# Metaphysical Causations

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

<table>
<thead>
<tr>
<th>Problem</th>
<th>Probable Cause</th>
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<tbody>
<tr>
<td>Abdominal Cramps</td>
<td>Fear. Stopping the process. Refusal to flow with experiences.</td>
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<tr>
<td></td>
<td>*I trust the process of life. I am safe.</td>
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<tr>
<td>Abscess</td>
<td>Fermenting thoughts over hurts, slights and revenge.</td>
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<td>*I allow my thoughts to be free. The past is over. I am at peace.</td>
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<tr>
<td>Accidents</td>
<td>Inability to speak up for the self. Rebellion against authority. Belief in violence. Anger.</td>
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<td>*I release the pattern in me that created this. I am at peace. I am worthwhile.</td>
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<tr>
<td>Aches</td>
<td>Longing for love. Longing to be held.</td>
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<td></td>
<td>*I love and approve of myself. I am loving and lovable.</td>
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<tr>
<td>Acne</td>
<td>Not accepting the self. Dislike of the self.</td>
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<tr>
<td></td>
<td>*I am a Divine expression of life. I love and accept myself where I am right now.</td>
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</tbody>
</table>
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.


*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.

*I 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.

*I 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.

*I lovingly forgive myself. I am free.

*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.


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


*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.


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


*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.


*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  

*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.

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

Balance, Loss of  
Scattered thinking. Not centred.

*I 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.

*I am safe. I love and approve of myself. I 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 I need to do. I 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. I am at peace with where I am.

Blackheads  
Feeling dirty and unloved.

*I love and approve of myself. I 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.


*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

*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

*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
Rebelling 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.

*I 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.

*I 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.

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

**Breast Problems –**

- Cysts, Lumps, Soreness  
  Over mothering, Over protection, Over bearing attitudes. Cutting off nourishment.

*I am free to be me and I 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


*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.


*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.


*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.


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


*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.

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

**Feathering**  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.

*I 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.*

**Fever**  
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.*

*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.

*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.


*I choose to handle all my experiences with love and with joy, and with ease.
Halitosis  
Rotten attitudes, vile gossip, foul thinking.

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

Hay Fever  

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

Headaches  
Invalidating the self. Self-criticism. Fear.

*I love and approve of myself. I see myself and what I do with eyes of love. I am safe.

Heartburn  
Fear. Fear. Fear. Clutching fear.

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

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

Problems  


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

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

*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.


*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.
Hives
Small hidden fears. Mountains out of molehills.
*I bring peace to every corner of my life.

Holding Fluids
What are you afraid of losing?
*I willingly release with joy.

Hodgkin's Disease
Blame and a tremendous fear of “not being good enough”. A frantic race to prove oneself until the blood has no substance left to support itself. The joy of life is forgotten in the race for acceptance.
*I am perfectly happy to be me. I am good enough just as I am. I love and approve of myself. I am joy expressing and receiving.

Hyperparathyroidism
Extreme disappointment at not being able to do what you want to do. Always fulfilling others, not the self.
*I return my power to its rightful place. I make my own decisions. I fulfill myself.

Hyperventilation
Fear. Resisting change. Not trusting the process.
*I am safe everywhere in the universe. I love myself and trust the process of life.

Hypoglycaemia
Overwhelmed by the burdens in life. What's the use.
*I now choose to make my life light and easy and joyful.
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.

"|tis"  
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.


*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.


*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.

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

Leukaemia
Brutally killing inspiration. What’s the use.

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

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

*I 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.

*I 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.

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

The ability to take in life.

*I take in life in perfect balance.

Problems


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

Lump in Throat

Fear. Not trusting the process of life.

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

Lupus

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

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

Lymph Problems

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

*I am now totally centred in the love and joy of being alive. I 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. I am an oasis of peace and love joy. All is well in my world.

*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.


*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.

*I 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.


*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

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

Osteomyelitis

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

Ovaries

* I am balanced in my creative flow.

Overweight

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

Pain

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

Pancreas

* I love and approve of myself and I 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.


*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. Deadening 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.


*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 guck. 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  

*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 dissolved 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.