

Love yourself

Author of 'You Can Heal Your Life' lays down the guidelines

Louise Hay, author of "Heal Your Life," will be in the Detroit area Thursday through Sunday, June 11-14, for a "Love Yourself-Heal Your Life" lecture and workshop.

The metaphysical counselor will lecture at 7:30 p.m. June 11 in Smith Theater, Orchard Ridge Campus, Oakland Community College. Her workshop will run from 9 a.m. to 6 p.m. June 13-14 in Fairlane Manor, 19000 Hubbard Drive, Dearborn.

Hay's philosophy is stated simply and clearly in the beginning of her book:

"We are each 100 percent responsible for all of our experiences. Every-

thing thought we think is creating our future. The point of power is in the present moment.

"When we really love ourselves,

everything is our life works. We create every so-called 'illness' in our body. We must release the past and forgive everyone."

"The book is filled with what the author calls 'healing treatments,' and includes a reference guide of the mental causes for physical diseases and environmental disharmony.

"Using the affirmations and saying the treatments daily can change even the most ardent disbeliever into an awaker of his or her own self-life and self-worth," she says.

HAY IS QUICK to counter anyone who refers to her as a healer.

"I do not heal anyone," she said. "I teach people to love themselves and as they learn to love and appreciate who they are, wonderful changes oc-

cure for them.

"The thoughts we think and the words we speak create our life experiences, including our illnesses. Release the need in your life for your condition and your illness can disappear."

Hay completed ministerial training with Church of Religious Science and holds a doctor of divinity degree from Science of Mind College. She has participated in numerous 'New Age' schools of thought, such as Mental Dynamics, Silva Mind Control, Loving Relationships Training, Rebirthing, est, Insight, SCI, Gestalt Synergy, and was a student of TM (Transcendental Meditation) at Maharishi's International University.

Her work as a practitioner and minister began about 16 years ago with terminally ill patients, alcoholics and the gay community.

In 1975 she wrote "Heal Your Body," which lists 150 mental causes for physical illnesses and describes metaphysical ways to overcome them. The book is now in its fourth, revised, printing.

In 1984, she wrote "You Can Heal Your Life," which is a compilation of the methods she teaches in her workshops. The book tells how beliefs and ideas about oneself are the cause of 'dis-ease,' and how by using affirmations, visualizations, meditation, forgiveness exercises and an exercise called 'mirror work,' one's thinking and one's life will change.

HAY'S SHARES her guidelines for "How To Love Yourself."

• **STOP ALL CRITICISM.** Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.

• **TAKE CARE OF YOUR BODY.** Learn about nutrition. Learn what kind of fuel your body needs to have optimum energy and vitality. Learn about exercise. Learn what kind of exercise you can enjoy. Cherish and revere the temple you live in.

• **MIRROR WORK.** Look into

• **DON'T SCARE YOURSELF.** Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure (mine is yellow roses), and immediately switch your scary thought to a pleasure thought.

• **BE GENTLE, KIND AND PATIENT.** Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really love.

• **BE KIND TO YOUR MIND.** Self hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change your thoughts.

• **PRaise YOURSELF.** Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.

• **SUPPORT YOURSELF.** Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.

• **BE LOVING TO YOUR NEGATIVES.** Acknowledge that you created them to fulfill a need. Now you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.

• **TAKE CARE OF YOUR BODY.** Learn about nutrition. Learn what kind of fuel your body needs to have optimum energy and vitality. Learn about exercise. Learn what kind of exercise you can enjoy. Cherish and revere the temple you live in.

• **MIRROR WORK.** Look into



Louise Hay's visit to the area is sponsored by Detroit Holistic Health Association.

your eyes often. Express this growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them too. At least once a day say, "I love you. I really love you."

• **LOVE YOURSELF.** Begin it now. Do the best you can.

HAY'S VISIT to the metro area is sponsored by Metro Detroit Holistic Health Association.

"We're lucky to have been able to arrange to have her here," said Carol Damskey, a West Bloomfield

resident and spokesperson for the association. "This woman speaks all over the world and she's doing a lot of work with AIDS patients now. We feel very fortunate that we're on her schedule this year, and that we can bring a workshop which is innovative and addresses the roots of modern day illnesses."

Tickets for the lecture are \$5. Cost for the two-day workshop is \$200. There is a reduced cost for Holistic Health Association members. Damskey suggests arrangements to attend event be made in advance, by calling her at 646-1342, or Sally Palatin, a Southfield resident, at 358-1870.

Retired Volunteers give many services

The longer I stay in Sarasota, the more I am amazed at the variety of volunteer opportunities they find.

It was just weeks after Joe and I arrived here that I met Elinore, who had come with her husband about the same time. She already was volunteering at the Senior Friendship Center one morning a week, handing out free cheese, and she was lending a hand at a school for retarded children.

I soon learned that Elinore has a great deal of company.

In the condominium where we live, I've known for a while about Florence, who does Braille transcribing, and Sally, who has taught English to newcomers from other countries. Also Connie, who spends each Monday morning at a hospital volunteer. Recently I learned that June, another neighbor, helps at the nearby library each Friday afternoon.

