

“There is so much love in your heart that you could heal the entire planet. But just for now let us use this love to heal you.”

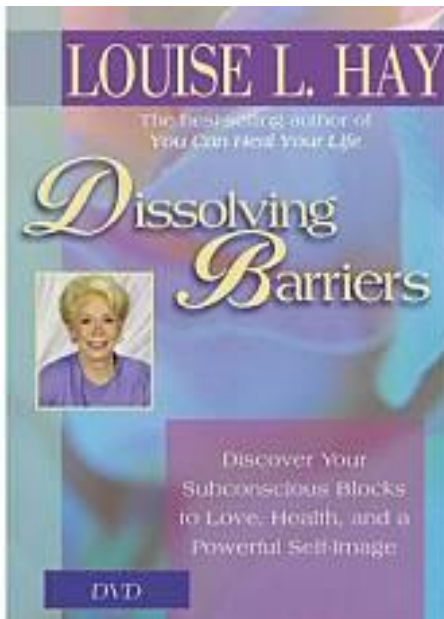
~ Louise L. Hay



**Louise Hay is author of a well-known book, You Can Heal Your Life.**

- *The basis for her talk in the video Dissolving Barriers is that barriers are usually created by our criticism, resentment, fear or guilt. These four things seem to be the main reasons most people aren't able to reach their goals or find satisfaction in life.*
- *She said she hoped that from her talk people would be able to glean one sentence that would help them improve their lives and let go of the past.*
- *One suggestion she gave, which I will use, is to make a list of fears and turn each one into a positive affirmation. For example, a fear of heights could inspire the affirmation, "I'm comfortable and happy looking down from high places," or, "I feel safe and content when I'm up high."*

*I recommend this video to anyone who feels they have any barriers to prosperity, good relationships, or total happiness. I think most of us do have barriers of one type or another. This DVD helps us focus on them and resolve our problems.*



**Movie Night**

**Dissolving Barriers - The Video**

**When - 6th Oct 2011 at 6 pm**

**Confirm participation with Leona Fernandes - 09960431362**