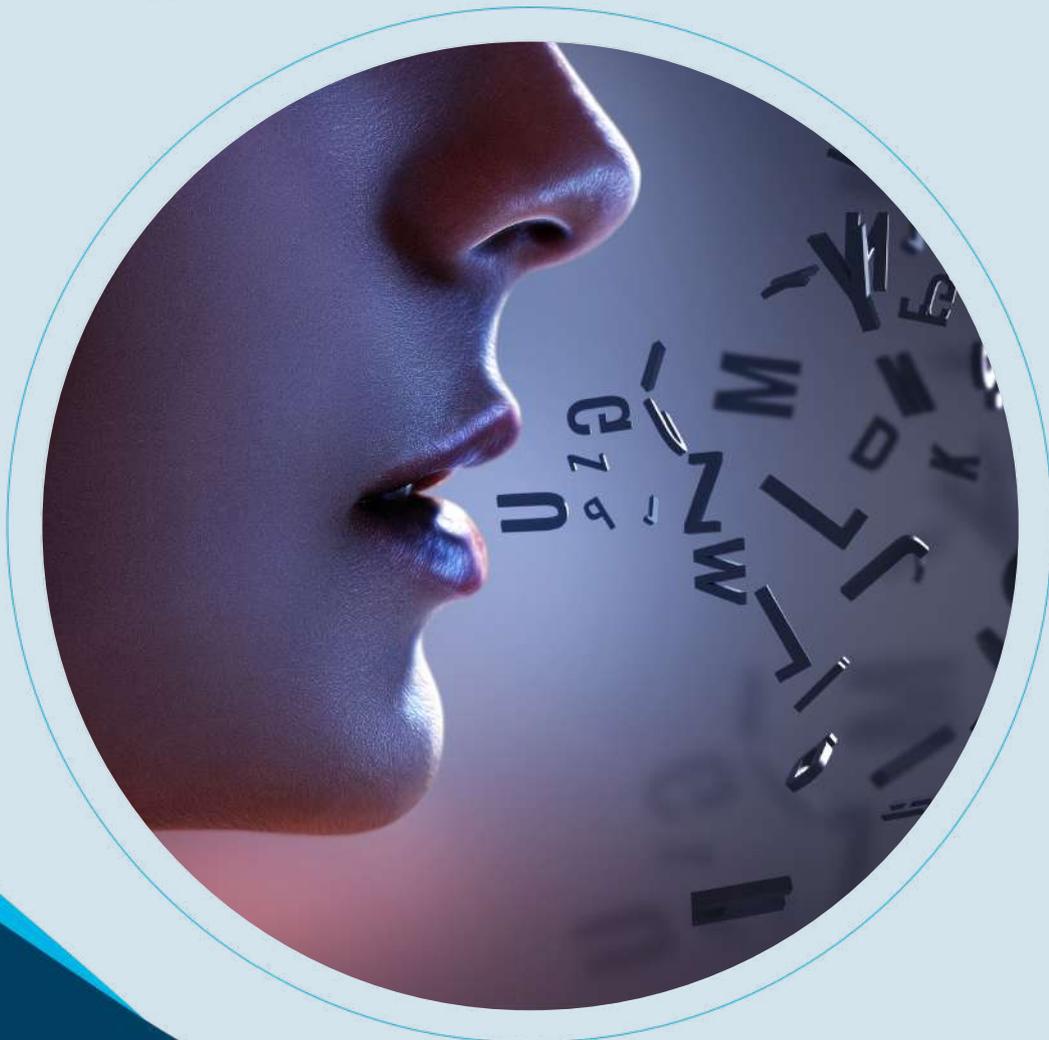


# WORDS AND YOUR HEALTH

“Most of what is considered impossible is just a consensus of outdated beliefs.” – Bernie Siegal.





Speaking comes to most people as naturally as breathing. On many occasions our words are uttered without conscious thought; in fact we rarely stop and think about what we are saying. Thousands of words pour out of our mouths each day as our thoughts, opinions, judgments and beliefs are freely expressed.

Words have tremendous power which gives out energy and a message which creates a reaction in others. We are constantly creating something, either positive or negative with our words. Reaction to our words often returns to us in a multiplied form. The power of words has a ripple effect in our life and those around us.

An important key to success in life is to understand the power of your words. A word is a thought eternalized. Your thoughts do have a great effect on you even though they are internal. What you think effects the way you live your life, it effects your emotions, your attitudes and your behavior. A thought spoken, however, has even more power. It can never be taken back; it is out of your mouth and will have an effect. Your words have even more power than your thoughts because they not only affect yourself, but the people and the world around us.