THROUGH CHURCH I've met folks active in a charity organization that serves many migrant families, and others who do their thing preparing meals for shut-ins and delivering them. Then there is Louise in one church and Shelly in another, both of whom volunteer their services turning big displays of altar flowers into a dozen or so small bouquets for nursing home residents. They deliver them too. Mary is another nursing home visitor — she goes to play the piano for sing-alongs.

Several of my friends in the Amer-

ican Association of University Women find great satisfaction in tutoring elementary school children who are working below grade level. Others use their green thumbs as volunteers at Selby Gardens, a community showplace, and many help in various ways at Sarasota's Women's Resource Center.

THE LOCAL NEWSPAPER occasionally publishes a listing of volunteer opportunities, noting people are needed to type, fix things and provide all sorts of services.

That was the starting point for Muriel and Marietta, a couple of other super-volunteers I have met. Muriel was asked to screen volunteers for assorted needs. In doing so, she assigned herself to quite a few tasks. "I thought I should know what was involved," she explained, and she has just kept going in several volunteer posts.

Marietta, who has multiple sclerosis, finds rides to several volunteer opportunities and keeps busy. A retired school guidance counselor, she's now trying to work into her schedule a request from the school district for volunteer counseling.

Around here, there's no reason for any retiree to be bored. I know that's where I came from, and, I suspect it's true anywhere one might retire.

Margaret Miller was Suburban Life editor for Observer Newspapers for 16 years. She and her husband, Joe, have retired to Florida, where she writes Retirement Memos.

Atlantic Drapery Shoppe

GRAND OPENING SALE
AT OUR NEW FARMINGTON LOCATION
(Opening - June 1st)

By the yard
or
custom made

100,000 YARDS IN STOCK

476-7790 or 476-7035

32305 Grand River (W. of Orchard Lake) Farmington MI 49024

GOLD and SILVER TREASURES
from The Thyssen-Bornemisza Collection
May 21 through September 13, 1987

Edsel & Eleanor Ford House announces its first exhibition, 121 exquisite objects including silver, Renaissance jewelry, gold boxes, Fabergé and more, dating from the mid-16th century to the turn of the 20th century. Most of these objects have never been on public view in the United States.

Exhibition hours:
Mon.-Sat., 10 a.m. - 5 p.m.; Sun., noon - 5 p.m.; and evenings, Tues., Wed. & Thurs., 5-8 p.m.

Guided tours:
Mon.-Sat., 10 & 11 a.m.; Wed., 5, 6 & 7 p.m.

Admission: \$4, \$3 senior citizens, \$2 children. Advance ticket purchase recommended.

In addition to viewing the exhibition, tour the magnificent Edsel & Eleanor Ford House, open Wed.-Sun., 1 p.m. - 5 p.m. Prices for the house tour are the same as those for the exhibit.

Bea Jay, Silver, English 1758 SS by Phillips Collection

EDSEL & ELEANOR FORD HOUSE
1100 Lake Shore Road, Grosse Pointe Shores, Michigan, 48236
For information, call: 313-884-4222 or 313-884-3400

Furs by Arpin

Canadian Fur Specialist for Over 61 Years

Duty & Sales Tax Refunded Full American On Premium Funds

484 Pellissier St. • Downtown Windsor
1-519-253-5612

A GLIMPSE OF JAPAN

JUNE 1 - JUNE 7
An Exhibition of Japanese Flower Arrangements

Presented by Detroit Chapter 85 Ikebana International

****DEMONSTRATIONS****
Monday - June 1st - Kencho - 1:00 PM
Ichijo - 2:00 PM
Wednesday - June 3rd - Ohara - 1:00 PM
Sogitsu - 2:00 PM

SOMERSET - THE MALL
Big Beaver Road at Coolidge, Troy
Sunday 11:30 - Monday, Thursday 9:30 - Other Days 10:30

FAVORITE MONEY!

And if you'd like to help us, call 591-0500 to find about an Observer & Eccentric carrier route

detroit symphony
DESIGNERS' SHOWHOUSE

Executive Square Building
S H O W H O U S E
C A L E N D A R

SUNDAY: "Sunday Musicales"
TUESDAY: "Strawberry Delights"
WEDNESDAY: "Informal Fashion Fun"
THURSDAY: "Floral Fantasy"
FRIDAY: "Designer Day"
SATURDAY: "Ask the Supplier"

1773 HERON RIDGE DR., BLOOMFIELD HILLS
Phone: 851-0963
OPEN NOW thru JUNE 28
Tues. - Sat. Noon - 5 P.M. Sun. Noon - 5 P.M.
\$1.00 Off Admission With This Ad

ROLEX

See Michigan's largest in-stock selection of Rolex watches. Prices begin at \$75.

GREENSTONE'S
Creators of fine jewelry for over 60 years

528 North Woodward • Birmingham • 4 Blocks North of Maple • 642-2650
Hours: Mon. thru Fri. 9:30-6:00, Saturday 9:30-5:00 • Major Credit Cards Welcome