

## WORDS HAVE POWER

We have been programmed over lifetimes to absorb certain familial, social, and cultural, energetic beliefs, mostly designed to disempower us and maintain a varying level of fear and hopelessness by making us feel “less than”, thus, keeping us in our place, or enslaving us. These words imply that power and authority are outside of us and we are bound by it. Words are specific tools that can, by expression, invite lower vibration results. It is essential that we eradicate a whole host of words from our current thinking and speaking vocabulary in order to regain our manifesting power. You will be delighted by the results of doing this.

Here is a sizable list of obsolete words to remove from your expressive and receptive vocabulary:

Blame	obsession	underwater
burden	original sin	slammed
but	prayer	used
can't	problem	wait
complicated	right and wrong	accident
desperation	comfort zone	mistake
Doubt	sadness	them and us
Enemy	secret	guilt
fate	separation	procrastination
fear	shame	anger
germs	slavery	work/play
hard	stress	sorry
hate	struggle	comparison
headache	try	random
hope	upset	guilt
insanity	should	helpless
insult	want	unsafe
judgment	overwhelmed	
learn	sick and tired	
luck	weary	
need	confused	

Remember that words spoken carry the energy of every time they have been spoken. The energetic burden is absorbed by you as the speaker. This is why labels are so energetically damaging. Refrain from any naming of diseases or even past events and experiences. Rather, describe...

Replacing the previous list with words of empowerment is a process that brings results. Even more powerful, is to simply choose words that are inherently empowering. A sizable list of life affirming words to use follows:

effortless	commitment	passion
no	decision	pretending
yes	desire	select
safe	dismiss	silence
trust	do	stimulating
power	dominion	synchronous
imagination	door	thank you
choice	edge	truth
meditation	emotion	unwind
faith	epiphany	validation
responsibility	frequency	whole
intimacy	fulfillment	
detached	futuring	
abundance	genius	
acceptance	gift	
ascending	gratitude	
attention	guides	
authority	healing	
belief	heart brain	
blessing	joy	
breath	knowing	
cancel	laughter	
change	nature	
confidence	opinion	
command	parenting	

Tending your communication garden to grow words of joy, affirmation, and comfort will create a new life for you, one rich in the gentle, empowering, expansive, experiences we are designed for.

Copyright 2012. Mark Stanton Welch. All Rights Reserved.