

USA \$9.95 • CAN \$11.95 • UK £5.99  
Publisher's Price Higher in Other Countries

Self-Help

## The Present Moment

This little book is filled with positive affirmations that will show you that your point of power is always in the present moment, and this is where you plant the mental seeds for creating new experiences.

Think about how you'd like to live and what you'd like to accomplish. Each day **Louise L. Hay** will help guide your thinking in positive ways to accomplish these goals. As you read this work, you'll find that you develop new mental habits that you can use for the rest of your life!



**Louise L. Hay** is a metaphysical lecturer and teacher and the best-selling author of numerous books, as well as the bimonthly *Louise Hay Newsletter*. For more than 25 years, she has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing.

Websites: [www.LouiseHay.com](http://www.LouiseHay.com)® and  
[www.LouiseLHay.com](http://www.LouiseLHay.com)®

Tune in to [HayHouseRadio.com](http://HayHouseRadio.com)® for the best in inspirational talk radio featuring top Hay House authors!



The Present  
Moment

Louise L. Hay



Spine photo of Louise: Charles Bush  
Cover design: Bryn Starr Best

ISBN 978-1-4019-1194-2



9 781401 911942

The best-selling author of *You Can Heal Your Life*

# Louise L. Hay

# The Present Moment

365 Daily Affirmations

## ALSO BY LOUISE L. HAY

### BOOKS/KITS

Colors & Numbers  
Empowering Women  
A Garden of Thoughts:  
My Affirmation Journal  
Gratitude: A Way of Life  
(by Louise and Friends)  
Heal Your Body  
Heal Your Body A–Z  
Heart Thoughts  
I Can Do It® (book-with-CD)  
Inner Wisdom  
Letters to Louise  
Life! Reflections on Your Journey  
Love Your Body  
Love Yourself, Heal  
Your Life Workbook  
Meditations to Heal Your Life  
(also in a gift edition)

Morning & Evening Meditations  
(book-with-CD)

The Power Is Within You  
You Can Heal Your Life  
(also in a gift edition)  
You Can Heal Your Life  
Affirmation Kit  
You Can Heal Your Life  
Companion Book

### COLORING BOOKS/AUDIOCASSETTES

#### FOR CHILDREN

The Adventures of Lulu  
Lulu and the Ant:  
A Message of Love  
Lulu and the Dark:  
Conquering Fears  
Lulu and Willy the Duck:  
Learning Mirror Work

### AUDIOS/CD PROGRAMS

Anger Releasing  
Cancer  
Change and Transition  
Dissolving Barriers  
Feeling Fine Affirmations  
Forgiveness/Loving the  
Inner Child  
Heal Your Body (audio book)  
How to Love Yourself  
Life! Reflections on Your Journey  
(audio book)  
Loving Yourself  
Meditations for Personal Healing  
Meditations to Heal Your Life  
(audio book)  
Morning and Evening  
Meditations  
101 Power Thoughts  
Overcoming Fears  
The Power Is Within You  
(audio book)  
The Power of Your Spoken Word  
Receiving Prosperity

Self-Esteem Affirmations  
(subliminal)

Self-Healing

Stress-Free Affirmations  
(subliminal)

Totality of Possibilities

What I Believe/Deep Relaxation

You Can Heal Your Life  
(audio book)

You Can Heal Your Life  
Study Course

Your Thoughts Create Your Life

### VIDEOCASSETTE

Dissolving Barriers

### CARD DECKS

Healthy Body Cards

I CAN DO IT® Cards  
(a 60-card deck)

I CAN DO IT® Cards for  
*Creativity, Forgiveness, Health,  
Job Success, Wealth, Self-Esteem,  
Romance*, (each deck has 12 cards)

Power Thought Cards  
Power Thought Sticky Cards  
Power Thoughts for Teens  
Wisdom Cards

### CALENDAR

I Can Do It® Calendar (for each individual year)

All of the above are available at your local bookstore,  
or may be ordered by visiting:

Hay House USA: [www.hayhouse.com](http://www.hayhouse.com)®  
Hay House Australia: [www.hayhouse.com.au](http://www.hayhouse.com.au)  
Hay House UK: [www.hayhouse.co.uk](http://www.hayhouse.co.uk)  
Hay House South Africa: [orders@psdprom.co.za](mailto:orders@psdprom.co.za)  
Hay House India: [www.hayhouseindia.co.in](http://www.hayhouseindia.co.in)

Louise's Websites: [www.LouiseHay.com](http://www.LouiseHay.com)®  
and [www.LouiseLHay.com](http://www.LouiseLHay.com)®





# The Present Moment

365 Daily Affirmations

Louise L. Hay



HAY HOUSE, INC.

