



Louise Hay Health Influencer

“The word incurable means that it can’t be cured
by outer means so we need to go within”

-Louise Hay-



Cathy O'Brien 1/2025

“Every thought we think is creating our future” Louise Hay

For those who haven't heard of Louise Hay she was a metaphysical teacher and bestselling author who built a self-publishing empire, Hay House, that has attracted metaphysical and self-help authors from around the world. Her first book “You Can Heal Your Life” sold over 50 million copies and has been translated into 25 languages in 33 countries. Born on October 8, 1926 Her beliefs were influenced by a difficult and unstable childhood. Louise recalled being abused by her stepfather and raped by a neighbor around the age of 5 eventually running away from home in her teens. She went onto find work in New-York City as a model and in the mid 1950's married Andrew Hay an English businessman. It was when Louise's marriage of 14 ended in divorce that she discovered what would become her life's work through her studies in the Church of religious science. In 1970 when her training in the ministerial-program began she developed what would become her core beliefs. Louise wrote how our thoughts and ideas about ourselves are often the cause of our emotional problems and physical maladies as we become what we think about. This belief that there is a link between our thinking and disease was the genesis of the connection between body mind and spirit. While changing our health isn't limited to only changing our thinking it certainly begins there.

Belief in Action

During this period in the late 1970's Louise was diagnosed with Cervical Cancer where she refused all conventional medical treatments. She set about exploring the alternatives to surgery and drugs eventually developing her own healing protocol. Louise concluded that the Cancer had been caused by lingering resentment over the abuse in her childhood and began an intensive program of affirmations biofeedback, nutritional cleansing, psychotherapy, colonics, reflexology and forgiveness. Within six month she was completely healed of cancer.

In 1980 Louise returned to her native southern California where she began what would become her life's work by outlining her beliefs and experiences with the mind-body connection related to health. By 1984 Louise had a completed book called “You Can Heal Your Life”, a reference guide to how beliefs about ourselves can influence physical illness and the tools we can use to heal. Her work didn't stop there in 1985 Louise began holding support meetings for people living with HIV or AIDS in her home. The sessions were nicknamed the “hayrides” and grew from the original meeting of 6 men to a weekly gathering of 800 held in an auditorium in west Hollywood.

Louise had started a movement of Love and support during a time when much of the world was filled with fear at the diagnosis and shunned AIDS victims. She recalled “whenever a mother came, we gave them a standing ovation, because so many mothers weren’t speaking to their sons.”

In a 2008 Time magazine article titled “The Queen of New Age” where Louise was described as one the most successful examples of the era of self -improvement. Hay House publishing [also started in her living room] is a multimillion-dollar company publishing company with an extensive list of authors, books, products and online courses. The Hay house foundation is a non- profit corporation established by Louise that supports organizations that supply food, shelter, counseling, hospice care and money to those with AIDS battered women and causes. Louise died in her home in San Diego in 2017 at 90 years old.

Doctors and the role of belief

Dr Bernie Siegel wrote, in private, my oncologist friend told me he agreed with one of his patient’s original doctor’s diagnosis, that she was terminal but he would treat her and give her hope. When discussing her he always used the words “doing well” and after many months of treatment eventually she had a complete remission. He believed that part of his job was to remind patients of their potential.” If we help our patients love their life and love their body, instead of being fearful and betrayed, amazing things can happen. We simply need to show up for practice, have faith and not fear failing”. Dr Bernie Siegel. He went on to write what really opened my mind to the power of words was my experience as pediatric surgeon. To reassure children that they would not be in pain while they were undergoing surgery, I told them while in the emergency room “You will go to sleep when you go into the operating room.” I was shocked to see that they would fall asleep while they were being wheeled into surgery. One boy flipped over and went to sleep as we entered the O.R. When I turned him over for his appendectomy he woke up and said “you told me I would go to sleep and I sleep on my stomach”.

Lessons from Louise

One of my favorite quotes from Louise Hay is “Love is the great Miracle Cure”, Loving ourselves works miracles in our lives. Louise’s work is not only about forgiveness of other’s but of ourselves as well. “” You have been criticizing yourself for years and it hasn’t worked, try approving of yourself and see what happens. Forgiveness, love, gratitude and a positive outlook coupled with the means to utilize them through affirmations, mirror work and bio feedback, gives us the tools we need to change our lives.