The human body is an amazing machine, and as a machine it requires regular maintenance and care to run as efficiently as possible. There are a variety of reasons your body can break down and get sick: genetics, the environment, diet, and so on. But as Louise found in her career—and published in her books—every illness is affected by emotional factors in your life. And decades after Louise presented her conclusions, the scientific community has put forth studies that support them. Specific thought patterns affect our bodies in predictable ways, releasing certain chemicals in response to each emotion. When fear is your dominant mood over a long period of time, the constant release of stress hormones, specifically cortisol, triggers a domino effect of chemicals that lead to heart disease, weight gain, and depression. As with fear, other emotions and thoughts follow a typical pattern as they are projected onto the body in the form of illness. Our bodies can tell when something is out of balance in our lives, even if this knowledge is unclear in our conscious minds. If we are to fully heal, we must bring our attention to the messages our bodies relay through intuition. But we also need logic and facts to fully understand which imbalances in our lifestyle are affecting our health. Just like needing both tires inflated on a bicycle, you need to balance emotions and intuition to heal. When fear is your dominant mood over a long period of time, the constant release of stress hormones, specifically cortisol, triggers a domino effect of chemicals that lead to heart disease, weight gain, and depression. Our bodies can tell when something is out of balance in our lives, even if this knowledge is unclear in our conscious minds. If we are to fully heal, we must bring our attention to the messages our bodies relay through intuition. But we also need logic and facts to fully understand which imbalances in our lifestyle are affecting our health. Just like needing both tires inflated on a bicycle, you need to balance emotions and intuition to heal.
Purchase a copy of

ALL IS WELL

from your local bookseller or online.
Praise for All Is Well

“All Is Well is simply excellent. Dr. Mona Lisa Schulz has blended her expertise in health with the healing wisdom of Louise Hay, one of the leading icons of the human consciousness community. This book is a tribute to the intuitive genius of Louise, whose work as a role model for positive thinking pioneered healing first for people with AIDS and then for countless others.”

—Caroline Myss,

“In today’s world of too much information and too little wisdom, there is very little that gets to the heart of any matter—especially regarding health. But All Is Well does just that by combining medical science and intuition. As a former RN, I insist on the latest medically proven scientific evidence when looking after my own health. But I also honor my story, my personal experiences, and my unique sense of intuition; I use these to inform my ability to find inner peace, health, and balance in everyday life. This book takes this same approach, and so when I started to read, I began to feel better immediately. If you read only one book about health this year, this is the one for you!”

—Naomi Judd,
author of Naomi's Breakthrough Guide

“All Is Well is a must-read manual for the coming times when we will need to be our own spiritual physicians. The best health insurance is to learn how to stay healthy, and Louise L. Hay and Dr. Mona Lisa Schulz are wonderful teachers.”

—Doreen Virtue,
author of The Healing Miracles of Archangel Raphael

“We know the mind affects the body’s physiology. We know there are emotional roots that underlie disease and that few diseases are purely biological. We know the benefits of affirmations like the ones Louise Hay has been teaching for decades. Yet never before have the scientific medical data, psychology, and spirituality—as well as the brilliant perspectives of Louise Hay and Dr. Mona Lisa Schulz—interlaced with each other so effortlessly. Whether you’re facing an illness, working with patients, or simply seeking to live an optimally healthy life, read this wonderful book and let it inspire you. . . . The answers that follow may be your best medicine yet.”

—Lissa Rankin, M.D.,
author of Mind Over Medicine and blogger at LissaRankin.com
ALL IS WELL
ALL IS WELL

Heal Your Body with Medicine, Affirmations, and Intuition

LOUISE L. HAY and MONA LISA SCHULZ, M.D., PH.D.
Whenever there is a problem, repeat over and over:

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

It will work miracles in your life.

Joy & Blessings,
Louise Hay
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It thrills my heart to present this book to you, dearest reader, whether you’re new to my work or a longtime follower.

*All Is Well* looks at my teachings from a fresh and exciting angle. My co-author, Mona Lisa Schulz, whom I love and adore, has been promising me for ages that she would pull together scientific evidence to support what I have been teaching for years. While I personally do not need proof to know that these methods work—I rely on what I call my “Inner Ding” to evaluate things—I know there are many people who will only consider a new idea if there is science behind it. So here we present the science to you. With this added information, I know that a whole new segment of people will become aware of the power they have to heal their bodies.

So let this book be your guide. In the following pages, Mona Lisa will show clearly, step by step, how you can move from illness to wellness—outlining the connections between emotional wellness and health and the prescriptions we give for healing. This book combines medical health, holistic health, nutritional health, and emotional health in one nice, tidy package that can be followed by anyone, anytime, anywhere.
Chapter 1

INTEGRATING HEALING METHODS

Healing the mind and body with affirmations, medicine, and intuition is territory that has been increasingly explored over the last 30 years. And though there are many brilliant and gifted individuals who have helped lead the way, few would argue with the fact that the first pioneer in this field was Louise Hay. In fact, this movement began en masse in the 1980s, when we all bought her “little blue book,” Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them, and discovered the thought patterns that led to the health problems we all had.

