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The Stomach Truth Cards

when your body says no before your mouth does



A printable affirmation kit for stomach issues, nausea, and the truths you have been swallowing whole. Built on Louise Hay's Heal Your Body, grounded in gut-brain research.

FOUR CARDS · ONE RITUAL · ZERO SPIRITUAL BYPASSING

What Louise Hay Actually Said

In Hay's system the stomach holds nourishment and digests ideas — not just food. Three entries from Heal Your Body:

Stomach problems

Dread. Fear of the new. An inability to assimilate the new. [1]

"Life agrees with me. I assimilate the new every moment of every day. All is well."

Vomiting

Violent rejection of ideas. Fear of the new.

"I digest life safely and joyously. Only good comes to me and through me."

Nausea

Fear. Rejecting an idea or experience.

"I am safe. I trust the process of life to bring only good to me."

The part most posts skip

Hay never wrote an entry for lying. But the extension of her framework is sharper than the original: stomach distress as the body's response to living out of integrity.

- ◆ **Swallowing what you don't mean.**
Every "sure, no problem" that was actually a hard no.
- ◆ **Ignoring the gut feeling.**
Your nervous system does not do cognitive dissonance quietly. It escalates.
- ◆ **Forcing acceptance of a reality your knowing rejects.**
Hay calls it inability to assimilate. Your stomach calls it dinner it won't keep.
- ◆ **Fear dressed up as control.**
The truth would require a change you aren't ready for. So the stomach revolts.

Where am I saying yes with my mouth and no with my body?

Four Cards for a Refusing Stomach



FOR ASSIMILATION

I digest life safely and
joyously. Only good
comes to me and
through me.



*Use when something new is arriving faster
than you can accept it.*

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FOR THE NEW

Life agrees with me. I
assimilate the new every
moment of every day.
All is well.



*Use at the edge of a change you did not
choose.*

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FOR INTEGRITY

I trust my inner voice. I
listen to my gut and act
with integrity.



*Use when your mouth and your knowing are
telling different stories.*

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FOR CONTROL

I release the need to
control. I trust the
process of life.



*Use when you are white-knuckling an
outcome.*

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The Ritual & The Real Work

Affirmations only land when paired with honesty. Saying "all is well" while ignoring the thing that isn't well is spiritual bypassing in a nicer font. Do this first.

1 Settle

Hand on your belly. Three slow breaths with long exhales — that's what tones the vagus nerve. [2]

2 Ask

What am I being asked to swallow? Don't answer cleverly. Answer honestly. Write it without editing.

3 Ask again

What would I have to change to stop swallowing it?

4 Choose one

Pull the card that matches the answer. Speak it out loud. Then take the one action it implies.

Feed the truth-teller

◆ Magnesium

leafy greens, pumpkin seeds, nuts, cacao

◆ Tryptophan

eggs, legumes, turkey, hemp seeds

◆ Prebiotic fibre

bananas, oats, apples, garlic, asparagus

◆ Omega-3s

salmon, sardines, flaxseed, walnuts

◆ Fermented

kefir, yogurt, kimchi, sauerkraut, miso

◆ Acute days

banana, rice, applesauce, toast, broth

Ease up on: ultra-processed food, excess sugar, caffeine, alcohol. [3] [4]

THE GROWN-UP NOTE

Metaphysical work sits alongside medical care, never instead of it. Persistent vomiting, blood in vomit, severe abdominal pain, unexplained weight loss, or symptoms lasting more than a couple of days need a doctor. Heal the story. Also get the scan.

Your body is not malfunctioning. It's reporting.

Get the full decode — astrology, Human Design, and numerology reports that map the patterns underneath the symptoms.

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1. Louise Hay, Heal Your Body — louisehay.com

2. Frontiers in Neuroscience, vagus nerve & the microbiota-gut-brain axis — frontiersin.org/articles/10.3389/fnins.2018.00049

3. Neurobiology of Stress, stress & the gut-brain axis — pmc.ncbi.nlm.nih.gov/articles/PMC5736941

4. World Journal of Gastroenterology, functional GI disorders — pmc.ncbi.nlm.nih.gov/articles/PMC6371005