

The Power of Words used on Regular Basis...

There is nothing more potent than thought. Deed follows word and word follows thought. And where the thought is mighty and pure, the result is mighty and pure. Gandhi

If you are a person who wants to make some positive changes in your life, you might want to begin with the words you use on a regular basis. We are creatures of habit, and we often tend to use the same words over and over again even though they do not serve us well.

Words are very powerful in affecting the way we feel. When you want to raise your energy and feel better, just saying the following words can make a difference and remind you of how you truly want to be: abundant, appreciative, blessed, calm, capable, caring, cheerful, committed, compassionate, confident, empowered, enthusiastic, forgiving, generous, giving, happy, healthy, hopeful, intuitive, inspired, joyful, kind, loving, nurturing, optimistic, patient, peaceful, positive, motivated, resourceful, strong, thankful, radiant, serene, etc.

For contrast, notice how you feel when you read the following list of words: agony, angry, enraged, hopeless, judgmental.

Other words that you may want to avoid using are:

- * Words that place you or someone else in a lesser category.
- * Words that condemn you or another person.

* Words that are judgmental of yourself and others.

* Words that speak of regret such as: ought to, would have, and should have.

* Words that limit you such as can't, impossible, doubt, too difficult.

In the book *Awaken the Giant Within*, Anthony Robbins says that the way we label our emotions moves us into that emotional state of being.

All of us are affected by the words of others. Are there some people who inspire and uplift you? Could you spend more time in their presence or reading or listening to their words?

You have probably noticed that there are some people who bring you down and zap your energy. Complainers are drainers. You may want to minimize the time you spend around such people.



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When you feel a little “down,” it is possible to work your way up to a better feeling place by reaching for a thought that feels better. What feels better, to remember times when you failed or to think of those times when you did something well?

Remember: nothing has any meaning except the meaning you give a situation. When we change the meaning, it changes our experience and our feeling.

Could you change the way you are looking at a situation? Is there something you could do differently to feel better? With some practice and effort, you can evolve your thoughts and your words and work your way up to a better feeling place.

When my son graduated from high school, he had to give a speech. He began by reading from his prepared text.

“I want to talk about my mother and the wonderful influence she has had on my life,” he told the audience. “She is a shining example of parenthood, and I love her more than words could ever do justice.”

At this point he seemed to struggle for words. After a pause he looked up with a grin and said, “It’s really hard to read my mom’s handwriting.”

Laughter is massage from the inside out!

Paradox of Living in the Moment

How to be happy today and prepare for tomorrow... Are you feeling stressed and upset? If so, you are worrying about tomorrow. Events that have already occurred may cause you regret, but they only appear to cause worry.

Worrying is just a natural human emotion, and everyone worries, right? Actually not. Worry is a bad habit that most people acquire, and like all habits, can be broken.

When you worry about what may or may not occur in the future, you miss the joy that is available today. So is the answer to focus only on today, and let tomorrow take care of itself? That sounds good—until tomorrow arrives and you are not prepared.

It's a paradox. How does one balance living in the now with preparing responsibly for the future? The key to this dilemma lies in the distinction between "worrying about the future," and "preparing for the future." The two concepts are not at all the same.

There are two aspects to preparing for the future. The one that is more familiar to most people is planning. You know you have a bill to pay that is due next week so you save the money. You know you want to fit into your clothes tomorrow, so you forego the second helping. Planning for the future is fully compatible with living joyfully today.

The other aspect of preparing for the future is accepting that things will probably not turn out the way you plan. Creating this acceptance of life's uncertainties is much more challenging than formulating and following through on plans.

The source of most worry is a lack of acceptance of the uncertainties of the future. When one fully lives a life of acceptance, life's vagaries are not merely tolerated but are enjoyed because they are life's gifts. Whatever life delivers is a gift from the Creator—so why not enjoy it.

The recipe for a joyful life is planning and preparing for the future, while simultaneously accepting that you hold virtually no control over future events. By placing no demands on the future, you can enjoy whatever it brings.

Worry is like sitting in a rocking chair—rocking for all you're worth—feeling like you're doing something but getting up and finding you've gone nowhere and now lack the energy to do anything positive. A pause to gather ourselves can be productive but emotionally sitting in that rocking chair daily, for long periods of time, is a dependent choice and can erode into self pity. The only true freedom we have is to choose how to respond to our own life's events. Life's real choice is to have the audacious bravery to choose from love.

Drink Water...

No one will argue against drinking 6 to 8 glasses of water per day as a positive health habit. Nutritionists consider older individuals as the most likely not to drink enough water. There is an inevitable physiology of feeling less thirsty as we get older. Medications can cause the body to lose sodium along with water. But the brain doesn't recognize it. Cells function more efficiently with adequate water, which is held in the cells by sodium.

Another problem is the practical matter of getting up for a drink of water. Arthritis or osteoporosis can discourage movement.

Researcher Ken Culp of Iowa University believes there are two outcomes of elderly people who don't get enough water. One is acute confusion and the other is urinary tract infections. He maintains that water can discourage confusion by improving blood circulation to the brain. It also helps the kidneys wash out waste products especially metabolites from medications.

Culp states: "It is fair to say older individuals who are drinking less than four 8-ounce glasses of water per day have a significantly higher rate of confusion than elderly folks who drink more."

We are young only once, after that we need some other excuse.