

This month, I want to, briefly, discuss the 'selection of verbiage' that we use in our daily lives. I will attempt to simplify this subject, which can be very complex because of the programming that influence our mindsets. The effects of that programming can be quite subtle, yet significant. A few decades ago, I read a number of books on positive thinking, and I found that positive affirmations and changing one's perspective can have beneficial results. The problem with those techniques was that discipline was needed, and if remarkable changes didn't appear, expeditiously, then interest would be lost.

What I did learn from practice was that all of us say affirmations in our everyday life... some good and some not so good. To be a healer (facilitator) means becoming the observer of all levels of interaction, including listening. It's absolutely amazing how many negative affirmations that I've heard from my clients, who had no idea that the words could so subtly impact their lives. Let me give you a few examples of negative affirmations... by the way the names have been changed to protect the guilty.

... David was in his mid-thirties, Father of two children, married and employed by a large company. After the first session, it became obvious that David was frustrated with his job, kids, wife, and life in general, but his physical health was good, except for three hemorrhoid surgeries in six years. Can you guess what his favorite affirmation was? He repeatedly vocalized to me that everything and everybody were 'a real pain in the ass'. Duh!

... Albert was a young man with a number of behavioral issues, and he successfully irritated friends and family because of his forgetfulness and his innate ability to lose important objects. From early childhood chastisement for losing things, Albert was programmed with an affirmation, and every time that he lost something, he would echo the words from his past, which were, "I'd lose my butt, if it wasn't attached."

... Ann, a middle-aged divorcee, was a typical victim of life. From her perspective, her life was full of traumas, dramas, and failures. The affirmations, which she used, were a true reflection of her life... "I don't have a penny to my name, If it weren't for bad luck, I'd have no luck at all, I guess I've been snake bit, I think a black cloud follows me everywhere".

From the examples, you can see how words can be subtly important to our well-being. I propose that we become conscious of the words that are used and where they came from. Specifically, the practice of using words that promote improvement is a worthwhile endeavor. Also, the use of transitive verbs will keep us grounded in a 'here and now' state. I like to use Matthew, 7:7, as an example of transitive verbs. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you...". Ask, seek, find, and knock are transitive verbs, which denote that a direct object follows, and they imply a present state. The transitive verbs that I use, frequently are related to my senses:

hear, see, feel, know, observe, smell, and live. Examples of affirmations, which utilize those verbs, are the following:

... I see the full range of light for a normal healthy human with perfectly healthy eyes.

... I hear the full spectrum of sounds with perfectly healthy eardrums.

... I live my philosophy.

... I know that I am protected.

You can create your affirmations in your words and implant those verbs that represent the transitory change into improvement. After all, isn't the tree known by its fruit?

Peace Be With You

Garry

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