Who knew what a turn my life would take because of this little blue book, but it truly has changed everything. It helped me sculpt my own medical practice, and its theory has guided me along the path to better health for my patients and myself. As you can imagine, I was thrilled—actually beyond thrilled—when Hay House proposed that I write a book with Louise that brought together the healing power of intuition, affirmations, and medicine: both traditional Western medicine and alternative therapies. It’s the ultimate healing system! To work with this material . . . and with Louise! How could I say no?
I had dragged Heal Your Body along with me to medical school and later as I spent long years researching the brain in pursuit of my Ph.D. I used it when I cried through the ups and downs of my medical and scientific training. And the times I didn’t cry and came down with sinusitis and postnasal drip. I would look up in the book the associated thought pattern: postnasal drip, also known as “inner crying.” When I got nervous about taking out one student loan after another to pay tuition, I started to get sciatica, lower-back problems. Once again I turned to the little blue book. Sciatica was associated with “fear of money and of the future.”

Time after time, the book made sense, but I could never figure out where Louise got her affirmation system. What motivated her, nearly 35 years ago, to start her “clinical observation study” on the association between human thoughts and health? How could someone with no scientific background or medical training observe client after client, see a consistent correlation between certain thought patterns and their associated health problems, and then write a book that so accurately addresses our health concerns? Her prescriptions worked but I didn’t know why or how. It simply drove me crazy.

So, as necessity—or aggravation—is the mother of invention, I decided to delve into the science behind her affirmation system, mapping out the emotional aspects of illness in the brain and body. And the correlations I found helped me create a treatment system that has guided me through more than 25 years of intuitive consultations and an equal number of years as a physician and scientist. But it wasn’t until Louise and I started down the path of writing this book that I realized how powerful combining the healing methods I use with Louise’s affirmations could be.

The Importance of Intuition

Back in 1991, I had finished two years of medical school training plus three years of my Ph.D., and I needed to go back to the hospital floor to finish my studies. Armed with a white coat,
Integrating Healing Methods

stethoscope, and lots of little books, I entered the floors of what at that time was Boston City Hospital.

On the first day, my resident came to me, gave me the name and age of my first patient, and said simply, “Work her up.” That was it. I was terrified. How was I supposed to figure out what was wrong with her when I had no information other than her name and age?

In the elevator on the way down to the emergency room, I fidgeted nervously. I knew only the rudiments about how to work up a patient, let alone how to operate the stethoscope around my neck. Momentarily trapped in the elevator, I stood with clipboard in hand. And there, in an instant, I saw in my mind’s eye an image of the patient I was about to evaluate. She was moderately obese, in lime-green stretch pants, clutching the right upper part of her abdomen, screaming, “Doctor, doctor! It’s my gallbladder!”

Wow! I thought. In the event that the patient I am about to meet does have a gallbladder problem, how would I evaluate that medical problem? As the elevator slowly crept between floors, I flipped through the pages of the numerous manuals stuffed in my pockets and quickly researched how I would work up a patient with a gallbladder problem. On my clipboard, I sketched out the classic workup one does for a gallbladder problem: check an ultrasound of the liver, check liver enzymes, observe the whites of the patient’s eyes.

The doors opened. I ran down to the emergency room and threw open the curtain, and there, to my surprise, was a woman lying on the gurney in, yes, lime-green stretch pants, screaming, “Doctor, doctor! It’s my gallbladder!”

It had to be a coincidence, right?

The second day, once again, the resident barked out the name and age of my patient, telling me to go down to the emergency room. Again an image of the patient popped into my mind, this time with a bladder infection. So, I ran the drill again: how would I treat a patient with a bladder infection. Lo and behold, it was a bladder infection. On the third day, I repeated the process again, and again my impressions were accurate. After three days, I realized that there was something unique about my brain, that my
mind’s eye could see ahead of time what my trained medical eye would eventually see on the floors of the hospital.

I could see just how useful intuition was in helping me assess my patients, but I soon realized that intuition played an even larger role than I initially thought.

**The Body’s Intuition**

The human body is an amazing machine, and as a machine it requires regular maintenance and care to run as efficiently as possible. There are a variety of reasons your body can break down and get sick: genetics, the environment, diet, and so on. But as Louise found in her career—and published in *Heal Your Body*—every illness is affected by emotional factors in your life. And decades after Louise presented her conclusions, the scientific community has put forth studies that support them.

Research has shown that fear, anger, sadness, love, and joy have specific effects on the body. We know that anger makes muscles clamp down and blood vessels constrict, leading to hypertension and resistance to blood flow. Cardiac medicine tells us that joy and love tend to have the opposite effect. If you look at Louise’s little blue book, a heart attack and other heart problems are “squeezing all the joy” out of the heart, a “hardening of the heart,” and a “lack of joy.” And her affirmation to reverse these problems? “I bring joy back to the center of my heart,” and “I joyously release the past. I am in peace.”

Specific thought patterns affect our bodies in predictable ways, releasing certain chemicals in response to each emotion. When fear is your dominant mood over a long period of time, the constant release of stress hormones, specifically cortisol, triggers a domino effect of chemicals that lead to heart disease, weight gain, and depression. As with fear, other emotions and thoughts follow a typical pattern as they are projected onto the body in the form of illness. In my work, I have also found that while emotions travel everywhere in the body, they affect organs differently.
Integrating Healing Methods

depending on what is happening in your life. This is where intuition comes in.

