

## The Magic of Words

In spiritual traditions it is understood that there is a resonance in words that creates a physical manifestation in the world. In the Hebrew language, words are used to create. And there are many stories that share how words can be used to create or destroy.

In the Sanskrit language, it is seen that every vowel has a vibration that travels up into the universe and then manifests down on earth as a form.

In Ancient Egypt, many words were not spoken aloud, as it was understood that as soon as a word was said aloud, there would be a physical manifestation. Often metaphors were used instead of certain words.

Aramaic is a very ancient language. The Aramaic phrase *abra qad habra* is a phrase we know in the West as *abracadabra*. The literal translation of *abra qad habra* is “I will create as I speak.”

Along with challenging our toxic thoughts, it is essential that we become more aware of the words we use and the power they hold. I teach all my students who work directly with people in private practice—whether doing spiritual healing works, psychotherapy, or medicine—that words are seeds. Seeds have amazing creative potential. Think of what one seed can grow into. When we speak to other people, we plant seeds in them. We must become conscious of whether our words are planting seeds of love, hope, and inspiration or whether we are planting seeds of fear.

In looking at words in this way, we have the power to curse ourselves, someone else, and the planet. Or we have the power to use our words as a blessing. Saying and thinking, “There is no hope,” is a curse. Saying and thinking, “All things are possible. There is always room for healing,” is a blessing.

The Navajo people have a saying: *May you walk in beauty*. In saying this, they mean never say anything that will create fear or harm in another. Do not curse others with your words. Rather, bless them with words that create beauty in their lives.

Through social conditioning, reading books, and watching TV and movies, certain phrases are embedded in our subconscious and tend to surface—almost like a jingle we sing whenever we see a certain product. Let’s say a friend or family member shares with you that she is beginning a new creative venture. A common phrase that might pop up in your head is: *no way will that work*. You might not even have much information, but your subconscious has been so trained to believe that anything edgy has no chance to succeed that your thoughts instantly go to the negative. And in allowing statements that are defeatist in nature to come up, we rob the creative power of our friend or family member. Or if we repeat defeatist statements to ourselves whenever we venture into something new (“I’ll never pull this off” or “I’m an idiot for trying this”), then we take power from our creative potential.

But if we assert to our friend, “What an exciting project you are working on! I will affirm along with you that your new venture is a great success,” we add power to the other person’s dream.

If we as a global community affirm statements like, “Together we can change the world and create a positive world for all of life,” we exponentially feed the power of our creative ability.

Over the years I have been touched by the way the Celtic people use decrees to inspire each other. They use statements that fill the other person with power, remind each other of the beauty of life, and affirm success.

Here are just some examples of Celtic decrees:

*May the power of the sun remind you of your creative light within and your unlimited potential.*

*May the beauty of the night sky fill you with wonder.*

*May the deep, still waters remind you of the peace that resides within.*

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*May the breezes of the wind bring messages of joy.*

*Blessings to you as you remember your strength, beauty, and inner light.*

*Blessings to you as you embark on your journey to remember the truth of who you are.*

*Blessings to all of us as a global community as we step forth on the path of creating a world that embraces love, light, peace, harmony, abundance, joy, and equality for all.*

You might have noticed yourself expanding and feeling a warmth in your heart as you read the statements above. Now you might consider how you can bless others as they embark on new projects and create a new way of life. These statements inspire us to embrace the beauty and magic of life.

## **PRACTICE: DISCOVER THE WORDS YOU ATTACH TO YOUR LIFE AND THE WORLD**

Here is a simple way to start: experiment with the life force and energy of words.

1. Find a quiet place in your house or in a nice place outside in nature and start to list aloud words that you find yourself using to describe your life and the world.

2. As you say certain words out loud, notice the tangible feeling in your body that goes along with them. For me, saying the words brilliance, radiance, and splendor creates an expansive, inspirational state of mind. Saying the word hate creates a contraction in my body and fills me with fear.

With years of practice, learning how to speak slowly, and carefully choosing my words, I am more conscious about the energies I create in my own life and in groups.

I can actually experience a vibration that goes into the world with my words, and I can feel the vibrational energy raining back down on me. With just a little practice, you can do this too.

And at some point when you feel ready, you can begin to formulate your own blessings and decrees for the people and world around you.

### **Getting Support**

In my effort to be conscious of my thoughts and words, I find working with others to be a wonderful support. My husband and I catch each other when we start to say phrases that are defeatist in nature. We tease each other and make each other laugh at our behavior so that it almost becomes a game.

We have also made this into a game in my workshops, where I've trained people in the concepts I am writing about here. When someone speaks a sentence that represents a defeatist attitude, we all say out loud, "Replace that thought." You can do the same with your family.

Another way I encourage you to work with your thoughts and words is to create a healing the earth quotient group where you can come together with others and work with the principles shared here, process honest feelings about how the work is going and where you feel challenged, and get group support to keep moving forward with the work.

You can also start a journal where you write down problematic thoughts that come up for you and begin to replace them with inspirational thoughts and forgiveness.

I also suggest that you continue to do the River of Life drawing as you proceed with the work and watch how the directions of your arrows change.

### **Life's Initiations**

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Some of you reading this book might be feeling worn down by life. From a spiritual point of view, this is a form of initiation, for when we are worn down, our ego is being sculpted away so we can embrace a larger part of ourselves that allows the expression and expansion of our spiritual energy and creativity. With our egoic way of thinking, we often limit how we think about what is possible. Our spiritual side only knows and embraces unlimited possibilities. When our ego is worn down, we are forced to open to a deeper and more expansive viewpoint.

Every time a change occurs in our life, a little death is experienced before the big death marking the end of our life. Allow yourself to acknowledge how you are feeling right now. If you feel tired, acknowledge that. If you feel hopeless, acknowledge that. And at the same time know that your willingness to keep exploring new possibilities will lead to a new way of life. Growth does take energy. Watch any new baby dealing with growing pains. Watch any new seedling as it struggles to grow into a healthy plant. We are evolving into new beings, and the process of evolution involves a death process. But it does not have to be our ultimate death.

Every time a change occurs in our life, a little death is experienced before the big death marking the end of our life. Alchemy is a spiritual tradition with many beliefs and practices. The word alchemy is Aramaic, and the literal translation is “working within and through the dense darkness inside.” One of the practices of alchemy involves transforming heavy, leaded states of consciousness into gold, light consciousness. By doing this, we uncover our divine nature.

There is a teaching in alchemy which says, “The self-possessed man must die for the Great Work to be done.” The Great Work in alchemy refers to working from a place of divinity and oneness.

After a major catastrophe occurs, oftentimes people remark about the strength of the human spirit to survive. Our human spirit is the part of ourselves that is beyond our body and mind. Our human spirit holds the inner wisdom to unlock unlimited possibilities.

Think of your spiritual work as bridge construction. We are building a bridge to a new way of life that supports a state of health and well-being for all. If you give up on the process, the bridge will not be completed. And if you look at building the bridge alone, you will get exhausted at the thought of how much work it will