

## **THE POWER OF THE WORD**

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In light of the four agreements, we will delve a little more about the importance of the word, the word is equal to agreement because it expresses the inner and profound of our Being, the word is the result of what we think and feel, also what we believe in life and how we see it, and live it.



Pulchritude in the word, because words are magical, creative and shape reality, change, success, joy, happiness and with them you can express strength and beauty, through them we know and give name and form to everything.

To enrich our language, it is recommended to read, books, articles that are full of positive and interesting content to advance our activities and tasks, see beautiful, creative images, nature offers us wonderful landscapes and colors, to see and observe, listen to music Harmonious and cheerful, write what we think and feel.

With the advance of technology and the continuous use of cell phones and computers, we are reading, writing and watching videos and images all the time, the idea is that these contents contribute positively to our lives and nurture the mind because the unconscious is recording every second and he has no "sense of humor", believes everything we say and then can surprise us by doing things you never thought to do or say.

Are your messages positive? or are they loaded with judgments or ridicule? Are the images you see harmonious and highlight beauty and creativity? Are the messages that reach you contributing to your personal growth? Do you use the internet to communicate positively?

Remember the words have power and every time we say any, we are creating, either in the direction of achieving our dreams or the opposite direction of these. (Louise Hay) It is prudent to be careful with what we say especially when we are excited, because the force that the feeling gives to the word gives it more power and strength. That is why it is said that words can "save lives". In order to give strength to our words, we must breathe deeply and clearly listen to what we say.

Second agreement, do not take anything personal, if we start to have a high concept of ourselves and strengthen it at every moment with words that empower our inner Being, creating feelings of love and respect, accepting us as we are and valuing ourselves, we can apply this agreement.

Remember that words give power to emotions and emotions in turn create feelings, if we believe that we are wise, intelligent, talented, happy, happy among other qualities, we will have them, we also strengthen our autonomy and the ability to achieve our goals and purposes, if there is an obstacle we can easily overcome it, believing that everything is possible, or we can start again with a more positive attitude and learn from mistakes. This task of empowering ourselves and taking care of words is permanent all the time observing us: what we think, what we say, how we feel.

Third agreement, not making judgments of others, or of ourselves, judgments are loaded with harsh words and feelings that do not contribute anything to our personal growth, we can begin to have feelings of understanding, compassion and unconditional love letting each one of us deal with their situations. We can also begin to believe that everything can be changed and improved or simply not to appropriate everything that happens in the world, to live in the present that is the opportunity to continue.

If we are criticizing and judging everyone and everything, we become bitter and tyrants and this is reflected in us because we remember that everything we say about others we are saying about ourselves, it is important to assume a more benevolent attitude toward life so she we will return the same.

Fourth agreement, do everything you do your best, when we are doing the best and giving of ourselves the most at every moment, we avoid

giving room for limitations and frustrations, if we have to change or improve something we know we can do it, One way is by creating phrases, decrees and affirmations that strengthen this task, powerful words help to strengthen us, to achieve what we want. These words are recommended to conjugate them in the present; because the past is gone, the future has not arrived, there is only the here today, the opportunity is now.

From the beginnings of culture, humanity has created these decrees so that they are fulfilled in the sacred books of all religions, in the Psalms of the Bible, in monuments, in national insignias, in the oriental proverbs of the wise, Or in popular sayings, we can appropriate those that are more meaningful for each one of us or create what we need, remember the Word is powerful and helps you live better for your greater good and happiness.

### **Words and phrases:**

- "The word helps us to change the conception of the world and reach the ideal knowledge of things", Plato.
  - "The word is, for a few, only the vehicle of a basic communication; for others, the weapon with which you can fight any obstacle in life." Juan Antonio Rosado, Word and power
  - "One word is enough to make or break a man's fortune." Sophocles.
  - "You can achieve anything you propose if you are willing to give up the belief that you will not get it."
  - "Start by doing what is necessary, then what is possible, and suddenly you will find yourself doing the impossible." San Francisco de Asis
  - "Before speaking ... listen, before criticizing ... examine yourself, before discussing ... breathe, before writing ... think, before hurting ... feel, before surrendering ... try, before dying ... live! "
  - When you want to say something about others..."Wait! Have you already passed through the Three Filters what you are going to tell me?
- "The Three Filters...?"

- "Yes" - replied Socrates. -"The first filter is Truth. Have you already examined carefully if what you want to say to me is true in all its points?"

- "No ... I heard him say to some neighbors ..."

- "But at least you have made it through the second filter, which is GOODNESS: What you want to tell me is at least good?"

- "No, not really ... on the contrary ..."

- "Ah!" - interrupted Socrates. "Then we go to the last filter. Is it NECESSARY for you to tell me that? "

- "To be honest, no ... Necessary is not. "

- "Then," smiled the sage, "If it is not true, neither good, nor necessary ... let's bury it in oblivion ..."

Do you have something to say to another person? Remember to pass it by the TRUTH, the GOODNESS and the NEED before saying it.