Often if we are not aware of an emotional situation in our life or the life of a loved one, this information comes to us through intuition. We have five earthbound senses that can evoke our feelings: seeing, hearing, body sensation, smell, and taste. And we have five parallel “intuitive senses”—clairvoyance (seeing), clairaudience (hearing), clairsentience (body sensation), clairalience (smelling), and clairgustance (tasting)—through which we can gain additional information. For example, you may anxiously receive an intuitive image, a clairvoyant flash that a friend is in danger. Or you may feel dread when you hear the phone ring in your head five minutes before it actually does, relaying bad news about a loved one’s death. You may get that famous “bad taste in your mouth” or feel like you “smell something suspicious” right before someone asks you to agree to a bad business deal. Or you may experience a bad feeling in your body, whether it’s that “gut feeling” or that “heartache” warning you about a problem you will be facing in your relationship.

In addition to the commonly understood intuition that guides us in these matters where we have insufficient information—like the intuition that has helped me throughout my medical career—our bodies also have innate intuition. Our bodies can tell when something is out of balance in our lives, even if this knowledge is unclear in our conscious minds.

If we are to fully heal, we must bring our attention to the messages our bodies relay through intuition. But we also need logic and facts to fully understand which imbalances in our lifestyle are affecting our health. Just like needing both tires inflated on a bicycle, you need to balance emotions and intuition with logic and fact. Both extreme logic without intuition and intuition without logic breed disaster. We must use both of these tools to create health. Throughout this book we will discuss how to do this, focusing on four approaches:
1. Becoming conscious of our emotions and those of other people in our life, making note of the warnings that come with fear, anger, and sadness

2. Figuring out what thoughts accompany these feelings that keep swirling around our heads

3. Identifying symptoms of distress and locating them in our bodies

4. Decoding the intuitive/emotional thought-pattern information underlying the symptoms and understanding that every illness is also in part due to diet, environment, genetics, and injury

The Intuitive Emergency Dashboard

So how do we tap into our body’s intuition to read and interpret the messages it is trying to send us?

Think of your body as a car dashboard; it has a series of emergency warning lights—regions that light up symptomatically when something in your life needs attention. Who hasn’t experienced that irritating gas light? Always going on at an inopportune time, this dashboard warning light aggravates you when you drive your car until it’s so low on fuel that it’s almost running on fumes. Similarly, if an area of your life is empty—or running on excess—a part of your body will hint, murmur, even scream out in distress.

You have seven warning lights, each consisting of a group of organs. The health of the organs in each group is associated with specific types of thought patterns and behaviors. For example, the organs associated with feeling safe and secure in the world are the bones, blood, immune system, and skin. If you do not feel safe and secure, you are more likely to experience illness in one of these organs than if you do. We refer to this group of organs as an emotional center because their health is connected to the same emotional issues.
Each chapter in this book is dedicated to the health of the organs of one emotional center. For example, Chapter 4 looks at the organs of the first emotional center—the bones, blood, organs of the immune system, and skin—and helps you interpret what illness in each of those organs means. It looks at the balance in your life surrounding the core emotion associated with the organs. So, in essence, if your sense of safety and security has been thrown out of balance, you will likely become ill in your first emotional center organs.

Just as we need a balanced diet to be healthy, we also need to make sure we have healthy sources of love and happiness. By working to invest our energy among various areas of life—family, money, work, relationships, communication, education, and spirituality—we can create physical and emotional health.

How to Use This Book

When Louise and I began our discussions about how to create the most useful book for you, we decided to structure it so you could look up the part of your body that is experiencing illness and work from there—just like in You Can Heal Your Life. However, you must remember that people are not simply individual organs bound together, so the illness in one part of your body will generally affect the health of another part. And emotions about feeling safe and secure in your family (first emotional center) also play into emotions about self-esteem (third emotional center). To fully heal, you must look at your life as a whole while giving extra attention to the organ or illness that’s causing you the most trouble. Feel free to flip directly to the part of the book discussing your personal problem area, but remember that you may also find important information about other imbalances in your life by reading through the entire book. Having a complete picture of your strengths and weaknesses can help you create a long-term plan for a healthy life in all your emotional centers.

As you work your way through the book, I’ll help you tap into your body’s intuition surrounding the organs in each emotional center.
center so you can understand the messages your body is sending. But remember, only you can decide what your body is really telling you. This book is a general guide that matches what is commonly seen and what the science mostly supports.

After you have determined what your body is telling you, Louise and I will walk you through healing techniques that address the numerous reasons why we get sick. While we won’t give specific medical advice in this book because good medical advice is unique to each individual, we will provide case studies that give you an idea of some of the basic types of medical interventions to consider. More important, we will lay out affirmations that you can repeat to yourself multiple times throughout your day and behavioral suggestions that you can immediately incorporate into your own life. These tools will help you change your thoughts and habits to create health.

There is one thing to note about the case studies. These sections highlight the extremes of people with problems in a single emotional center. However, it’s important to remember that most people don’t have just one problem—they can have many, whether it’s infertility, arthritis, and fatigue or some other combination of issues. In our case studies we focus only on the predominant issue that is associated with each emotional center. To cover all the imbalances and problems in each person’s life would lead to an encyclopedic tome that wouldn’t be nearly as accessible to the vast majority of people as we have crafted this book to be. So don’t be surprised if you recognize yourself in many of the descriptions we lay out.

