



# *The Amazing Power of Your Words*

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By Penney Peirce

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**D**o you ever wonder why you seem plagued by disappointments, stretches of bad luck, blocks to having the things you want, or feelings of being invisible or disrespected? Is there something wrong with you? With others? With the world itself? It probably hasn't occurred to you that language—yes, plain old words strung together—could have much to do with the way reality shows up. But the way you speak and what you say actually have a major role in shaping your world.

### **Where Do Your Words Come From?**

To understand how and why language is such a powerful thing, we have to look into the brain a little bit. Your brain's left hemisphere is in charge of grabbing an abstract idea, insight, or vision and translating it into meaning. It separates the idea from all others, describes and thus defines it with language, categorizes it, compares it to other ideas, makes decisions about it, and stores it. The left brain is the place where language and your choice of words originate. If you're talking to others or even to yourself inside your head, you're focused in your left brain.


The left brain is immensely useful but has a tendency to resist change. It wants to keep you safe and protect all its defined meanings and does that by having rules and fixed beliefs about what's good and what's dangerous, what's OK to do and what you shouldn't ever do. In fact, "should"

is one of its favorite words. If you listen closely to your own *self talk*, then to what you say to friends and family, you may notice those sentences are often full of opinions and complaints: I like this or I hate that; I want this or I don't want that; I can do this or I can't do that; I'm right-good or I'm wrong-bad.

Let's say you have a chance to take dancing lessons, or sing in a choir, or join a book club. If your left brain decides this might be embarrassing, frightening, overwhelming, or that you might not be good enough and might be rejected or ridiculed, it will put words in your head: "Dancing is stupid; I don't need to dance."

Or, "I have a terrible voice so what good would it do me?" Or, "I hate groups; I don't like the books others choose and I'd rather do things my own way." Every time you say No to new opportunities, you cut off half the possibilities in that moment; your world gets smaller and narrower. And then you never have the chance to discover what learning to dance might lead to next, and what that might lead to, and on and on. What if singing in a choir is the key to helping you overcome shyness and develop the confidence you're going to need for your successful career?

What if you say instead: "Hey! Dancing could be fun. I could learn more about movement and my own body and maybe that fluidity would transfer over to my love of design or writing short stories." Or, "Singing in a choir might give me a feeling



of harmony and connection with others that I've never experienced. Plus, I'm sure someone there can help me develop my voice." Or, "By reading a book with people who want to understand writing at a deeper level, I could get a better sense of human nature, or expand my own imagination." Now, you've added on to the possible realities you might have; your world gets larger and your future is more empowered.

### **Trash Talking Turns Your World into Garbage**

Making negative declarative statements not only keeps your reality contracted and small, but it bottles up your energy and can make you feel depressed, sad, irritable, angry, and even hostile and mean. Negative and ugly speech makes your mind focus repeatedly on what's wrong and ugly about other people and the world. *What you see, and what you say, is what you get.* It's as if every time you make a negative statement, you're giving instructions to your reality about how you want it to be. After saying, "I hate dancing, I can't sing, I don't like reading or being in groups" and all the other negative opinions your left brain spews out, it's no wonder nothing seems interesting anymore.

And what if you look at other people and comment to yourself, or out loud, or online, about how fat

they are, or what bad hair or skin they have, or how clumsy, shy, arrogant, poor, rich, stupid, outcast, or different they are? Who will like you? Probably other people who complain all the time. And then it's no wonder that your reality ends up filled with people who let you down, don't understand you, or don't want to hire you. Your words have created a field of low-frequency, negative emotion around you—and other people absolutely do feel that energy and do react to it, sometimes, without even realizing. We're all more empathic and telepathic than we realize.