To see more personal success, the words that we speak need to be in alignment with what we want to see being produced in our life – our vision and our dreams. Our words can determine our destiny. Even more importantly, our words can make a positive difference on the people we interact with every day.

The most powerful words of all are the ones we say to ourselves, the self-talk every day. Words have huge power and have tremendous impact on our health. Do you ever hear yourself say “I am tired,” or “am I stressed?” Things like “I am fat,” or “I am not smart enough to do that.” Words like these create the emotion or feeling that you would have if the words were true.

It is rare for people to give themselves compliments – we are our own harshest critic. If you say you are tired, then you will begin to feel tired. Feeling tired leads to sluggish behavior which generates fatigue rather than vibrant energy.

Whatever you focus on grows. So you must program your health with the right words.

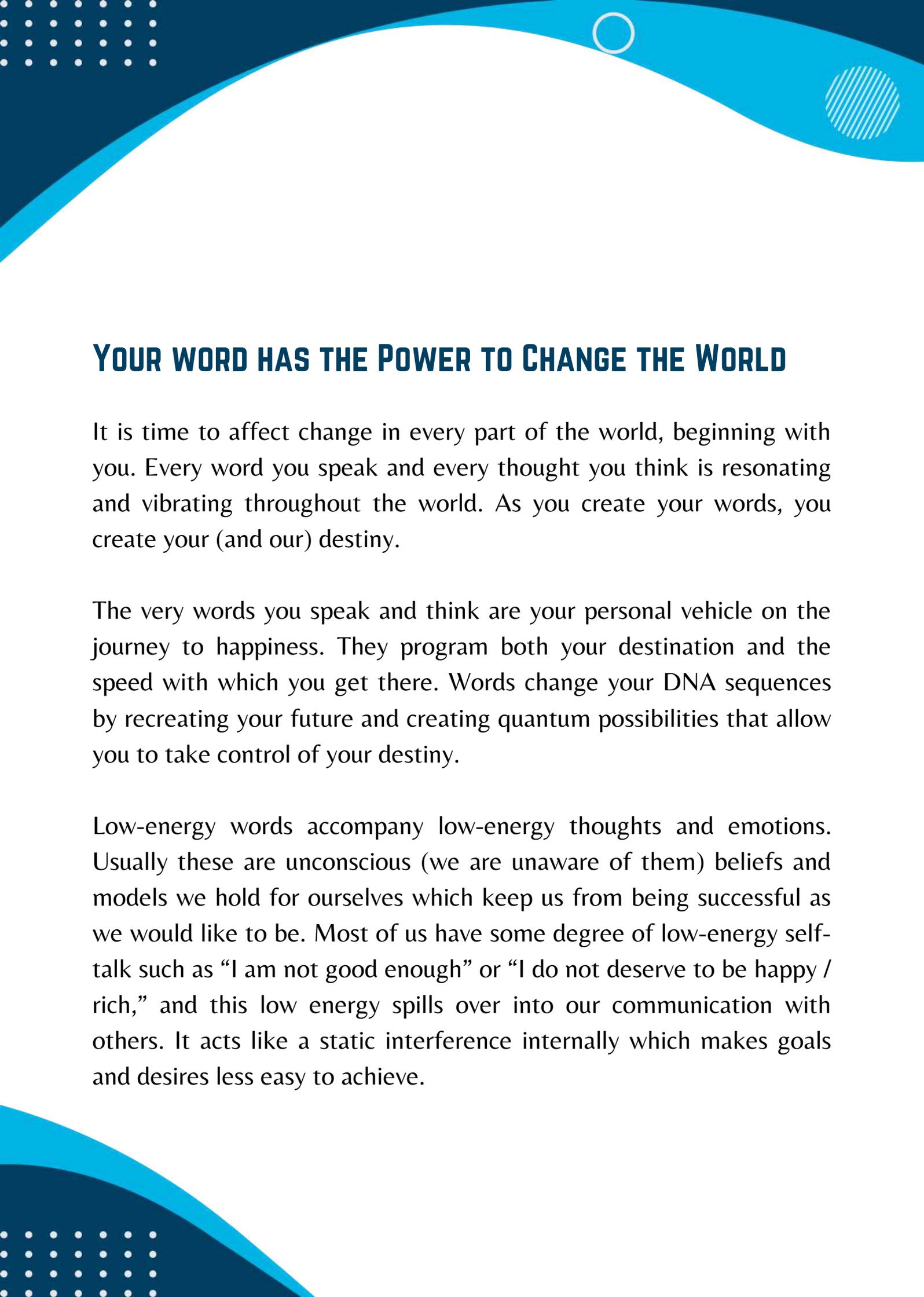




The words you use are like computer code that becomes the software of your mind. You program your behavior with your words. If you do not like the results that you are getting in your life, simply change the software by reprogramming your mind. It takes time to work out the bugs in a program, but the goal is consciously to decide what you want. Use words and thoughts consistent with that desire, and then begin acting on that thought.

