

## The Effect of Language in our Lives

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The phrase, "What you eat is what you are", is true. Also to say, "What you say and feel is what you are". The words and phrases that we choose to use in our language affects all aspects of our lives.

### Frequency

All words have a frequency associated with them. Words both said and unsaid have similar measurable frequencies. Positive words such as "Love" and "Peace" have tremendous healing frequencies. Conversely, words such as "Hate" and "War" have a negative resonance in our lives both socially and cellularly. As we know from Touch for Health, all frequencies are stored in the body. We also have a subconscious, and every incident in our lives words, thoughts, and deeds, are stored in our subconscious. We know the body is ability to store muscle patterns, emotional patterns and sabotage programs are heavily influenced by thought patterns. Therefore, making a choice about the phrases and words that we choose to use becomes crucial. Once we recognize and change the effects and the frequency of our thoughts and words we create lasting change in our bodies on an emotional, spiritual, mental and cellular level.

### Choosing

Our language and the phases that we choose to use over and over again reveal how we feel about ourselves and others in a subtle way. An example is the person that is talking about a difficult situation and keeps using the phrase, "I can't handle this". They are revealing in this phrase that they feel this situation is too magnanimous for them to be able to find a solution for. They are putting up roadblocks to finding a possible solution and also they are creating new health problems to overcome for example, carpal tunnel syndrome, tendonitis, arthritis and others. By

using this phrase over and over again when life hands to you large challenges you create a situation where the body does just what you told it to do not handle the challenge. The day has come for people when they use this phrase that their hands do not work, and when they go to the doctor to find out why, the doctor is unable to find a physical reason why their hands do not work.

### Subconscious & Conscious Mind

Using the word too, as in, "This is too hard." Because the English language spells too and two differently and distinguishes their meanings, the subconscious grasps the words similarly. For example when you say, "This is too hard", what your mind and subconscious hears is "this is two hard" then doubles the difficulty of your present situation. Also, by using the word hard we create a hardness in our bodies that may turn into physical problems such as sore muscles, acupressure points that are hard or a whole body tightness. The more that we remove this word from our language the more we create flow and ease in our lives.

An important point to understand is that our subconscious does not know how to process or understand certain negative words. By using these negative words we create unknowingly sabotage routines. Our subconscious does not process the word won't. So I say, "I won't eat potato chips." What our subconscious just heard and processed was, "I eat potato chips." Guess what you are doing? Eating potato chips. By recognizing these key words or indicator phrases, we as facilitators can address the client's blockages more efficiently and help them through their conscious language from further implementing the negative thought pattern.

### **Reflective Language**

Reflective language is a major part of our lives that helps us understand what is going with ourselves. As you listen to your client talk about someone who has offended them, or how they have been wronged, turn it around and see how that applies to them. Remember this also applies to you in your life. For example, a recently divorced woman said about her ex-spouse, "I have so many techniques and things that could help him." Her wise friend said, "No, you have many techniques and things that can help you."

### **Common Sabotage**

Another common sabotage routine is expressing what we don't want, instead of where, how or what we do want. For example; I don't want debt, I don't want to be sick, I don't want the kids to be sassy; the list goes on and on.

What does our body really hear? When we are not specific of what we do want our mind can take us anywhere. As we are more specific, of where we want to be, or how we want to be, we will have balances that hold longer and are more beneficial for you and the client.

### **Other Challenges**

These are the many of the types of challenges that we can avoid for ourselves and others just by tuning in to these phrases and turning them into positive phrases that become reinforced as we use them over and over. Once a non-beneficial phrase is replaced with a beneficial one, along with a balance, the healing takes place on a deeper level and is automatically reinforced through use of the beneficial phrase.

### **Creating Goals**

When we sit with a client and make a goal for the session this is where the Kinesiology and the most beneficial wording would take place. First it is necessary to listen to the phrases that the client is using over and over again. By listening closely to how a client phrases their words we can gain insight into how they are being affected by their thoughts and belief programs. Through this insight we can define sabotage routines and phrases that are creating roadblocks. Then, in creating reinforcing phrases for the client and goals for to help

them move forward in their lives, we use Kinesiology to obtain the most beneficial wording for that particular client.

After the goal or affirmation has been decided it is always beneficial to retest the client to show to them that this is the most beneficial wording for this goal and always keep in mind that we want to balance them for the goal that is their highest priority at this point in time. At the same time, we want to be aware that we are using beneficial phrases for ourselves. Many times we are using phrases that we are unaware are causing sabotage routines or more challenges for ourselves. We want to replace these in our own language so that we do not pass these along to our clients.

### **Conscious Language**

Conscious Language is the vessel on which we float through life. By learning how to recognize and use the oars on our vessel, we can steer our inner dialog and truest self into more pleasant waters. Even though the weather and its severity are unpredictable, we can teach ourselves to be better prepared for the journey and prevent our boat from tipping over time and time again. By taking full advantage of the tools and designs of our subconscious, we can change the direction of our vessel completely and take positive control of our lives. Just like a rock tossed into a still pond, the ripples of our actions and words are evident. Like that ripple on a crystal clear pond, positive conscious language can have unmeasurable positive effects.

### **Source Material**

There are many books that have beneficial phrases to help clients and yourself in phrasing goals and affirmations. Some of them are:

*Feelings Buried Alive Never Die*, by Carol Truman

*Heal Your Body A-Z*, by Louise L. Hay;

*Releasing Emotional Patterns with Essential Oils*, by Carolyn L. Mein D.C.

### **Common Phrases and Possible Replacements**

Here are some common phrases that we hear day in and day out and possibilities for more beneficial phrases to replace them with:

No problem	It's a pleasure
What's wrong	What's going on
Math problem	Math sentence
Hard	Challenge
You're old	You're experienced
My little brother/sister	My younger brother/sister
I can't	I find it challenging
It's stupid	It's silly/funny
I will try	I will do
Starting over	Moving on
Wife/ Husband	Life Partner

Here is a double whammy:

This math problem is really hard      This math sentence is really challenging

### **Anchoring Technique**

The following anchoring technique is taught in class:

Take a place with a negative connotation

1. Find a word to make it positive
2. Write that word on a paper
3. Stand in front of the paper and think of the place - once that place is in your body
4. Stand on the paper and feel the new feeling associated with that place - once you fall forward
5. Get off the paper, shake it off
6. Get back on the paper - see how positive that place feels now.