

Be Cognizant of Your Words and Thoughts

By Liz Gibbons

Words are very important in our life for they are our means of communication. I came across a statistic in a book titled *Word Magic* that stated that most people speak 7,000 words a day. Living alone there are days when I doubt that I reach that number. There was a time when we were able to communicate telepathically. But now we communicate with the spoken word or written word.

Most people are aware of the work of the late Japanese researcher, Dr. Masaru Emoto. He experimented with words and their effect on water. He would write a word and place it on a container of water. Then he froze the water and photographed the water crystals that were formed. The crystals formed on those containers with positive words were beautiful and symmetrical; those with negative words were malformed and chaotic looking. Interestingly, the waveform structure of negatively impacted water can be rebalanced by a positive force of love and intent directed at the water. How do you explain this? Everything has a foundational vibration as waveform energy or information. The intent behind the spoken or written word creates a frequency that affects the water. Similarly, when we speak a word or write it, that vibration is sent out into the environment.

I contend that most of the people marching in protests carrying banners and shouting are not aware of what they are creating on a waveform level. They often protest against government, and government reflects back contempt and resistance. This creates a standing wave form of energy back and forth of anger and resistance. Hate and rage have not accomplished anything. Sadly, this is what the organizers and money behind many protests are aiming for, more division and unrest. I hope the time soon comes when people wake up and rise above the raging and break the circuit. What if we dropped the protest idea altogether? What if people gathered together at a designated location as a group and sent love to those with whom they disagree. When I hear Dr. Martin Luther King's speech "I Have a Dream" it brings tears to my eyes. He preached love and inclusion of everyone. Likewise, Gandhi used nonviolent passive resistance to help India achieve independence from the British Empire. Physically he was a thin, small man who lived an ascetic life and was often clothed in a loin cloth and shawl. But what power he had. Look what Gandhi and Martin Luther King were able to accomplish.

There is a lot more to words than meets the eye. Words can be misinterpreted and misunderstood. A word can have many different definitions which can confuse us. Words can cut like a sword and affect us at the depth of our being or uplift and inspire. Words have great power.