

## The Power of Words as Manifesting Commands and the 7 Negative Word Habits to Eliminate from your Vocabulary

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*(while the article is old, the concepts are still applicable!)*

Words are a manifesting power that is one level closer to manifesting in form than is the power of thought. A next level that is even closer to form is the manifesting power of deed or action. A ‘closer level’ does not mean it has more power, but rather, it is another step of the process of making manifest our intentions. Intention is expressed first in emotion, and then in thought, followed by word, and lastly in deed, which is the step that completes or ‘receives’ the manifestation.

Intention → Emotion → Thought → Word → Deed → Manifestation in Form

Our emotions arise on our intentions in a manner akin to dreaming. Our thoughts, when not consciously mastered arise out of an inner necessity, from programs and conditioning. Word and deed are the completing steps that bring to manifestation our evolution or ‘devolution’ according to our intention (love or fear) and its potency. When we are not evolving, we are devolving; there is no standstill in life. You may picture a cycle—from intention to emotion, through to thought, then to word and deed—that can spiral downward into degeneration or upward into evolution according to whether we are conscious or unconscious at each step of the way.

At every step along the evolutionary spiral of conscious awareness (a step being either intention, emotion, thought, word or deed), we are required to exert power of intention that is *consciously willed*. And so at every step, there is an element of choice that can either lend greater power to the process (with conscious intention), or weaken or cancel existing momentum (when we fall into unconsciousness). **So at each step, we either cause the acceleration or deceleration of our manifestations.** It’s not enough to set intention consciously; you have to follow through in conscientiousness in each moment. There is only the present moment, in which you either affirm or suppress yourself. When powerful intention is behind every level of manifestation, everything you do moves you toward the goal, and the manifestation process is greatly accelerated.

Conscious intention drives the will, which sets the process of manifestation into motion as an upward trend of conscious evolution. In the upward spiral, love is the ingredient that ensures expansion and alignment to a Higher Will—imbued with love, thoughts become wisdom, emotions merge with the Creative Principle, and words and deeds become powerful manifesting commands. Unconscious will or intention, on the other hand, causes a devolutionary process into the ego mind. In this downward spiral, emotions serve the addictions of the emotional body, thoughts foster limitation and are

ego serving, and words and deeds, though lacking in power, are destructive and supportive of force rather than power in creation (e.g. via manipulation, domination, etc).

**Words are manifesting commands to the subconscious mind**, which responds by finding what is a vibrational match to those words. The subconscious mind learns by repetition and so word habits are a powerful way to reprogram it to ally with you in manifesting your desires. **Although the subconscious mind has far greater power than the conscious mind, it does not have control; it is the conscious mind that must initiate change.** This may be likened to a CEO presiding over a large cooperation. The work force has greater power but relies on the wise direction from the CEO. It is thus advisable to target for elimination all negative or limiting word habits. You must learn to say what you intend, or rather, learn to intend consciously and speak words aligned to that, in order to have this level of manifestation work in your favour, because the subconscious mind will take you literally. Several word habits to be reprogrammed are discussed below.

### ***The 7 Negative Words or Word Habits to Eliminate and How to Reprogram Them***

#### **1. Trying**

I heard somewhere that *“trying is lying”*. Saying “I’ll try” is a very weak commitment that has an escape clause that “I may not succeed”. So when we say we’ll try, the subtext is that we may well fail, or that we are not to be counted on. “I’ll try to lose weight” really means, “losing weight is very difficult for me and I might not be able to”; “I’ll try to do this program” really means, “the work is too demanding and I probably won’t persevere”.

Whenever you catch yourself saying, “I’ll try”, stop and decide what your real intention is. Then either commit one way or another: “I will because it means a lot to me”, or “I won’t because my desire for that is not strong enough to overcome the inertia that exists around the issue”. Be honest with yourself and you won’t have nearly so much pulling you down in terms of failure.

A semi-commitment of 'trying' is a leaky faucet, energy-wise. Similarly to telling a lie, only it is more of a drip rather than a big hole in the bucket in the case of an outright lie. Leaking energy is the cause of dimness in consciousness. It takes energy to have higher awareness and so loss of energy is loss of awareness. Moreover, when we live lies, the whole universe conspires against it...conspires to reveal the lies, because nature of life is truth that is an unstoppable flow. A lie is like a dam that tries to stop the roaring ocean.