While you’re reading, your intuition may scream out, or perhaps it will simply make a quiet squeak. The important thing is to listen to what comes up and work with it.

I’ve learned a couple very important guiding principles throughout my career: The first is that every single one of us, no matter our uniqueness, no matter what our personality quirks or our past emotional or physical trials, all of us can improve our health. The second is that we need to be open to every healing modality available to create health and happiness. Whether it’s
Integrating Healing Methods

vitamins and nutritional supplements, herbs and medicines, surgery, meditation, affirmations, or psychotherapy, everything can be helpful if you use it under the guidance of a skilled, healing professional you trust. *All Is Well* will help you find the combination of methods that is right for you.
Chapter 2

YOUR ALL IS WELL SELF-ASSESSMENT QUIZ

Louise and I have each worked with thousands of people, and one of the most important parts of this work is our initial intake—let’s just call it a getting-to-know-you process. This process allows us to assess where you stand now with your health and your emotions and gives us hints about the best way to help you.

The quiz in this chapter will guide you in doing the same thing for yourself. And by the time you finish it, you should have a better idea of where to start on your path to healing.

There are seven sections, each with questions covering both physical health problems and lifestyle habits. Answer yes or no to each of the questions. At the end of the quiz, there is a scoring guide to help you evaluate your current emotional and physical health. Then have a close friend take the quiz as though that person were you and compare the scores. It’s helpful to get outside perspectives because sometimes we cannot see our own lives clearly.
Quiz

Section 1

Body Health Questions:

1. Do you have arthritis?
2. Do you have spinal problems, disk disease, or scoliosis?
3. Do you have osteoporosis?
4. Are you prone to accidents, muscle spasms, or chronic pain?
5. Do you have anemia, bleeding disorders, or a tendency toward viruses or fatigue?
6. Do you have psoriasis, eczema, acne, or other skin disorders?

Lifestyle Questions:

1. Do you tend to give more than you receive?
2. Do you have trouble feeling loved by an independent person?
3. When you see someone in pain, do you feel that you have to rescue them?
4. Are you not good with group politics, or do you lack social savvy?
5. Were you bullied growing up?
6. Are you bullied in your current life?
7. Does your health tend to suffer during changes in seasons?
8. Does change make you nervous?
9. Is the boundary between your moods and someone else’s too easily penetrated?
10. Were or are you the black sheep of the family?
11. Are you the person everyone automatically goes to when they have a problem?
12. Do you tend to burn bridges in relationships after arguments?

Section 2

Body Health Questions:

1. Do you have health concerns associated with your female reproductive organs—your uterus or ovaries, for example?
2. Do you have vaginitis or other vagina problems?
3. Do you have problems with your male reproductive organs: prostate, testicles, or others?
4. Do you experience impotence or problems with sexual desire?

Lifestyle Questions:

1. If you lend money to a loved one, do you have a hard time charging interest?
2. Do you usually go into debt during the holidays?
3. Do you thrive on competition, or do people tend to say you are just a little too competitive?
4. Have you ever broken up a relationship over a career choice?
5. Do you have a lifelong pattern of being overeducated and underemployed?
ALL IS WELL

SECTION 3

Body Health Questions:

1. Do you have digestion problems, such as a peptic ulcer?
2. Do you have problems with addiction?
3. Are you overweight?
4. Do you have anorexia or bulimia?

Lifestyle Questions:

1. Do you think it’s vain to have a facial?
2. Do you tend to attract people who have trouble with addiction?
3. Do you know exactly how much fat there is in your love handle and hip region?
4. Do you have compulsive habits—shopping or eating, for example—that you use to calm your nerves?
5. Is your personal style—your fashion, mannerisms, and even your way of speaking—behind the times?

SECTION 4

Body Health Questions:

1. Do you have problems with your arteries or blood vessels?
2. Do you have arteriosclerosis?
Your All Is Well Self-Assessment Quiz

3. Do you have hypertension?
4. Do you have high cholesterol?
5. Have you had a heart attack?
6. Do you have asthma?
7. Do you have any breast disorders?

Lifestyle Questions:

1. Do people often tell you how you are feeling?
2. Have you been told that you are too sensitive?
3. Are your moods sensitive to weather and season changes?
4. Have you cried at work?
5. Do you cry easily?
6. Is it hard for you to get angry at a loved one?
7. Do you have a short fuse?
8. Do you stay home or away from people because you feel overwhelmed by emotion?

Section 5

Body Health Questions:

1. Do you have jaw problems?
2. Do you have thyroid problems?
3. Do you have neck problems?
4. Do you often get a sore throat?
5. Do you have other throat problems?
Lifestyle Questions:

1. Did you have trouble following directions when you were young?
2. Do you have trouble following directions now?
3. Is it hard for you to concentrate on cell phones or a speakerphone call?
4. Do you tend to have long arguments or misunderstandings with friends or loved ones over e-mail?
5. Do you say yes simply to end an argument?
6. Do you have dyslexia or problems with stuttering, learning languages, or public speaking?
7. Do you communicate better with animals than people?
8. Do people often turn to you to fight their battles for them?