For example, if you want to reduce your weight stop saying and thinking “I am fat.” Replace that thought with “I enjoy having a healthy weight” or “I am enjoying the process of becoming thin.” Expand on this by changing the conversations in your head about food and exercise.





## **YOUR WORD HAS THE POWER TO CHANGE THE WORLD**

It is time to affect change in every part of the world, beginning with you. Every word you speak and every thought you think is resonating and vibrating throughout the world. As you create your words, you create your (and our) destiny.

The very words you speak and think are your personal vehicle on the journey to happiness. They program both your destination and the speed with which you get there. Words change your DNA sequences by recreating your future and creating quantum possibilities that allow you to take control of your destiny.

Low-energy words accompany low-energy thoughts and emotions. Usually these are unconscious (we are unaware of them) beliefs and models we hold for ourselves which keep us from being successful as we would like to be. Most of us have some degree of low-energy self-talk such as “I am not good enough” or “I do not deserve to be happy / rich,” and this low energy spills over into our communication with others. It acts like a static interference internally which makes goals and desires less easy to achieve.



The combination of learning to switch our internal and external dialogue and removing the limiting beliefs and negative (low-energy) emotions sends the mind clear and intentional signals that beam rewards directly back to us. When we do this, we create a direct connection to the quantum power of the universal consciousness that we call God or the Universal Mind – the pure consciousness beyond our known parameters.

You can change your mind with the speed of thought. Your subconscious mind is capable of making changes faster than you ever imaged. The truth is that “reality” is simply your perception of what you believe to be true. Yesterday you have believed that today was tomorrow. Tomorrow you will believe that today was tomorrow.

Decision making is all about correcting outdated thoughts and changing your mind. It is your conscious mind that makes choices and decisions.

You might hear people say that it took them a year to give up smoking; to change the habit. However, it took less than a second to actually stop.





Anything and everything that is not working well for you can be changed. You have all the answers inside your mind. You have a solution to every one of your questions because your inner mind is programmed to search for wholeness and well-being. The process – begins with paying particular attention to your thoughts. It begins with changing every word you speak so that your thoughts, language and intent become clear and empowering.

Your thoughts start as observations, ideas or symbols and are translated by your conscious mind into words. Words are simply a physical, measurable manifestation of these thoughts. They are your way of making sense of what you perceive.

Each key word has its own individual frequency. Powerful, high-energy words such as excitement, joy, success or love vibrate higher and faster, thus increasing your “I feel good” feelings.

Low energy words, particularly words that have a negative emotional association such as sadness or guilt resonate at a lower frequency. They make you feel less than great by literally lowering your energy levels. In fact, 20 percent of words you use have strong emotional undertones, which cause you to react either positively or negatively.





Being happy adds nine years to your life. It has been scientifically proven that low-energy thoughts lower the immune system and make people prone to illness. This means that by focusing your language on the word good you will get twice as many results in your life as when you focus on the word bad. The really good news is that high energy words seem to exhibit a field of dominance over low energy words, which is why we eventually revert to optimism.

## **WORDS TRIGGER EMOTIONS**

Emotions are the daily system your subconscious mind uses as a signal that you are in or out of tune. Your dreams, flashes and intuitions are some of the ways the subconscious attempts to communicate its imbalance and sort out the feelings.

Any low-energy word, thought, emotion or belief interferes with and interrupts your access to love, joy and abundance. Success then becomes unpredictable. What also acts as an interruption to happiness is the belief that fear, anger, guilt, self-doubt and old limiting decisions are real. These emotions of the middle brain are a linear reality – a delusion. They are there simply to let you know that new action is needed.





When you open up to the idea that these old low-energy emotions do not really exist, that they are simply names you give to feelings to describe an absence of love and joy, you move toward life-gaining awareness and pure consciousness. You go from polarity to oneness. You allow yourself to regain power, passion, confidence and self-worth. You have more clarity, lucidity and understanding as you move toward your ultimate potential.