Carlsbad, California

London • Sydney • Johannesburg  
Vancouver • Hong Kong • New Delhi

Copyright © 2007 by Louise L. Hay

**Published and distributed in the United States by:** Hay House, Inc.: [www.hayhouse.com](http://www.hayhouse.com) • **Published and distributed in Australia by:** Hay House Australia Pty. Ltd.: [www.hayhouse.com.au](http://www.hayhouse.com.au) • **Published and distributed in the United Kingdom by:** Hay House UK, Ltd.: [www.hayhouse.co.uk](http://www.hayhouse.co.uk) • **Published and distributed in the Republic of South Africa by:** Hay House SA (Pty), Ltd.: [orders@psdprom.co.za](mailto:orders@psdprom.co.za) • **Distributed in Canada by:** Raincoast: [www.raincoast.com](http://www.raincoast.com) • **Published in India by:** Hay House Publishers India: [www.hayhouseindia.co.in](http://www.hayhouseindia.co.in)

*Editorial supervision:* Jill Kramer

*Design:* Nick Welch

*Illustrations:* Digital Stock

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews—without prior written permission of the publisher. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

The material in this book is adapted from the *I Can Do It® 2006 Calendar*, by Louise L. Hay.

**Library of Congress Control Number:** 2005939097

ISBN: 978-1-4019-1194-2

10 09 08 07 4 3 2 1

1st edition, August 2007

Printed in China






# Introduction

This little book is filled with positive affirmations that will show you that your point of power is always in the present moment, and this is where you plant the mental seeds for creating new experiences. You're never stuck, for you can choose new thoughts and new ways of thinking. Your future can always be more positive, more loving, and more prosperous.

Think about how you'd like to live and what you'd like to accomplish. Each day I will help guide your thinking in positive ways to accomplish these goals. As you read this work, you'll find that you develop new mental habits that you can use for the rest of your life!

— Louise L. Hay

An abstract, colorful pattern consisting of thick, wavy, interlocking lines in shades of red, purple, teal, and white. The pattern is dense and fills the left side of the page.

The gateways  
to wisdom  
and knowledge  
are always  
open to me.



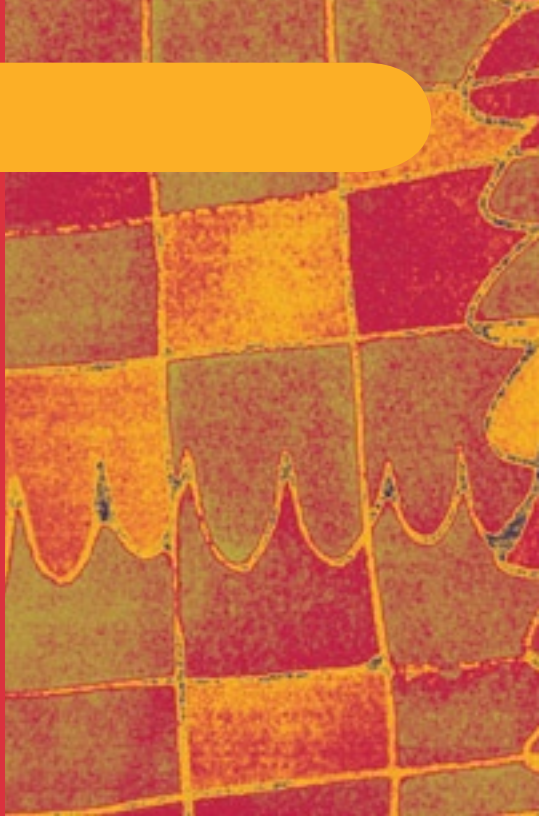
16


Equality and  
world peace begin  
with me. Today  
I express loving  
kindness to all.



20

I am patient,  
tolerant, and  
diplomatic.





I only speak positively  
about those in my  
world. Negativity has  
no part in my life.

