

POSITIVE WORDS ANALYSIS

Paper PWR3/25.05.2016

Text analyzed: Affirmations contained only in the column "New Thought Pattern" found in the book "You Can Heal Your Life" by Louise Hay (in some books are the pages 146 until 207). Basically, I have analyzed only the affirmations (new thoughts pattern) that Louise Hay published in her book - these "new thoughts patterns" are to be repeated by people in order to heal themselves from certain diseases ("dis-eases" as Louise Hay calls them).

Tool used in analysis: Positive Words Researcher

Reference paper of the analysis: PWR3

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1. Results after analyzing the text with Positive Words Researcher

List of positive words found in the text

ABLE - occurrences: 1

ACCEPT - occurrences: 16

ACCEPTABLE - occurrences: 1

ACCEPTANCE - occurrences: 1

ACTION - occurrences: 8

ALIVE - occurrences: 4

ALLOW - occurrences: 14

AWARENESS - occurrences: 1

Count of positive words starting with letter A - 46

BALANCE - occurrences: 5

BALANCED - occurrences: 4
BEAUTIFUL - occurrences: 1
BEAUTY - occurrences: 3
BEST - occurrences: 4
BETTER - occurrences: 3
BLESS - occurrences: 1
BLESSED - occurrences: 1
Count of positive words starting with letter B - 22

CALM - occurrences: 3
CAPABLE - occurrences: 1
CARE - occurrences: 6
CHANGE - occurrences: 10
CLARITY - occurrences: 1
COMFORTABLE - occurrences: 2
COMMUNICATION - occurrences: 1
COMPASSION - occurrences: 3
CONFIDENCE - occurrences: 2
CONNECTED - occurrences: 1
CONSCIOUSNESS - occurrences: 2
COOL - occurrences: 1
COURAGE - occurrences: 1
CREATE - occurrences: 17
CREATIVE - occurrences: 4
CREATIVITY - occurrences: 1
Count of positive words starting with letter C - 56

DIRECTION - occurrences: 2
DIVINE - occurrences: 17
DO - occurrences: 3
Count of positive words starting with letter D - 22

EASE - occurrences: 18
EASILY - occurrences: 13
EASY - occurrences: 2
ENERGY - occurrences: 3
ENJOY - occurrences: 4
ENOUGH - occurrences: 3
ENTHUSIASM - occurrences: 1
ENTHUSIASTIC - occurrences: 1
ETERNAL - occurrences: 4
EXPERIENCE - occurrences: 8
EXPRESSING - occurrences: 3
Count of positive words starting with letter E - 60

FAMILY - occurrences: 1
FLEXIBILITY - occurrences: 1
FLOW - occurrences: 16
FLOWING - occurrences: 1
FORGIVE - occurrences: 4
FORGIVENESS - occurrences: 1
FREE - occurrences: 20
FREEDOM - occurrences: 3
FRIENDLY - occurrences: 1
FULFILL - occurrences: 1
FULFILLED - occurrences: 1
FUTURE - occurrences: 3
Count of positive words starting with letter F - 53

GENEROSITY - occurrences: 1
GIVE - occurrences: 2
GOD - occurrences: 2
GOOD - occurrences: 19
GROW - occurrences: 6
GROWTH - occurrences: 1
GUIDANCE - occurrences: 2
Count of positive words starting with letter G - 33

HAPPY - occurrences: 1
HARMONIOUS - occurrences: 3
HARMONY - occurrences: 8
HEART - occurrences: 9
Count of positive words starting with letter H - 21

INFLUENCE - occurrences: 1
INSPIRED - occurrences: 1
INTELLIGENCE - occurrences: 3
Count of positive words starting with letter I - 5

JOY - occurrences: 42
JOYFUL - occurrences: 3
JOYOUS - occurrences: 11
JUST - occurrences: 4
Count of positive words starting with letter J - 60

KIND - occurrences: 1
KNOWLEDGE - occurrences: 2
Count of positive words starting with letter K - 3

