man.

Throat Avenue of expression. Channel of creativity.

Throat Problems The inability to speak up for oneself. Swallowed anger.
Stifled creativity. Refusal to change.

*It's okay to make noise. I express myself freely and joyously. I speak up for myself with ease. I express my creativity. I am willing to change.

Thyroid Humiliation. I never get to do what I want to do. When is it going to be my turn.

*I move beyond old limitations and now allow myself to express freely and creatively.

Tonsillitis Fear. Repressed emotions. Stifled creativity.

*My good now flows freely. Divine ideas express through me. I am at peace.

Toes Represent the minor details of the future.

*All details take care of themselves.

Tuberculosis Wasting away from selfishness. Possessive. Cruel thoughts. Revenge.

*As I love and approve of myself I create a joyful, peaceful world to live in.

Tumours Nursing old hurts and shocks. Building remorse.

*I lovingly release the past and turn my attention to this new day. All is well.

Ulcers Fear. A strong belief that you are not good enough. What is eating away at you?

*I love and approve of myself. I am at peace. I am calm. All is well.

Urinary Infections Pissed off. Usually at the opposite sex or a lover. Blaming others.

*I release the pattern in my consciousness that created this condition. I am willing to change. I love and approve of myself.

Uterus Represents the home of creativity.

Vaginitis Anger at mate. Sexual guilt. Punishing the self.

*Others mirror the love and self approval I have for myself. I rejoice in my sexuality.

Varicose Veins

Standing in a situation you hate. Discouragement.
Feeling over worked and over burdened.

*I stand in truth and live and move in joy. I love life and I circulate freely.

Venereal Disease

Sexual guilt. Need for punishment. Belief that the
genitals are sinful or dirty.

*I loving and joyously accept my sexuality and its expression. I only accept thoughts
that support me and make me feel good.

Vitiligo

Not belonging. Feeling completely outside of things.
Not one of the group.

*I am at the very centre of life and I am totally connected in love.

Vulva

Represents vulnerability.

Warts

Little expressions of hate. Belief in ugliness.

*I am the love and the beauty of life in full expression.

Wisdom Tooth

Impacted

Not giving mental space to create a firm foundation.

*I open my consciousness to the expansion of life. There is plenty of space for me to
grow and to change.

Wrist

Represents movement and ease.

*I handle all my experiences with wisdom, with love and with ease.

I have learned that children, and animals too, because they are so open, may be largely influenced by the consciousness of the adults around them. Therefore when working for children or pets, use the affirmations both for them and for also clearing the consciousness of the parent, teacher, relative, etc. who may be surrounding and influencing them.

Remember the word metaphysical means to go beyond the physical to the mental cause behind it. As an example, if you came to me as a client with a problem of constipation I would know you had some sort of belief in limitation and lack and therefore were mentally frightened to let go of anything out of fear of not being able to replace it. It could also mean you were holding onto an old painful memory of the past and would not let go. You might have a fear of letting go of relationships that no longer nourish you, or a job that is unfulfilling, or some possessions that are now unuseable. You might even be stingy about money. Your dis-ease would give me many clues to your mental attitude.

I would try to make you understand that a closed fist and a tight attitude cannot take in anything new. I would help you develop more trust in the universe (that power that supplies your breath) to provide for you so that you could flow with the rhythms of life. I would help you to release your pattern of fear and teach you how to create a new cycle of good experiences by using your mind in a different way. I might ask you to go home and clean out your closets, giving away all the useless stuff to make room for new things. And as you were doing this to say out loud, "I am releasing the old and making room for the new." Simple but effective. And as you began to understand the principle of release and letting go, the constipation, which is a form of gripping and holding on, would take care of itself. The body would freely release that which was no longer useful in a normal way.

Perhaps you have noticed how often I have used the concepts of LOVE, PEACE, JOY, and SELF APPROVAL. When we can truly live from the loving space of the heart, approving of ourselves and trusting the Divine Power to provide for us, then peace and joy will fill our lives and illness and uncomfortable experiences will cease to be in our experience. Our goal is to live happy, healthy lives, enjoying our own company. Love dissolves anger, love releases resentment, love dissipates fear, love creates safety. When you can come from a space of totally loving yourself then everything in your life must flow with ease and harmony and health and prosperity and joy.

A good way to use this book when you have a physical problem;

- 1 Look up the mental cause. See if this could be true for you. If not, sit quietly and ask yourself, "What could be the thoughts in me that created this?"
- 2 Repeat to yourself (out loud if you can), "I am willing to release the pattern in my consciousness that has created this condition."
- 3 Repeat the new thought pattern to yourself several times.
- 4 Assume that you are already in the process of healing.

Whenever you think of the condition, repeat the steps.

This closing meditation is helpful to read daily as it creates a healthy consciousness and therefore a healthy body.

DEEP AT THE CENTRE OF MY BEING there is an infinite well of love. I now allow this love to flow to the surface. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied. The more love I use and give, the more I have to give, the supply is endless. The use of love makes ME FEEL GOOD, it is an expression of my inner joy. I love myself therefore, I take loving care of my body. I lovingly feed it nourishing foods and beverages, I lovingly groom it and dress it, and my body lovingly responds to me with vibrant health and energy. I love myself therefore, I provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in. I fill the rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it. I love myself therefore, I work at a job that I truly enjoy doing, one that uses my creative talents and abilities, working with people that I love and that love me, and earning a good income. I love myself therefore, I behave and think in a loving way to all people for I know that that which I give out returns to me multiplied. I only attract loving people in my world for they are a mirror of what I am. I love myself therefore, I forgive and totally release the past and all past experiences and I am free. I love myself therefore, I live totally in the now, experiencing each moment as good and knowing that my future is bright, and joyous, and secure for I am a beloved child of the universe and the universe lovingly takes care of me now and forever more. And so it is.

I love you.