40

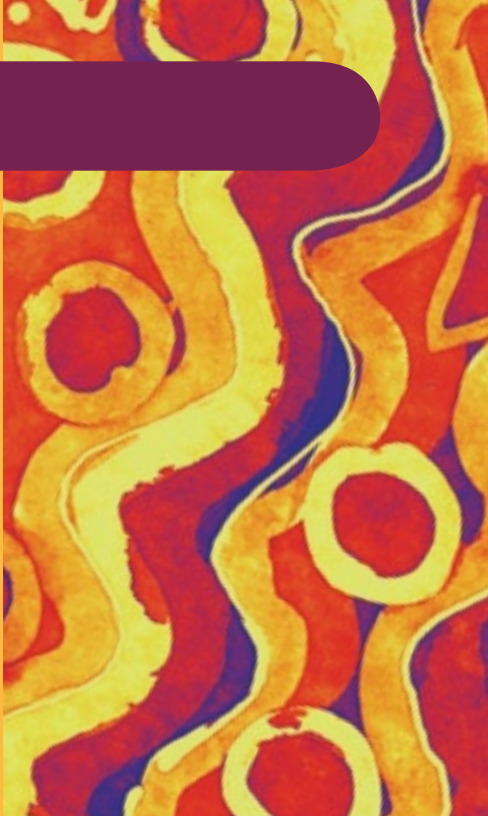
I rejoice in new  
growth. I leave  
all reservations  
behind me.





I give a portion  
of my time to  
helping others.  
It is good for  
my own health.

I laugh at life  
(and at myself),  
and choose not to  
be offended by  
anyone or anything.



I say *yes* to Life,  
and Life abundantly  
supplies me with  
everything I need.

58

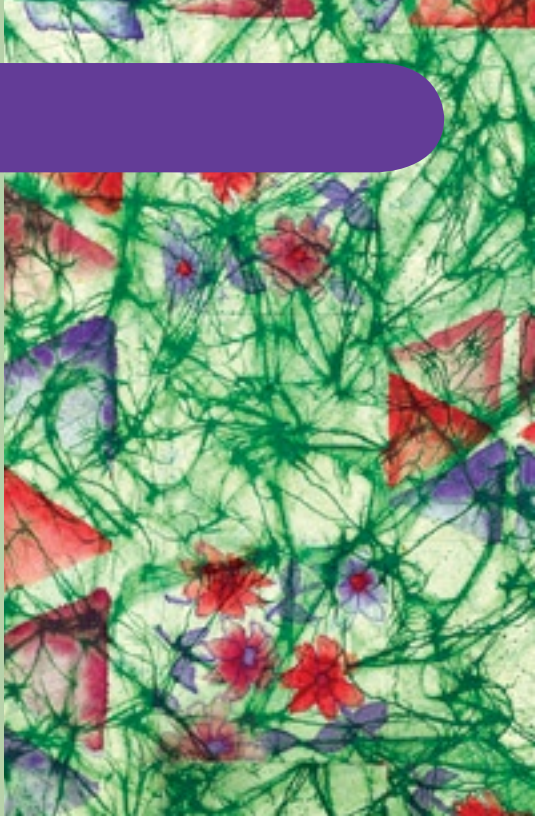
I am responsible  
for all of my  
experiences.





62


Every bridge I  
cross brings me  
to a higher level  
of fulfillment.



74

Everyone changes,  
and I allow change  
in everyone.






It is safe for me to  
be flexible enough  
to see others'  
viewpoints.

No person, place, or  
thing has any power  
over me, for I am  
the only thinker in  
my mind.





There is no  
need for me to  
struggle. I trust  
the Universe to  
take care of me.



I release and let  
go. I gladly give  
away all that I  
no longer need.

120

I learn my  
lessons in life  
easily and  
effortlessly.



My day begins  
and ends with  
gratitude.




The background features a vibrant, abstract pattern of overlapping, rounded shapes in shades of red, pink, purple, and teal, separated by white lines. A dark purple banner is positioned at the top, containing the page number. The quote is centered in the lower right area.

I view all  
experiences as  
opportunities for  
me to learn  
and grow.



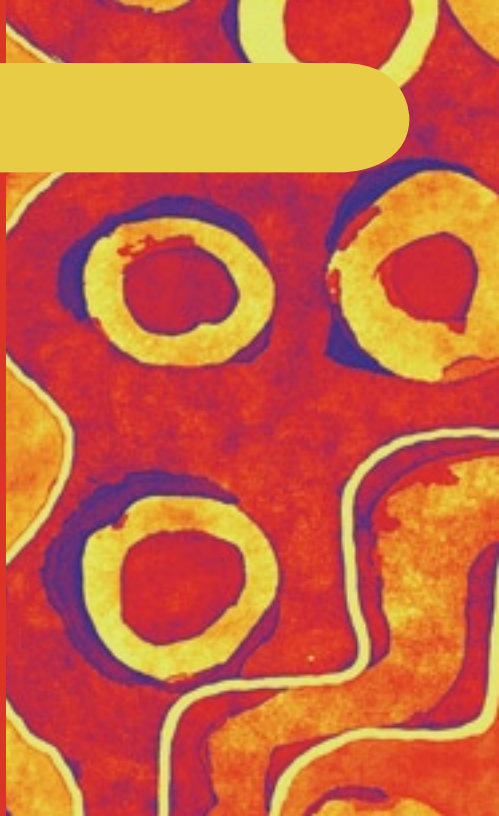
It is always easy  
for me to adapt  
and change.  
I am flexible  
and flowing.