Section 6

Body Health Questions:

1. Do you have problems with insomnia?
2. Do you get migraine headaches?
3. Are you worried about getting or looking older?
4. Do you have Alzheimer's disease?
5. Have you had cataracts?
6. Do you experience dizziness?
Lifestyle Questions:

1. Do you have trouble keeping within the word limits on essay tests?
2. Do you have problems with multiple-choice tests?
3. Is your mind always in the clouds?
4. Do you drag your feet when it comes to learning new technology?
5. Have you ever experienced serious trauma or abuse?
6. Can you feel “spirit” when you’re in nature?

Section 7

Body Health Questions:

1. Are you experiencing a chronic illness?
2. Have you been diagnosed with an incurable disease?
3. Do you have cancer?
4. Is your health so bad that you are on the verge of death?

Lifestyle Questions:

1. Do you have a driven, indomitable spirit?
2. Are you always working—never taking a sick day?
3. Are you lost as to what your true life’s purpose is?
4. Do you tend to have one life or health crisis after another?
5. Do most of your friends and family seem to be moving away or leaving you in other ways?
ALL IS WELL

Scoring

To score the quiz, simply count the number of yeses in each section.

SECTION 1

We Are Family—The First Emotional Center: Bones, Joints, Blood, Immune System, and Skin

If you answered yes to:

- **0 to 6 questions:** You are truly at home in the world, and your healthy bones, joints, blood, and immune system reflect this. Your health challenges are likely to be in other areas.

- **7 to 11 questions:** You have occasional family problems, and that twinge of joint pain, the frustration of skin problems, or the discomfort of immune system issues will let you know. So make sure to tune in and try to get these things under control before they grow into something much worse.

- **12 to 18 questions:** Brace yourself! It's time to reevaluate how to get family or other group support. You need to focus on the health of the first emotional center right away by working to create a more secure life. Go to Chapter 4 to learn what changes you can make to help rid you of your bone, joint, blood, immune, and skin problems.
Section 2

It Takes Two—The Second Emotional Center: Bladder, Reproductive Organs, Lower Back, and Hips

If you answered yes to:

- **0 to 2 questions:** You are truly a powerhouse in your capacity to financially and romantically negotiate your way through life. With your ability to balance love and money, your health challenges are more likely to come from other body regions.

- **3 to 5 questions:** You have average ups and downs with love and finances. However, that occasional hormonal mood swing or lower-back pain may indicate that you need to look for an unstable relationship or financial issue somewhere. Just remember to keep vigilant in your efforts.

- **6 to 9 questions:** Your life has been a struggle over how to handle both financial independence and intimate relationships. Your health challenges with lower-back and hip pain or hormonal, reproductive, or bladder problems are likely to help give you intuitive warnings that you need to find a better way to balance money and love. Go to Chapter 5 right away to gain insight on how to create this balance.

Section 3

A New Attitude—The Third Emotional Center: Digestive System, Weight, Adrenal Glands, Pancreas, and Addiction
If you answered yes to:

- **0 to 2 questions**: You have an innate sense that you are lovable and can focus on your own needs, yet you have enough discipline and responsibility to handle a job and meet your responsibilities to others. Take a bow. This is rare. With your capacity to balance your own identity, your challenges are more likely to come from other body regions.

- **3 to 5 questions**: Your occasional struggles with work and your self-esteem are likely to materialize in only occasional problems of indigestion, constipation, bowel irregularity, or weight concerns. So keep an eye out for any growing imbalances in these areas.

- **6 to 9 questions**: You know you have self-esteem issues. Your lifelong struggle to feel empowered by a career and to simultaneously love yourself is likely to have resulted in illness of your digestive tract and kidneys or in issues with weight or addiction. Chapter 6 can help you learn important ways to change your thoughts and behavior to lead to health in this emotional center.

Section 4

**Sweet Emotion—The Fourth Emotional Center: Heart, Lungs, and Breasts**

If you answered yes to:

- **0 to 4 questions**: You are one of those rare individuals who can take care of a child, an aging parent, or anyone for that matter and still manage to keep your wits about you. You were born with a strong mental and emotional constitution. Good for you.
**Your All Is Well Self-Assessment Quiz**

- **5 to 10 questions:** Your heart, respiratory, or breast problems might signal sadness, anxiety, or frustration with a child or partner, but you won't be sidetracked for long. You have resilience, and somehow you know how to bounce back!

- **11 to 15 questions:** Watch out! Your lifelong struggle managing your emotions in your relationships can make life seem like a soap opera or bad reality show. Sometimes you may want to run away and live in a monastery just to get away from it all. But your health is within reach. Check out Chapter 7 to see what you can do to heal yourself.

**Section 5**

**Something to Talk About—The Fifth Emotional Center: Mouth, Neck, and Thyroid**

If you answered yes to:

- **0 to 4 questions:** Congratulations on your impressive communication skills. You know how to express your own needs and listen to the point of view of those around you. You know yourself and how to be strong and empathetic at the same time. Good for you.

- **5 to 8 questions:** You have only the occasional disagreement with friends, children, parents, co-workers, or your partner. And even though you lock horns, your conflict doesn't last long and neither do the health problems that tend to develop in your neck, thyroid, jaw, or mouth. When a communication style isn't working, you will temporarily get neck or jaw tightness or dental
ALL IS WELL

problems that will quickly help you reevaluate a better way to communicate.

- **9 to 13 questions:** You probably don’t need to hear this from us, but you have had a lifelong struggle to feel heard and understood by others. You’ve also had problems listening to those around you. It’s important that you learn to communicate while being aware of all sides of a situation—peacefully having a voice and simultaneously hearing. Chapter 8 will set you on the right path.