LIFE - occurrences: 127
LIGHT - occurrences: 2
LIVE - occurrences: 11
LIVING - occurrences: 3
LOVABLE - occurrences: 2
LOVE - occurrences: 124
LOVING - occurrences: 13
Count of positive words starting with letter L - 282

MAGNIFICENT - occurrences: 1
Count of positive words starting with letter M - 1

NEW - occurrences: 24
NOURISHED - occurrences: 2
NOURISHMENT - occurrences: 1
Count of positive words starting with letter N - 27

ON - occurrences: 3
OPEN - occurrences: 7
ORDER - occurrences: 1
Count of positive words starting with letter O - 11

PEACE - occurrences: 34
PERFECT - occurrences: 10
PERFECTION - occurrences: 1
POWER - occurrences: 12
POWERFUL - occurrences: 1
Count of positive words starting with letter P - 58

RELAX - occurrences: 8
RELAXED - occurrences: 1
REST - occurrences: 1
Count of positive words starting with letter R - 10

SAFE - occurrences: 73
SAFETY - occurrences: 4
SECURE - occurrences: 9
SECURITY - occurrences: 1
SLEEP - occurrences: 1
SPACE - occurrences: 6
SPIRIT - occurrences: 1
STRENGTH - occurrences: 1
SUPPORT - occurrences: 3

SUPPORTED - occurrences: 1
SWEET - occurrences: 1
SWEETNESS - occurrences: 2
Count of positive words starting with letter S - 103

TIME - occurrences: 6
TOLERANCE - occurrences: 1
TRUE - occurrences: 2
TRUST - occurrences: 24
TRUTH - occurrences: 2
Count of positive words starting with letter T - 35

UNDERSTANDING - occurrences: 5
UP - occurrences: 8
Count of positive words starting with letter U - 13

VERY - occurrences: 2
Count of positive words starting with letter V - 2

WELCOME - occurrences: 4
WELL - occurrences: 26
WILL - occurrences: 3
WILLING - occurrences: 8
WISDOM - occurrences: 3
WONDERFUL - occurrences: 5
WORTH - occurrences: 4
Count of positive words starting with letter W - 53

YOUNG - occurrences: 2
Total of positive words starting with letter Y - 2

Total number of words in the text: 4466
Count of positive words found: 978
Percent of positive words in the text: 21.90%

2. Processed results

Positive word found in the text	How many times the word was found in the text
LIFE	127
LOVE	124
SAFE	73
JOY	42
PEACE	34
WELL	26
NEW	24
TRUST	24
FREE	20
GOOD	19
EASE	18
CREATE	17
DIVINE	17
ACCEPT	16
FLOW	16
ALLOW	14
EASILY	13
LOVING	13
POWER	12
JOYOUS	11
LIVE	11
CHANGE	10
PERFECT	10
HEART	9
SECURE	9
ACTION	8
EXPERIENCE	8
HARMONY	8
RELAX	8
UP	8
WILLING	8
OPEN	7
CARE	6
GROW	6
SPACE	6
TIME	6
BALANCE	5
UNDERSTANDING	5
WONDERFUL	5

ALIVE	4
BALANCED	4
BEST	4
CREATIVE	4
ENJOY	4
ETERNAL	4
FORGIVE	4
JUST	4
SAFETY	4
WELCOME	4
WORTH	4
BEAUTY	3
BETTER	3
CALM	3
COMPASSION	3
DO	3
ENERGY	3
ENOUGH	3
EXPRESSING	3
FREEDOM	3
FUTURE	3
HARMONIOUS	3
INTELLIGENCE	3
JOYFUL	3
LIVING	3
ON	3
SUPPORT	3
WILL	3
WISDOM	3
COMFORTABLE	2
CONFIDENCE	2
CONSCIOUSNESS	2
DIRECTION	2
EASY	2
GIVE	2
GOD	2
GUIDANCE	2
KNOWLEDGE	2
LIGHT	2
LOVABLE	2
NOURISHED	2
SWEETNESS	2
TRUE	2
TRUTH	2
VERY	2