All that I seek  
is already  
within me.

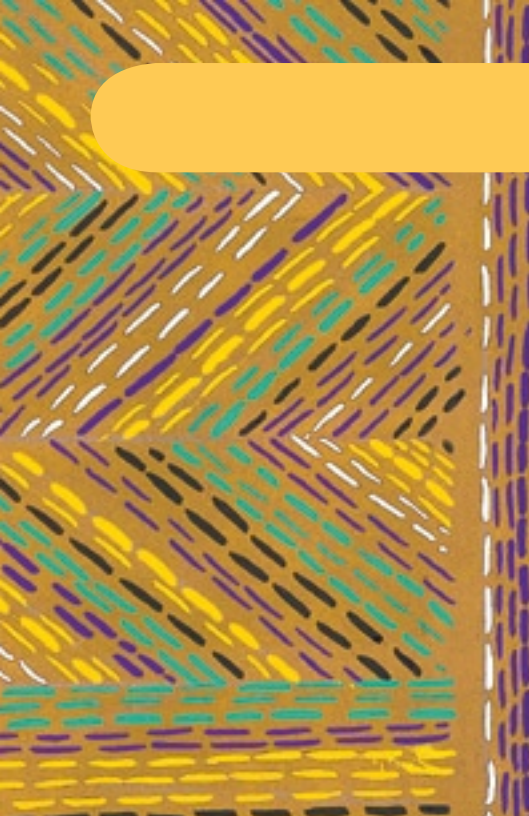
164

Whatever I need to  
know is revealed  
to me at exactly  
the right time.





I accept  
miraculous  
occurrences in  
my world.



I now release all  
expectations, and  
I know that I am  
taken care of.

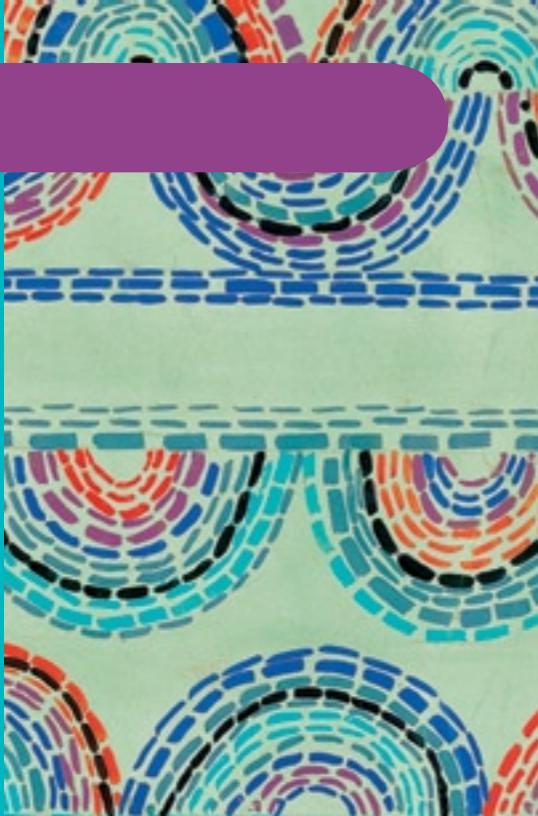
236

I act with honor  
and integrity in  
all that I do.




246


Every person,  
place, and thing  
on this planet is  
interconnected  
with love.







I constantly  
find new ways  
of looking at my  
world. I see beauty  
everywhere.



I am joyously  
exuberant and  
in harmony with  
all of life.



I handle all  
my experiences  
with wisdom,  
love, and ease.


288

Divine peace  
and harmony  
surround me  
at all times.





I respect others  
for being different,  
but not wrong.  
We are all one.




I have perfect faith  
in the Universe  
and its ability  
to support my  
every need.



327

I appreciate  
everyone and  
everything.

A watercolor illustration of a window with horizontal blinds. The blinds are partially open, showing a view of a landscape with a body of water and a dark, silhouetted structure, possibly a bridge or a building. The colors are soft and blended, with shades of blue, purple, and pink. The window frame is white with a dark outline. The background of the illustration is a mix of light and dark blue and purple washes.