**Section 6**

**Suddenly I See—The Sixth Emotional Center: Brain, Eyes, and Ears**

If you answered yes to:

- **0 to 3 questions:** How do you do it? You are one of those rare individuals who was born with a stable mind-set and doesn't tend to struggle with the unknown. Call it faith. Or call it traveling through life on autopilot. It doesn't matter. You've learned not to struggle, and you gracefully adapt to the changes in life. Your health problems are probably not to be found in the brain, eyes, and ears.

- **4 to 8 questions:** You have only the occasional problem struggling with pessimism and narrow-mindedness about the future. However, an inner voice eventually tells you that your mind is not your friend. And the headache, dry eyes, or bout of dizziness that occurs when you are in a pessimistic funk will soon get your attention and force you to look at your world with a healthier perspective.
Your All Is Well Self-Assessment Quiz

- **9 to 12 questions**: Take a deep breath. The cause of your problems is your lifelong struggle to clearly see and hear the world as it really is. You need to widen your scope of perception, making your mind-set more adaptive and flexible. By being open to how life flows, and releasing your expectations about how you think life should be, you can create better health in your brain, eyes, and ears. Learn more about this in Chapter 9.

**Section 7**

**Changes—The Seventh Emotional Center: Chronic and Degenerative Disorders and Life-Threatening Illnesses**

If you answered yes to:

- **0 to 2 questions**: You are at a stable point in life. You’ve watched other people suffer health disasters but you’ve remained healthy. Congratulations, and keep it up.

- **3 to 5 questions**: You have only the occasional medical issue. Your faith may have been tested on those few times when you got the painful medical results back from the doctor. Since you’ve had these experiences before, keep an eye out for anything your body may be trying to tell you before it gets to the point of dealing with these dramatic situations again.

- **6 to 9 questions**: Don’t worry; you have company. You’ve known for a while that you need help. You meditate, pray, and have an array of medical support people to help guide you through the crises. However, you are worn down. To have a better life, you need to examine how to change and grow in partnership
ALL IS WELL

with Divine spirit. Join us for the adventure in Chapter 10.

Now that you’ve evaluated your current situation, let us take the next steps to create health together.
A PERSPECTIVE ON USING MEDICINE

Some readers who are drawn to this book may be tempted to opt out of the healing options modern medicine provides. This could be because they see using these as proof that other options won’t work, or perhaps because of some level of distrust of the modern system. But in my experience—both with my own health and through my patients—I’ve found that medicine is an essential part of the equation.

Around the world over a period of some years, health care has undergone seismic shifts. For centuries or perhaps millennia, when it came to healing, people focused on engaging skilled practitioners who used techniques such as dream interpretation and intuition. Because they didn’t have the technology we use today, they relied on these mystical skills to lead them toward a cause and a cure. For example, in ancient Greece, instead of employing a radiologist to get an MRI or CT scan, ancient physicians would go into an altered, dreamlike state and intuitively accessed information about their patients’ illnesses. Healing involved looking at the whole person and attempting to restore balance to restore health.
In recent years, science has changed this whole-person, balance-focused perspective on health. Diagnostic tests, drugs, specialists, and many technical advances have made the world a healthier place. Average life expectancy has gone up. The incidence of maternal death during childbirth has plummeted. We have medications that can eradicate horrible diseases. Think of the havoc wreaked on Europe during the mid-14th century. The bubonic plague—the Black Death—killed somewhere between 30 and 60 percent of the entire population. Can you imagine? And the bubonic plague is still around, but its impact has been minimized by treatment with antibiotics. Modern medicine really has accomplished amazing feats.

As a physician and healer, I cannot stress enough the importance medicine plays in healing. If you are ill, you should contact a medical practitioner. These professionals have the knowledge and skill to use technology to your advantage. They can prescribe unique practices and medicines based on the combination of symptoms and ailments you present.

But it is also important to remember that medicine has its limits. That’s why we’re writing this book.

As the field of healing has shifted, many people have moved away from any interaction with the mystical. The miraculous cures that technology has brought about seem to offer more modern and tidy solutions. But remember that technology makes mistakes, too. Blood tests and pregnancy tests frequently come back with faulty results. Medications have side effects. Things go wrong.

So what’s my point? That technology without limits is folly. And intuition alone is equally foolish. We must use a combination of techniques—and employ a combination of experts—to achieve true health. In fact, my life is a perfect demonstration of how medicine, intuition, and affirmations can heal your life.

Back in 1972 when I was 12, my family had a lot of financial stress, and we had many conversations about money. Within a period of three months my spine curved into a severe case of scoliosis, which necessitated surgery. Because of my spine’s altered structure, I developed an enlarged heart and decreased lung
capacity as well. The surgery was dramatic and lifesaving—complete with rods and screws.

I remember walking down Longwood Avenue in Boston before the surgery, looking up at the tall medical buildings and saying to anyone who would listen, “Someday, I’m going to come back here, and I’m going to study medicine and science.” That surgery changed my future. The doctors saved my life by using medicine; as a result, I became a physician and a scientist so I, too, could save people’s lives.

