

LANGUAGE IS A STATE OF MIND

There are many different concepts of how language can be defined and most of them refer to language as
(1) : audible, articulate, meaningful sound as produced by the action of the vocal organs
(2) : a systematic means of communicating ideas or feelings by the use of conventionalized signs, sounds, gestures, or marks having understood meanings.

There is also the idea of vocabulary and phraseology belonging to an art or a department of knowledge such as the language of mathematics, computer language, the language of diplomacy, medical language or the language of the law.

Language, as described above, is species-specific to human beings. Other members of the animal kingdom have the ability to communicate, through vocal noises or by other means, but the most important single feature characterizing human language against every known mode of animal communication, is its infinite productivity and creativity. One detail common to all the modern day definitions is the fact that language by definition is being reduced to the words, their pronunciation, and the methods of combining them used and understood by a particular community, compared to for example ancient Indian grammarians speaking of the soul apprehending things with the intellect and inspiring the mind with a desire to speak.

Personally, even though I have been studying different languages since my earliest childhood, it was only since I started walking the spiritual path, that I started thinking about language as something more than just letters and words. I started noticing that reading or listening to different spiritual topics resonated deeper and was more easily “digested” if conveyed in my mother tongue. We have even seen during the VoiceBio that there is difference in spoken frequencies if we speak a foreign language compared to our mother tongue. When I first came across Dr. Masaru Emoto's experiments, I couldn't help but wonder – why is it that the experiments work no matter which language is used? Is there vibration in the mere letters of a word or is the vibration rather contained in the thought concept standing in the background? If language is the direct translation of our thoughts into physical sound vibration in the form of words, how can we improve our vibrational output?

The connection between language and thought, opened the way to a recognition of the possibility that different language structures might in part favour or even determine different ways of understanding and thinking about the world. Louise Hay even goes a step further and claims that there is a direct connection between our thoughts (and thus also the words we use to articulate our thoughts) and our life experiences. She wrote her first book in 1976, long before it was known that there is a connection between the mind and the body. She was able to put her philosophies into practice when she was diagnosed with cancer. She considered the alternatives to surgery and drugs, and instead developed an intensive program of affirmations, visualization, nutritional cleansing, and psychotherapy. Within six months, she was completely healed of cancer. Last year she celebrated her 90th birthday.

This is a little excerpt from her book “The power is within you”:

“ There are laws of gravity, electricity and other laws of physics. Most of them, I don't understand. There are also spiritual laws such as the law of karma – what you give is what you get. Then there is also the law of the mind. I don't know how it works, maybe similar to the law of electricity. I don't know how electricity works,

but I do know when I flip the switch the lights go on. I believe that thoughts come out in the form of a spoken word or sentence according to the laws of the mind, and returns to us in the form of our experiences.

Only now do we begin to look into the relationship between the mental and the physical. We are now starting to understand how our minds work and that thoughts have creative power. Our thoughts are very fast, which is why in the beginning it is difficult to shape them. On the other hand, our mouths are slow. So if we start “designing” our language in a way that we pay more attention to what we are actually verbalizing, not allowing negative concepts to take the form of words, we can actually start reshaping our thoughts.

There is a great power to the spoken word, and many of us are not aware of it. Let us look at words as the basis of our constant creation of life experiences. We are using words all the time, but are rarely aware of what we are actually putting out or how we speak our words. We pay very little attention to the choice of our words....”

While there are many obvious words that we can choose to replace with higher vibrating concepts (or simply stop using them), such as “problems; war; disaster; horrible; terrible etc.”, other words are not always an obvious lower vibration. They have become part of our day-to-day language patterns and can literally imprint our consciousness with energetic blocks. The energy and vibration that we sub or unconsciously attach to these words can make the difference between a life flowing with abundance or a blockage in the vibe-pipe of goodness flowing from the Universe. Or to put it even more simple – in order to change whatever it is in our life experience we wish to change, we literally need to start telling a new story. It means, that we first need to recognize our thought patterns which are no longer serving us, but which we keep telling ourselves because they have been part of our life so long, that we started identifying with them; repeating them may give us some sort of justification; we want others to understand why we are at where we are at; we want us to understand why we are where we are at. We fight for our limitations. We keep reaffirming the reality we actually do not want to live any more.

So how can we identify negative patters, and then how do you turn them into positive statements? One possibility is to create a built-in warning system that will identify thoughts that are not serving us, allowing us a chance to choose a better way. Start really listening to your thoughts and ask yourself the following questions as a negativity checklist:

Is the thought self-defeating?

Is it critical of yourself or others?

Does it encourage excess worry?

Is the thought hard to get rid of?

Does thinking it make you upset or sad?

Is this really the way you want things to turn out?

Am I complaining or focusing on what's wrong?

Am I judging, criticizing or gossiping?

Am I blaming or avoiding responsibility?

Another set of questions that can be helpful in determining if we wish to proceed with a specific verbal output or not – think before you speak: Is it True? Is it Helpful? Is it inspiring? Is it Necessary? Is it Kind?

Once you recognize that you are actually broadcasting negative thoughts and words out into the Universe, you can turn it around by deciding not to attach to it. Say to yourself, “delete, cancel,” and replace it with something positive. Or simply extend your sentence by adding a “but”, e.g. “ I did not do well at the job interview, but now I know my weaknesses better.” Once you start consciously thinking about the words that you use in self-talk or with others, you will discover how many life-defeating proclamations you’ve been putting out there. A good exercise to check our vocabulary for disguised low-vibe words and concepts is to record yourself when you are talking on the phone. Listen to your recording. You might be surprised. You will hear words and concepts you use, but also the intonation you have in your language. Pay attention and write down the words or the phrases that you used three or more times, because that is your model of speech.

