



PROFILE

LOUISE HAY

HOW TO BE HAPPY

Madre del pensiero positivo, un metodo nato da una vita in cui la sofferenza è stata tutt'altro che assente. Louise Hay non solo ha fatto tesoro di ogni momento ma ha anche aiutato, attraverso libri e corsi, milioni di persone a ritrovare la serenità, ad amare se stesse e a riscoprire il proprio potenziale.

By Talitha Linehan

PRE-INTERMEDIATE **A2**

SPEAKER
CHUCK ROLANDO 

TRACK 5 

Love is the great miracle and positive thinking can change your life. This is the message of American motivational author Louise Hay. She has dedicated her life to teaching healing¹ techniques and positive philosophy to millions of people around the world.

A DIFFICULT CHILDHOOD

Hay, 89, didn't have a positive beginning in life. She was born to a poor mother in Los Angeles, California. Her stepfather² was a violent man who abused her. When she was 15, she left school and had a baby, who she gave up for adoption. She then moved to Chicago and later to New York City. When she was around 25, her life changed. She became a successful model and she married a rich businessman. But 14 years later, her husband left her for another woman and she was devastated. This is when she discovered the First Church of Religious Science. It taught her the power of positive thinking.

RELIGION

Hay studied the church's philosophy and became a church leader. She says that she was diagnosed with incurable cervical cancer in the 1970s. She refused conventional medication and instead,

created an intensive programme of affirmation, visualization and psychotherapy. She says that the abuse that she suffered as a child caused the cancer. Six months later, she was completely healed.

For more than 20 years, Hay has been helping other people to apply her methods to their lives by organizing conferences and writing books. She started writing her first book, *Heal Your Body*, in 1976. It has sold more than 50 million copies and has been translated into more than 30 languages. There is also a 2008 film about her life, called *You Can Heal Your Life*.

HELPING OTHERS

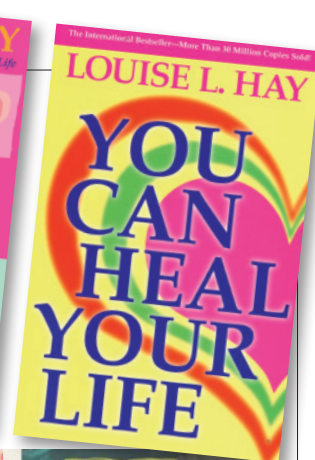
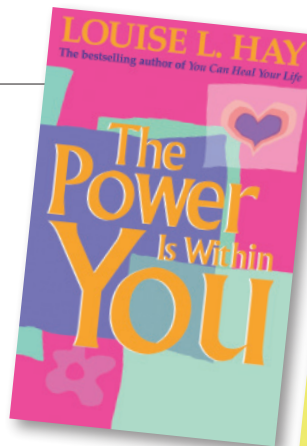
In 1984, Hay founded a publishing company called Hay House. Hay is an advocate³ for people with AIDS and has a non-profit organization called the Hay Foundation. It helps AIDS victims, abused women and other people in difficult situations.

Many people say that Hay has helped them to heal physically, psychologically and spiritually. She lives in San Diego, California, but continues to travel the world sharing her positive message with everyone she meets. In her free time, she likes painting, gardening and dancing. ☒

GLOSSARY

- 1 healing:** guarigione
2 stepfather: patrigno
3 advocate: sostenitrice

Right: books by Louise Hay and (below) some of her observations about love and life. Below left and below right: Lucia Giovannini, "the Louise Hay of Italy." Opposite page: the real Louise Hay.



THE LOUISE HAY OF ITALY

B1 LOWER INTERMEDIATE



Lucia Giovannini is "The Louise Hay of Italy." She told us about the "Hay Method":

One of the main¹ points of this philosophy is that our thoughts² are **creative**. Thoughts are like drops³ of

water – they accumulate over time. As we continue to rethink the same thoughts over and over, they grow⁴. If they are positive thoughts, we can float⁵ on the ocean of life. If they are negative thoughts, we can drown⁶ in a sea of negativity.

A **second** important point is that we are worth loving⁷. All of us. We do not have to earn⁸ love. We do not have to earn the right to breathe⁹; we breathe because we exist. **We are lovable because we exist.**

Another important point is that **self-approval** and **self-acceptance** are the keys to positive changes. How can we expect others to love and accept us if we do not love and accept ourselves?

Find more at: www.healyourlife.it, www.blessyou.me/corsi/louise-hay/ and www.louisehayitalia.com: here you can even mention a symptom, or a part of the body that is causing problems, and you will learn why (according to the Hay method).

GLOSSARY

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| 1 main: principali | 7 we are worth loving: meritiamo di essere amati |
| 2 thoughts: pensieri | 8 to earn: guadagnare |
| 3 crops: gocce | 9 to breathe: respirare |
| 4 they grow: crescono | |
| 5 float: galleggiare | |
| 6 drown: annegare | |