But life has a way of not working out exactly the way we expect it to. As a pre-med student, I developed narcolepsy that made my consciousness—my intellect—go on the blink. I couldn’t stay awake in my classes. It looked like my dreams of being a doctor and a scientist were going down the drain. They simply weren’t going to materialize because I couldn’t keep my grades up if I couldn’t keep my eyes open.

So again I turned to medicine. And again the doctors helped; they found a drug that would keep me awake. But I soon had to stop taking it because of a life-threatening side effect. Sadly, my dependable world of medicine had nothing else to help me.

This development launched a series of voyages into other healing methods. I tried one after another: alternative, complementary, integrative—you name it. I tried Chinese herbs, acupuncture, and even a macrobiotic healing diet for three years. All these methods helped me somewhat, but none completely worked in my quest to stay awake.

A wonderful thing that came out of this exploration was that I learned, through seeking help from a medical intuitive, about my brain’s facility for intuition. Out of desperation, I also went to a shaman, who told me that when I learned how to access my intuition, my health problems would get better.

But all these advisors could only take me so far. There was one element of my health that was not being addressed—my emotions! I had begun to see a pattern developing. I found that if I was angry about something for a very long time, or if I was around irritating, angry people, my narcolepsy would act up and I would end up falling asleep—against my will—within 24 to 48 hours. Believe
me, I timed it; it was always 24 to 48 hours. And I figured out that if I was nervous about something, or around anxious, high-strung people, I would eventually start feeling sleepy. Lights out! The same thing was true for people who were sad or depressed.

One day I walked into a bookstore and found Louise’s little blue book. While I had seen that certain thought patterns were associated with illness, I didn’t know how to use this knowledge to get healthy—other than to avoid certain people or situations, which just isn’t practical in the long run. But Louise’s book offered me the tools I needed to neutralize the negative thought patterns that I knew were contributing to my health problems: affirmations!

It was certainly worth a try. Conventional, alternative, and complementary medicines were all helping some, but not completely, and avoiding someone else’s emotions or my own was getting exhausting. So I got out a notebook, and with some choice pens started writing specific affirmations that seemed to be associated with my health problems:

I choose to see life as eternal and joyous. I love myself just the way I am. I love myself just the way I am.

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

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

These are classic Louise Hay–isms. I repeated them over and over again, and slowly but surely my sleep spells decreased. I got into medical school and graduated with an M.D. and a Ph.D. I never would have been able to do this without affirmations.

I've had my share of ups and downs with my health over the years. (Haven’t we all?) Each time I had a down, I’d turn to conventional and integrative medicine. I’d also take out Louise Hay’s book, and I’d use medical intuition to find the imbalances in my life. This combination always did the trick.

This is how I stay well. Medicine, intuition, and affirmations. It's also how I help other people.

Recently, the spine problem that started when I was 12 began to escalate. I started to list forward like the Leaning Tower of
A Perspective on Using Medicine

Pisa—I stood at a 70-degree angle, always facing toward the ground. The surgeons I saw in Phoenix, Arizona, said it was straight back syndrome, a complication of the extensive scoliosis surgery I had had nearly 40 years before. I couldn’t walk very far or lift my arms. Intuition told me to reevaluate the structure and support in my life, and I did. I looked at my purpose with the help of spiritual advisors and friends. I also worked with a Chinese acupuncturist and qigong master, but all these remedies only took me so far.

I still wanted to be able to walk. The surgeon said that an operation was necessary or I’d be in a wheelchair. So on February 13, 2012, I went to the operating room—and almost died when an abnormal vein blew during surgery. Medicine again saved my life. The surgeon stopped the bleeding, resuscitated me, and fixed my spine, making me three inches taller. And he gave me back my life.

I would love to tell you that medicine alone—so neat, so tidy, so rational—was the saving grace. I was in the ICU for more than two weeks and in the hospital for four weeks: let us say recovery was tricky. But now I’m better than ever. So what was it that brought me back? Of course, in the hospital, I used medicine. And I used intuition to figure out how to strengthen my body and create balance in my life. I relied heavily on affirmations to change my thoughts. And believe me, they needed changing! This is how you heal the whole person. How you create lasting health. Medicine alone wouldn’t do it, and neither would intuition or affirmations. Only a balanced approach holds the full promise of healing.
A Final Note from Louise

Thank you, dear readers, for coming on this journey with me. Creating this book with Mona Lisa has provided ample opportunity for me to learn even more about my own work. I now have a much deeper understanding of what I have been teaching for years. I see the depth of patterns—both in wellness and in disease—and how these affect our lives. And I see even more vividly just how connected our thoughts, emotions, and health are.

I know you will use the information in this book to create a healthy and happy life. Here’s to a new wave of personal healing!
Completing a book is a matter of, in the words of Barbra Streisand, “Putting It Together.” And there are many people and companies who have been instrumental in this process and in making it possible for me to teach its material on the road. Some may be obvious and some may surprise you but all have been an enormous help.

I spent a lot of time and work on this with, of course, the wonderful Louise Hay, the great legend in mind-body medicine. The times I spent with Louise on Skype going over case studies have been some of the most monumental of my life. I spent 35 years educating myself in classrooms, hospitals, libraries, and laboratories trying to put together, bit by bit, the connection between emotion, intuition, the brain, the body, and health. She sat in a room listening to clients’ stories and came up with the same information. Go figure. I am honored to work with this giant of woman.