I allow change  
to occur without  
resistance or fear.  
I am free.



354

Everything that  
surrounds me  
serves a purpose.



358


I go back to the  
basics of life:  
forgiveness,  
courage, gratitude,  
love, and humor.





361

I give to life  
exactly what  
I want life to  
give to me.



I am not responsible  
for other people.  
We are all under  
the law of our  
own consciousness.

## About the Author



Charles Bush

**Louise L. Hay** is a metaphysical lecturer and teacher and the best-selling author of numerous books, including *You Can Heal Your Life* and *I Can Do It*®. Her works have been translated into 29 different languages in 35 countries throughout the world.

For more than 25 years, Louise has assisted millions of people in discovering and using 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, audios, and videos that contribute to the healing of the planet.

Websites: [www.LouiseHay.com](http://www.LouiseHay.com) or  
[www.LouiseLHay.com](http://www.LouiseLHay.com)

To receive a free issue of *The Louise Hay Newsletter*, please call Hay House at: 800-654-5126.

# Hay House Titles of Related Interest

*Everyday Wisdom for Success,*  
by Dr. Wayne W. Dyer

*Healing Words from the Angels,*  
by Doreen Virtue, Ph.D.

*Never Mind Success . . . Go for Greatness!*  
by Tavis Smiley

*101 Ways to Jump-Start Your Intuition,*  
by John Holland

*Vitamins for the Soul,* by Sonia Choquette

\*\*\*

All of the above are available at your local bookstore,  
or may be ordered by visiting:

Hay House USA: [www.hayhouse.com](http://www.hayhouse.com)<sup>®</sup>  
Hay House Australia: [www.hayhouse.com.au](http://www.hayhouse.com.au)  
Hay House UK: [www.hayhouse.co.uk](http://www.hayhouse.co.uk)  
Hay House South Africa: [orders@psdprom.co.za](mailto:orders@psdprom.co.za)  
Hay House India: [www.hayhouseindia.co.in](http://www.hayhouseindia.co.in)



We hope you enjoyed this Hay House Lifestyles book.  
If you'd like to receive a free catalog featuring additional  
Hay House books and products, or if you'd like information about the  
Hay Foundation, please contact:



Hay House, Inc.  
P.O. Box 5100  
Carlsbad, CA 92018-5100

(760) 431-7695 or (800) 654-5126  
(760) 431-6948 (fax) or (800) 650-5115 (fax)  
[www.hayhouse.com](http://www.hayhouse.com)® • [www.hayfoundation.org](http://www.hayfoundation.org)



Tune in to **HayHouseRadio.com**® for the best in  
inspirational talk radio featuring top Hay House authors!  
And, sign up via the Hay House USA Website to receive the Hay House online  
newsletter and stay informed about what's going on with your favorite authors.  
You'll receive bimonthly announcements about: Discounts and Offers,  
Special Events, Product Highlights, Free Excerpts, Giveaways, and more!

[www.hayhouse.com](http://www.hayhouse.com)®



***Published and distributed in Australia by:*** Hay House Australia Pty. Ltd.,  
18/36 Ralph St., Alexandria NSW 2015 • **Phone:** 612-9669-4299 •  
**Fax:** 612-9669-4144 • [www.hayhouse.com.au](http://www.hayhouse.com.au)

***Published and distributed in the United Kingdom by:*** Hay House UK, Ltd.,  
292B Kensal Rd., London W10 5BE • **Phone:** 44-20-8962-1230 •  
**Fax:** 44-20-8962-1239 • [www.hayhouse.co.uk](http://www.hayhouse.co.uk)

***Published and distributed in the Republic of South Africa by:***  
Hay House SA (Pty), Ltd., P.O. Box 990, Witkoppen 2068 •  
**Phone/Fax:** 27-11-706-6612 • [orders@psdprom.co.za](mailto:orders@psdprom.co.za)

***Published in India by:*** Hay House Hay House Publishers India, Muskaan  
Complex, Plot No. 3, B-2, Vasant Kunj, New Delhi 110 070 • **Phone:** 91-11-  
4176-1620 • **Fax:** 91-11-4176-1630 • [www.hayhouseindia.co.in](http://www.hayhouseindia.co.in)

***Distributed in Canada by:*** Raincoast, 9050 Shaughnessy St., Vancouver, B.C. V6P  
6E5 • **Phone:** (604) 323-7100 • **Fax:** (604) 323-2600 • [www.raincoast.com](http://www.raincoast.com)

