

The Power of the Word

Are you aware of the power of the word? Take a moment to consider its power when you were a child. Reflect on things you were told that you, as a little person took on board and believed.

- Can you recall a time when another person put a 'spell on you' through the power of the word?
- How did this impact your life?
- Think of a more recent time when you or another used the word to spread emotional poison?

It is important to understand that the word is a vibration of sound that has the tendency to manifest its physical equivalent. Just as the seed has the potential to propagate a tree and ultimately a forest, the word plants itself in the mind and can spontaneously generate thought forms of a similar vibration. The personal dream is merely the reflection of the type of seeds that have rooted in the mind.

Contemplate the Power of the Word:

Take a clean page or piece of paper and spend 20 minutes contemplating the word

- Use a dictionary and/or thesaurus, to look up the origin and meaning of some of your favourite words
- Make a list of these and then ask yourself, what is it that you like about their sound and meaning?
- Notice how different words impact your emotions – some lift and some bring you down.
- Ask yourself repeatedly – "What is a word?"
- Continue to ask and answer that question – recording your responses until you are fully satisfied that you understand the power that lies within the word.

Once you are truly aware, you will find it easier to choose your words consciously and carefully. To speak with integrity and only say what you mean.

Watch-outs : Become aware of the impact of common phrases and cultural expressions

Every culture has common phrases, sayings and expressions that are learnt and mindlessly repeated. Habitual thoughts and words manifest in physical form, and reinforcing these messages can be very unhelpful. Spend some time thinking about common words or phrases that you are aware of yourself or others saying that go against the self.

On the next page we provide some examples:

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- I'm getting too old for this
- I'm sick and tired of doing this
- I'm dying to
- I can't afford to

Please add those that are present in your life ...

Identify four or more things that people mindlessly tell others that go against themselves. Some examples are:

- You're a pain in the neck
- Why don't you drop dead?
- You idiot !!!
- I wish you would just get lost

Add any others that you know you have a habit of saying. Do you curse yourself or others when feeling frustrated or angry. Look at your lists and make a commitment to clean up your speech. Garbage in – garbage out. Poison in – Poison out. Lies in – lies out. Truth in – truth out. Love in – love out.

Like attracts like when it comes to the word

Impeccability of the Word: Is measured by the level of self love and self respect

- Bring to mind someone you love or respect immensely. Or even a pet that you adore.
- How do you speak to that person or animal?
- Now, consider how you speak to yourself - what things do you say when going about your everyday actions (looking in the mirror, bathing, dressing) – is your self talk loving or is it judgmental or critical? If so you have learned this practice and have mastered it. Unconsciously you agreed to treat yourself in this way.

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Now that you have raised your awareness around your self talk, you have the opportunity to choose to break this agreement.

“I no longer agree to treat myself with disrespect”. “Every time the Judge comments in a demeaning way - I will listen, forgive that voice and follow that comment with words of praise, self-acceptance and love”

- Make a list on a fresh page or piece of paper of at least four things you say to yourself on a daily basis.
- Review the list. Are these words kind, respectful and loving? If not ..
- Choose a counter to each of these statements or words
- Practice them consciously and when you notice the negative Judge speaking at you

Put an End to Gossip: Challenge the destructive power of gossip and put it aside

Gossip is a destructive force. It spreads emotional poison, perpetuates fear and keeps others down. It may seem difficult if not impossible to refrain from participating in gossip – but breaking the agreement to gossip is a critical part of transformation and breaking down the impact of the Book of Law. To do this, take a clean piece of paper or page in your journal and let us firstly take an honest look at your own actions:

- When, where and with whom do you engage in gossip.
- Do you gossip about yourself
- How does this gossip make you feel
- Do you find yourself feeling guilty for things you have said
- How does gossip impact your relationships with others

- List four reasons you enjoy gossiping about yourself or others
- List four compelling reasons to put an end to your gossiping
- List four times when gossip caused needless suffering for you or others
- List four steps you can take to avoid gossiping and/or discourage others from doing so (change the subject, say something positive, walk away)
- Break the agreement to gossip, and make a new agreement to be impeccable with your word
- Consciously practice avoiding gossiping one day at a time
- Practice the new habit of sharing truth and love

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Being Right :Let go of the need to defend your opinion and ‘be right’

Take a clean piece of paper or new page in your journal and complete the following sentences ...

- I know that I’m right because
- Other people are usually wrong because....
- I need to prove I am right because...
- It’s important to defend my opinions and point of view because...

- List four times when defending your opinion resulted in emotional drama in your relationship with others
- List four compelling reasons not to defend your opinions or always need to be right
- Make a commitment to spend one hour, then four hours, then one day and then one week not defending your opinions
- Notice what happens

Truth and Love: Practicing directing the word in the direction of truth and love

Take a clean piece of paper or new page in your journal and complete the following sentences ...

- I am not impeccable with my word when I ...
- I could be impeccable with my word by
- I can use the power of my word in the direction of truth by
- I can use the word to share my love by

- List four times when the misuse of your word caused needless suffering to yourself or another
- List four compelling reasons to be impeccable with your word
- Make a new agreement to be impeccable with your word. Write this down and place it where you can see it often during the day
- Read your new agreement everyday throughout the day for four weeks, or until you know you have firmly established the habit of being impeccable with your word.

Agreement to be Impeccable with My Word

THIS AGREEMENT is made on(date) at
.....(place)

by(full name you wish to be known by) for the
purpose of increasing my

happiness and personal freedom. I am responsible for creating my personal dream on earth and it begins with the power of my word.

I choose to be impeccable with my word. I promise to honour myself, to speak with integrity, and to choose my words carefully and consciously.

I intend to use the power of my word in the direction of truth and love. I will pay attention as to how I use the word. I will take action everyday to

Ensure I keep my word impeccable. I will repeat this action until the habit is firmly established and no longer requires my attention.

I choose the following symbol as a physical representation and token of my commitment to this agreement (this might be a note, or something that is valuable or important to you – it might be an image or a piece of music , a sound. Anything that has the power of reminding you of this agreement)

.....

Signed

Witness