To the people who I go to for advice, Hay House CEO Reid Tracy and COO Margarete Nielsen, thank you for giving this kid a chance. And I would never, never, never forget my wonderful editors who help me with my paretic left hemisphere. Patty Gift, true to her name, is a gift—and on her way to becoming a legend in this industry. We go way, way back. And Laura Gray, I have submitted your name to the Vatican for sainthood for what you have
done with this book, especially the endnotes. You are brilliant, patient, and calm, and you somehow maintain this stance without a positive tox screen. How do you do it without valium? People want to know. To rockstar Donna Abate, all the people in publicity and production, plus Nancy Levin and all the conference crew—you make Hay House a legend in the publishing industry, so says The New York Times.

To my southern family, Miss Naomi, Mr. Larry, and everyone else around Peaceful Valley. You have prayed for me throughout life and back to life. We have laughed, cried, and learned a lot together. Through floods, national and natural disasters, and all the good times, you are always there with that drawl saying, “Well, Honey, we lo’ove you!” I lo’ove you, too, and thank you. And while we’re talking southern, thanks also to Helen Snow for those wonderful pseudo-obscene “Cheep Cheerios” chicken graphics. They make my day.

Caroline Myss, my conjoined twin, separated-at-birth and put up for adoption. Who also has the gene for Montblanc pens and animated art, among other biological “conditions”—you make me feel so loved. How about a hand of Portuguese poker? Deuces and one-eyed jacks are wild. Your mom, Delores, the card-shark, can deal.

What would I do without my Sephardic-sister Laura Day? Weekends in the “city” with mad-cap adventures. I love you to pieces. To my Portuguese cousin Barbara Carrellas, an authentic genius in her field. You are always there for me when I need you. And to my Australian aunt, Georgia, who created scandal in the hospital during my recent surgery by bringing genitalia-shaped chocolates to my room. The line of people who wanted a sample wound down the hospital corridor. What an original with a big heart and brain to match.

Helping me hold to my vision, Avis Smith is a rare Hebrew teacher and Torah scholar. I am proud to call her my chavrusa. And thank you to Artscroll for not filing a restraining order because of all those books I ordered.

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To Drs. Janie and Gerald LeMole for being there in Phoenix, Arizona, when I, as they say, almost bought the farm. You saved my life and helped me walk again. Thank you.

Advancing art is easy; financing it is not. Thank you to my money team George Howard, Paul Chabot, and Peter the Accountant. And then there are the web people who keep things going along the ethers. Thank you to Mr. Jeffrey and Wanda Bowring. I do not know how you do what you do, but keep doing it. Ditto for my transcriptionist, Karen Kinne. How would I live without you? You can type the voice in my head. And Marshall Bellovin, thank you for expert, balanced legal advice. You are my Perry Mason.

If it weren’t for the skilled people at Hay House Radio, my radio show wouldn’t happen. Thank you to the lovely Diane Ray and all the people who work the board. You people keep a cool head even when those strange electrical accidents tend to happen around me. Thank you.

I am blessed to have the loyalty of so many people. Thank you to Omega and Susie “Debbie” Arnett, who’s amazing, as is Martha at Kripalu. Thank you also to Marlene and my TV people at Kundali Productions.

And now to thank the people in the orchestra pit—the people who make my day-to-day life go smoothly so I can work on things like this book. Working the bigger instruments on the outside is the wonderful Mike Brewer. He keeps up the lawns, gardens, and my outdoor inflatables all year long and manages to keep the reindeer system lit up year after year. Then Holly Doughty handles the smaller instruments inside. My house has never been so clean. I no longer need an inhaler for asthma; my internist thanks you too. Thanks to Custom Coach who pick me up at God-knows-what hours and do many things outside the call of duty.
Thanks to my appearance team: Joseph Saucier at Boston’s Escada who prevents me from looking cheap from a clothing point of view. Darryl who does my hair at Acari salon. You understand my Hair-neurosis. Thank you. And I must acknowledge the makers of Spanx. Thank you for helping women who have abdomens feel normal and not look pregnant. Someone needed to say that. And while we are at it, thanks to Cecilia Romanucci at Chicago's O'Hare Airport Montblanc store who keeps me outfitted with all these fountain pens.

Moving right along . . . the Harraseeket Inn helped keep me stay alive with organic food with spunk, ambience, and just the right amount of attitude. Thanks to owners Rodney “Chip” Gray and Nancy Gray, barkeeper Ronda Real, chef Mary Ann McAllister, manager Marsha, and all the waitstaff. If any of you readers are lucky enough to go there, get the apple and blueberry pie and say I sent you, but don’t take my seat at the bar.

Harmonizing every negotiation, Julie Tavares, my CEO, is my voice of reason—a calming presence who delivers a good swift kick when necessary. Thank you. What a peach. Then there’s Lizette Paiva, my COO, a Portuguese Hot Tamale, 4’11" and tough as nails. An intuitive genius in her own right.

And to add to the perfect orchestration of my life, my cat kingdom: Miss Dolly, Loretta-Lynn, Conway Twitty, Jethro Bodine (yes, that's a nod to the southern influence), Sigmund “Siggy” Feline, and Horatio.

And finally, I am so grateful to you, the reader, for having been drawn to this work. Thank you for being here.
Louise L. Hay, the author of the international bestseller You Can Heal Your Life, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide.

For more than 30 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Visit www.LouiseHay.com.

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