YOUNG	2
ABLE	1
ACCEPTABLE	1
ACCEPTANCE	1
AWARENESS	1
BEAUTIFUL	1
BLESS	1
BLESSED	1
CAPABLE	1
CLARITY	1
COMMUNICATION	1
CONNECTED	1
COOL	1
COURAGE	1
CREATIVITY	1
ENTHUSIASM	1
ENTHUSIASTIC	1
FAMILY	1
FLEXIBILITY	1
FLOWING	1
FORGIVENESS	1
FRIENDLY	1
FULFILL	1
FULFILLED	1
GENEROSITY	1
GROWTH	1
HAPPY	1
INFLUENCE	1
INSPIRED	1
KIND	1
MAGNIFICENT	1
NOURISHMENT	1
ORDER	1
PERFECTION	1
POWERFUL	1
RELAXED	1
REST	1
SECURITY	1
SLEEP	1
SPIRIT	1
STRENGTH	1
SUPPORTED	1
SWEET	1
TOLERANCE	1

3. Top 10 positive words found in the text

Nr.	Positive word found in the text	How many times the word was found in the text
1	LIFE	127
2	LOVE	124
3	SAFE	73
4	JOY	42
5	PEACE	34
6	WELL	26
7	NEW	24
8	TRUST	24
9	FREE	20
10	GOOD	19

4. Conclusions

Significant positive words found in the text: 978 positive words from 4466 total number of words. Percent of positive words in the text is 21.90%.

Personal conclusions: The text has a high quality of positive words. Although a lot of positive words are missing (nuances are missing), probably being included in general words such as "life", "love", "good" etc.

The most used positive word is "LIFE" which was found 127 times (12,99% from total positive words).

Personal conclusions: Louise Hay affirmations are focused on the notion of "life". All positive words from this text are meant to clear and update the notion/space/consciousness represented by "life".

The 2nd most used positive word is "LOVE" which was found 124 times (12,68% from total positive words).

Personal conclusions: In the Christian Bible it is said " *Three things will last forever—faith, hope, and love—and the greatest of these is love.*" as per the —[New Living Translation](#), 2007. *If a Christian reads the analysed text it will conclude that a lot of truth is embodied in these affirmations as the word „love” is so frequently used. My comment is that not many people know what love is/how to practice love. As I learned at one point in life, if you want to know what „love” is you must start by practicing first „kindness”, then practice „loving kindness”, then you practice „love” (in 3 directions: towards yourself, other people, life). The word „kindness” is not found in the analysed text (only the word „kind” is found 1 time). The word „loving-kindness” is not found at all.*

When the human mind reads this text it will subconsciously draw the conclusion that „love is the most important thing in life”. [Albert Ellis](#), second most influential psychotherapist in history, says that when you transform love in a „need” and not keep it as a „preference”, it will significantly

disturb you, making you have neurotic emotions in your life. Therefore, I draw the conclusion that maybe this is the reason why so many people believe that affirmations don't work and they even harm you. It is a matter of language in my opinion. Because „love” is used for too many emotions. This is one of the reasons why I am building the [list of positive words](#) since 2013, to show people that there is a wide range of positive emotions. Love has more nuances than we imagine, it is reckless to put so many positive emotions under one big ruff called „love”, when we do not know these positive emotions. Love will feel like a big basket full of what?... we don't know.... because we don't have a clear language of positive emotions.

The 3rd most found word in the text is „SAFE”.

Personal conclusion: I think it adds a lot of peace to the text (doubles the effect of the word „peace” also used in the text – 5th place). The word „safe” is very calming for the mind. It is a feminine word, it adds feminine energy. My thoughts are that Louse Hay used so much this word because she is a woman and also because she had experiences in her life when she was not safe. Later in life, she used this positive word a lot in her own mind, therefore she found the solution to empower herself to feel safe and to attract safe living-conditions. We can all learn to remember this, to use the word „safe” in our daily inner-dialogue.

The 4th most found word in the text is „JOY”

Personal conclusion: *I like the word joy. Another word connected with joy is „happiness”, which was not found at all in the text, therefore my opinion is that Louise Hay intentionally replaced the word „happiness” with „joy” to refocus the human mind. Another word that could have been used is „contentment”.*