You might try noticing the actual vibration of words. Some are high-frequency and some very low-frequency. High-frequency words lift your spirits and low-frequency ones drag you down. Most swear words have an extremely low vibration and keep your consciousness at that level if you use many of them. Denial language, critical language, and complaining are low vibration. But say: "I'm interested in, I'm curious about, I like, I enjoy, I appreciate, I'm learning"—and you expand and move to higher vibration. Then, your reality expands and works in a more harmonious, effortless way, too. Try sensing the subtle differences in the way these words make you feel: *dark, damp, black, down, heavy, ugly, drag* versus *efferves-*

*cent, fizzy, bubbly, fluid, easy, wow, golden, giggle.*

### **But What about "Yes, Buts"?**

When listening to people express their point of view, do you ever say, "Yes, but I think it's really this way"? Or do you say to yourself, "Yes, I want to lose weight, but I really want a pizza"? Or "Yes, I should work out but I don't have time"? *Yes* validates a reality and allows it to materialize. *Yes* actually creates flow. *But* immediately negates a reality and prevents it from materializing. *But* stops the flow and creates snags. If you catch yourself with a strong *yes*, *but* habit, you may notice that you often feel frustrated, blocked, and stuck. Things you want seem to be denied to you. Your words create an energy pattern that's causing your reality to behave in a particular way. You send an idea out with your *Yes*, then retract it with your *But*. Out and in, forward and back, again and again. And eventually, that repeating, unresolved oscillation creates a kind of static inside you that can make you feel anxious.

### **Is Your Language Hurtful and Subtly Violent?**

I remember, as I worked on clearing fear from myself, I eventually realized I did not want to add any more negativity and pain into the world. I didn't want to condone or validate negativity because

that would help keep it real, and I didn't want to fight it because that would actually be adding to it. I watched other people making excuses for their regular outbursts of rage, brushing off or ignoring the times they hurt the people they loved. I think we all reach a point where we decide: "This cruelty, hatred, and violence ends with me, right now. From here on, I will do no harm."

When you reach that point, you begin to pay close attention to your words and even to your tone of voice and the way you say things. You remove accusation and put-downs from your repertoire. You look at the subtle ways you can still sneak in a little jab by phrasing a question in a convoluted way to express your criticism without criticizing directly. My mother was a master at this: "So do you think that (boyfriend, job, opportunity) is healthy for you?" Then you notice that even sarcasm

has a true undertone of meanness and you eliminate the hurtful kinds of humor. Next, you might feel how when someone genuinely asks about you (*How are you? Are you OK? What's wrong?*) and you answer dismissively with one word (*Fine, Yes, Sure, Nothing, Whatever*), it actually disrespects the other person. We can be "passively aggressive" in many ways.

### **And What about Telepathy and Your Words?**

As we all become more empathic and hypersensitive—and we are!—we pick up more "energy information" through our body and become more aware of invisible things. We can feel into other people's energy fields, for example. And this increases our ability to tell when someone is lying or keeping secrets. When we talk, we also unconsciously picture what we're talking about; we have a reality in our imagination that we're conveying to other people.

It's helpful to feel the subtle snag or misalignment when someone says, "Sure, I'd love to come to your birthday party" while holding a picture of herself lounging in the sun at the beach. You may not register the image of the beach consciously but you do feel the dissonance between the words and pictures and that creates a subtle tension you can recognize.

It's an interesting practice to match your words with the pictures you hold in your imagination. And even moreso, to match your feeling state to the words you use. When you do this, you create coherence and other people "get you" immediately because you're authentic. It's also an interesting practice to watch the declarative statements that come out of your mouth and see how they affect your reality. Your language is a kind of filter or strainer that determines what can materialize for you.



**Penney Peirce** is an articulate and accurate clairvoyant empath, visionary, and author of 10 books on intuition development, inner energy dynamics, expanded perception, dreamwork, and personal transformation. She coaches business and government leaders, psychologists, scientists, celebrities, and those on a spiritual path about the hidden dynamics of what makes for true success. Her books include *Transparency*, *Leap of Perception*, *Frequency*, and *The Intuitive Way*.