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"Effective and Empowering Use of Language" Prepared for Radio Show Conversation

Language is one of the many important elements in creating your life. The key is to align your heart's desires with your thoughts, images, words, and actions.

Desires, thoughts, images, words, and actions are all creative. Collectively, they reflect and indicate your consciousness. You can focus on any of these elements or others to change or develop yourself. Language can be an accessible starting place to assist you in your personal development.

Shifting Consciousness Using Language: Examples

Disempowering Statement	Less Disempowering Statement	More Empowering Statement	Empowering Statement
"I don't have enough money."	"I want to be careful how I spend my money."	"I prefer to spend my money on something else."	"I have all the money I need for anything I want to buy."
"I'm not smart enough to figure this out."	"I haven't figured this out."	"I haven't yet figured this out, but I've figured out a lot of other things."	"I know I can figure this out." Or, "I got it!"
"I just can't seem to lose weight."	"My weight goes up & down; it's time for it to go down."	"I'm ready to be slim, healthy, and fit."	"I love my body." Or, "I am slim and healthy."
"I'm addicted to coffee."	"I have to break the coffee habit."	"I truly enjoy herbal tea, fresh fruits, and pure water."	"I am healthy, happy, free, and ready for life."

(Continued)

The above are simple examples. They're not the definitive statements on the topics, just some of the many possibilities to illustrate the use of language to help to shift your consciousness, one thought at a time.

A statement is an expressed thought, using images and words. Moving from a disempowering statement to an empowering statement is more effective as a progression than a quantum leap.

Some of the important aspects of the progression in the above chart are:

AWARENESS. Being aware of your words is essential.

BELIEVABILITY. Saying statements you believe to be true is more empowering than forcing yourself to say something that contradicts your beliefs.

EXPERIMENTATION. An important key is to try different words so that you hear how they sound and notice how you feel.

FEELINGS. To make the progressions, it's essential to become more aware of how you feel as you're giving your attention to something or thinking certain thoughts or saying specific words.

You use your words to create your life; make it the life you want by using words that are effective and empowering to you.

Empowering Personal Development is a resource-rich website with articles, techniques, and Quick Tips. <http://www.empowering-personal-development.com>

DailyAffirm is a Personal Development Process that supports you day by day, week by week, and month by month in the effective and empowering use of language. Each month DailyAffirm focuses on a different theme with five different types of affirmations. This empowering process includes suggestions for you to work with each affirmation for your personal growth. Readers appreciate DailyAffirm's inspiration, encouragement, wisdom, and uplifting insights. <http://www.dailyaffirm.com>

Marshall House Web site is located at <http://www.mhmail.com>



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