So how do you change the set-point of your happiness thermostat to high? You focus on clearing negative emotions as they come up on daily basis, while examining any non-supportive beliefs, and then concentrate on increasing your strengths. Get enthusiastic, find something beautiful to appreciate, renew your sense of curiosity and love of learning and last but not the least, find fun and humor in any event.

Remember that the prime directive of your subconscious mind is to keep you healthy and alive. Clear out the less supportive habits to bring you to an optimum level of health. When people talk about their health, they are usually referring to their physical bodies. We however have four bodies (entities) to keep healthy; spiritual, mental, emotional and physical.





A blockage or imbalance in one or more of the four bodies causes discomfort, eventually lowering the immune system. You need to clear your mental and emotional body by changing your thoughts and language patterns and finally, address and clear the physical body.

Every one of the trillions of cells that make up your body remembers and stores the memory of every event, feeling or through that you have ever experienced. Repeated verbal or physical punishment has a more lasting effect.

Blockages in your electrical messaging system through negative thinking, unhealthy eating or emotional repression eventually manifest physically in the form of disease. Lack and limitation are defined by how many non-supportive beliefs (not good enough, not clever enough) and low-energy emotions (anger, sadness, guilt, shame, fear and anxiety) are stored in the subconscious mind. In order to balance the energy and recover we need to review our thinking patterns, core beliefs, eating and exercise.



## AFFIRMATIVE THOUGHT WILL REWIRE YOUR THINKING

Whatever you think and feel about your life today is the scaffolding that builds the events you will experience next week or next month. When the time comes, you will fill in the mirror the details, but the main features of the events already will have been created.

If you want to know how you are doing, ask yourself this question; “Am I experiencing great things in my life most of the time?” If the answer is yes, your inner self is healthy and its magnificence is being well used.

If, on the other hand, you are surrounded by lack, or there is negativity in your life, your inner being is being deprived and embodies a certain amount of negativity. It is then time for you to “roll up your sleeves,” and begin to work on the quality of your life. Affirmation is one of the tools you will use. There is no situation you cannot change. There is nothing that is beyond your capacity.

But first you have to accept total responsibility for your life. Every event, good or bad, is a part of who you are. The event is created solely by you, and there is no other, be it God or some outside force, creating it for you. You and only you are in charge.



Positive affirmations are designed to challenge those negative beliefs and start to stem the flow of negative thoughts and words that seek to validate them. Affirmations are more than just repeating words. It is a whole process of becoming aware of your thoughts and words in everyday life, choosing to think and project happy positive thoughts. The more you can consciously inject the spirit of your affirmations into your daily thoughts and words, the quicker they will work for you.

Affirmation is a kind of “brainwashing” and you personally choose which negative beliefs to wash away. The way these statements are constructed is extremely important. We do not affirm the words we say, we affirm how we feel about these words. If your positive words feel like a lie, you are affirming the opposite of what you are intending to affirm.

One of the most important keys to remember in the affirmation process is to pay attention to how you physically feel when you speak an affirmation. The feeling our body returns to us when we say an affirmation, tells us if we believe it or not. No matter how hard you mentally want to believe you are wealthy if you do not feel wealth when you affirm, “I am wealthy,” you are really intending lack.





The thought-form has to become a natural habit that says “There is a way and I will definitely find it.” If you are persevering and patient with yourself, eventually the power of positive expectancy prevails. But think of this: if you create thousand thoughts a day and you multiply that by the days in your life, you can see the “feeling” base that you have created is substantial. It will only change given the time. It takes tenacity of spirit to create triumphs. If you look at the lives of the great people, the great achievers, you will see that each without exception faced and transcended tribulation, illness, bankruptcy or failure before they reached the pinnacle of human endeavor.

By choosing to think and say positive affirmations as true, the subconscious is forced into one of two reactions – avoidance or reappraisal. The bigger the issue, the bigger the gap between the positive affirmation and the perceived inner truth and the more likely that one is going to experience resistance. This is where the subconscious finds it easier to stay with its perceived inner truth and avoid the challenge using any means at its disposal to avoid examining the issue.

You will recognize this reaction by a strong negative feeling inside as you state the positive affirmations. Equally, if you experience a sense of joy and well being, your mind is instinctively responding to something it believes to be true. When you get this emotion, you know your affirmations are working.





For extensive details, please go online and gather further resources.

Compiled by: )