Second step would be to get clear on what we want to change and simply start verbalizing it into a new story. Some people might discover some resistance in applying affirmations like this. How can I start believing I am abundant if I can’t pay my rent this month? How can I convince myself of being healthy if I am in pain? If you discover any sign of resistance in whichever affirmation you are designing for yourself in present tense, e.g. “I am wealthy.” - you can try working with the – “Wouldn’t it be nice” concept. Abraham Hicks says: “When you say, “I want this thing to happen that hasn’t happened yet,” you are not only activating the vibration of your desire, but you are also activating a vibration of the absence of your desire—so nothing changes. And often, even when you do not speak the second part of the sentence and you say only, “I want this to happen,” there is an unspoken vibration within you that continues to hold you in a state of not allowing your desire. But when you say, “Wouldn’t it be nice if this desire came to me?” you achieve a different sort of expectation that is much less resistant in nature.”

Last but not least, let us identify a few of the words that seem harmless in conversations and which are often used as “fillers”, but could potentially lower our vibration.

1. Hate

To ‘hate’ something or someone can be used so casually in conversation, but it actually is one of the top pieces of language that fuels drama addiction and prompts a person to seek out negative things to simply use as conversational pieces. For instance: *“Don’t you just hate this cold weather?”*

This statement might seem meaningless, but it discourages the essence of appreciation and gratitude, which is where the magic resides. Instead, you can start looking for things to appreciate and converse about. It will raise your vibration and make you feel happier.

2. Should

The word “should” is almost always loaded with expectations that are being imposed upon another human being or ourselves. For instance: *“He should call his kids more often.” “I should start doing this or that.”*

This statement is fueling the fire for resentment to grow within your own heart if your expectations aren’t being met. Let people be responsible for their own actions, make your expectations clear and invite people to be open to all possibilities rather than telling them what they “should” or should not do. Take responsibility for your own “I shoulds” and start rephrasing them into “I want”, “I can”, “I will”.

3. Have to / must

By using statements like “I have to go to work. I have to do this. I have to do that.” we give away our power and are basically stating that we are not in control, that we are being victims of someone else who creates our lives. Instead, you can start saying “I choose to.”

4. Broke/Poor

How often do you affirm that you’re broke, that you don’t have much money or that you’re poor? The Universe hears this as an affirmation and responds accordingly. Generally, we need to become much more aware of what we are putting behind the two little words “I am...” because it is always an affirmation whatever you choose to pair with these three short letters. You are declaring who you are and how you are choosing to define yourself. You are owning that statement, branding yourself, offering a vibration and stamping a pattern to be repeated. So instead of saying “I am broke; I am unlucky; I am too old” – try adding one of these into your internal dialogue: “I am grateful. I am happy. I am abundant.” Don’t let your struggle become your identity. By simply reclaiming the power contained within the “I am...” statements, you will start to notice that you become more careful with the words you choose to use when you’re conversing with others.

5. Never

Just never say never. Yes, create boundaries and state to the Universe what you want to create in your life, but when you say that you’ll “never” do something (especially when it’s a statement made with passion) it tends to manifest to challenge your soul to grow. Open your heart to all possibilities. Also, try replacing “if’s” with “whens”: “If I find a job.” becomes “When I get my dream job.”

6. Everyday positive phrases

a) Why not? → Sounds good

b) No problem → Definitely!

c) Can’t complain → Everything’s going well, thanks

These phrases are meant to be positive - but the human brain has a negative bias, and subconsciously brings up all of the reasons not to do something when processing these words.

d) I'm exhausted → I need to rest

Flipping the phrase to include a solution leaves both the speaker and the listener with a better taste in their mouths.

Positive Language at Work

e). I forgot → I'll make sure to set a reminder

Again, focusing on what can be done will help the people around you expect a positive result.

e) Unfortunately, it will be impossible to finish the project on time because of the problems some people are causing with submitting their work late. → Can everyone turn in their portion of the project by Thursday so that we can complete the work on time and hit the deadline?

Email culture provides the perfect opportunity to work on positive language, as you can edit your words before sending them out to colleagues and clients. Look out for negative words like “unfortunately,” “impossible” and “problems” as flags for sentences to revise.

In summary we can say that words do count enormously, because they condition how we think, what we do and how we feel. By becoming aware of our vocabulary we are not only changing our language and our vibration, but are also changing our brains physically by creating new synapses. This is basically the essence of neuroplasticity - the science of how the brain re-wires itself based on whatever it is repetitively exposed to. When we combine the power of our words with the power of our intentions, we can achieve so much more than our logical mind can accept as possible, and this is the case not only for personal development, but even on a global stage, as can be seen in the history of the Estonian “Singing revolution”, which brought the country independence without bloodshed. I also encourage you to research the newest scientific experiments that show that words can even revive dead cells. Wouldn't the logical conclusion be – if words can revive cells, they also can kill them? And yes, science has proven that, too. There is an increasing amount of research that can help us in understanding of how our minds and words affect our worlds. I hope this paper has inspired you to become even more conscious about the vibration of your language and I hope it brings you closer to telling and living the story of your life that you desire. Can you imagine what a world this would be if everyone started choosing and articulating consciously concepts of love over fear, acceptance over regret, optimism over pessimism?

Closing video.

<https://www.youtube.com/watch?v=Hzgzim5m7oU>

“Better than a thousand hollow words, is one word that brings peace.”

Buddha

