

Renewing the Mind - Words

The Mind-Heart-Mouth Connection (Part 3: Words)

Helping our clients become aware of their words will be a key to them creating lasting change and success.

Words have power. The universe was created by Words. Every word has a vibrational frequency. It has been shown words affect our DNA and changing our electromagnetic energy. Words have the power to heal or create dis-ease.

Words: What the Bible says

Scripture makes it clear that words influence our life and the life of others. Words reveal what we have stored in our heart.

> *"How can you speak good things when you are evil (wicked)? For out of the fullness (the **overflow, the superabundance) of the heart the mouth speaks.** …" –Matthew 12:34, 35 AMP*
>
> *"Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it. –Prov. 18:21 AMP*
>
> *"The words of a whisperer or talebearer are as dainty morsels; they go down into the innermost parts of the body." - Proverbs 18:8 AMPC*
>
> *"He that keepeth his mouth keepeth his life." –Prov. 13:3 KJV*
>
> "Pleasant words are as a honeycomb, sweet to the soul, and health to the bones." -Prov. 16:24 KJV
>
> "The tongue of the wise is health." –Prov. 12:18 KJV

Words: Their Meaning – it is important to understand the original meaning of words. e.g. the word "want" is frequently used. The meaning is "extreme lack". Every time we say "I want" we are declaring ourselves to be in lack!

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"*The Lord is my Shepherd I shall NOT want*" Psalms 23. I often look up words in Webster's 1828 Dictionary. It is the original dictionary of the English language.

Words: The Science

Tool #1 - In the book "**Love thyself**", Dr. Masaru Emoto documents with photographs the influence of words and prayers on the structure of water. If words have this much influence over water imagine what they do to our bodies which are over 70% water!

Tool #2 - Angel Words by Doreen Virtue - When Doreen and her son Grant Virtue were recording podcasts, they noticed that whenever she said the word angel, the recording graphics were shaped like angel wings! So they studied the other words she said and realized that those with a spiritual or loving basis had large graphs. So they experimented with saying negative words and found that their appearance was completely different: tight and small. Similar to Masaru Emoto's work with water crystals, Angel Words gives visual proof of the power and impact of speaking in a loving way.

Tool #3 - Journal words you frequently use. Look up their definition in a dictionary that is older than 1950. I enjoy Webster's 1828 it includes many biblical definition and references as well.

What is Coaching Success?

- Client understands the power of words.
- Client becomes aware of words.
- Client listens to "Think Feel Speak" audio course and journals.

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