When you commit to others, either say no or “I’ll do my best” and mean it. It’s much better to say you won’t, because then your energy is clearly disconnected from that thing, and may be directed into something you are willing to commit to. Honesty leads to clarity in thought, which is the basis of higher awareness.

## 2. Can't

Saying “I can't do” sends the subconscious mind searching for supporting evidence. And it *will* supply you with all the reasons you can't, deepening your sense of being incapable. The subconscious mind never fails you. The more you use “I can't”, the more you will perceive and experience limitation. When you say, “I can't”, pause and tune into what's going on. You may be afraid to and feeling incompetent to the task, or thinking of past attempts where you did not succeed, or thinking of current circumstances that are preventing you... whatever the case. Ask yourself if you would like to be able to. If so, do some exercises to open up to new potential. Write a list of all the ways in which it might be possible for you to do. Write all the feelings that ‘being able to’ would engender in you. Write down all the traits or energies you feel you would need to be able to give it your best shot, or would need to allow yourself to ‘can do’.

**Example:** “I can't afford it.”

Would you like to be able to afford it? If so, do the following:

- ⌚ Write a list of all the ways in which it might be possible to obtain it. This gets your subconscious mind looking for ways in which you can afford it. E.g. *It is gifted to me, unexpected streams of money flow into my life, my dead stocks come to life, I land an incredible contract...* anything that may be, depending on the item or situation. Even if your list is trivial or far out, the act of doing it breaks the inertia and gets the subconscious mind working on it.
- ⌚ Next, write down all the feelings you would experience by having that...(blessed, supported by the universe, amazed, deeply content, etc.). Immerse in those feelings every so often.
- ⌚ And lastly, and very importantly, write down the traits or energies you might need to make it happen. E.g. Feeling deserving, positivity, courage and freedom to forge into unknown territory, emancipation from the expectations of others, sense of feeling supported, faith, feeling capable, belief in self, and so forth. For all you have uncovered, formulate a set of affirmations to integrate all those traits in you now.

If you don't have time to do the exercise, at the very least change your words. Make the “I can't” into the past (“I couldn't”) and ensure that you leave yourself open in the now for new potential.

”I couldn't afford it, but my wealth consciousness is improving every day!” or “I couldn't afford it, but I am now open to ways in which I can afford it.”

If your children are asking for something you'd really love to get for them, don't teach them “we can't afford it”. That is an edict to the subconscious that it shall be so! But rather say, “I'm finding ways to make it happen”. This leaves you open and does not thwart desire in your children. Your new statement commands your subconscious mind to *find ways*. Remember, your subconscious mind has incredible power—you *don't have to figure out how, you just have to open to what*.

### 3. Should or Have to

Whenever we state, “I should” or “I have to”, we speak as though there is an outside authority acting over us. This creates an inner resistance or at the very least, a sense of having to ‘measure up’. In both cases, we set up an unconscious rebellion within. Furthermore, it is a denial one’s inner authority and conscience, as though we need to be told what to do. This is disempowering, as we don’t get to exercise the power of choice from our own volition. When you find yourself saying “I should”, or “I have to”, stop and take notice. Then ask yourself, “Do I want to do this or don’t I? And, “What does that say of me?” If you do, then restate it as an “I want to”. If you don’t, then also state that choice clearly in your mind. Change all shoulds into conscious wanting to (wanting to do it or wanting to *not* do it, i.e. wanting another choice).

E.g. you are at a party and “should” leave because it’s late and you have a lot of things to do the next day. Stop and ask, “*Do I want to leave or don’t I?*” You may find, “*Yes, I really do want to leave in order to ensure that tomorrow is productive because that’s most important to me.*” At another time, you may feel, “*No, tomorrow is not nearly as important as the enjoyment I’m having at this party. I choose to stay.*”

While there is no right or wrong choice (e.g. to stay or leave), there is a right *way* to do things that increases an inner sense of authority, self-trust, and self-determination; there is also a way that creates inner tension and resistance, and increases a sense of needing external authority to tell you what is best.

### 4. Needing to Change a Negative

When you feel you *need* to change something, rather than *needing to move away* from a perceived negative, change it into *wanting to move towards* MORE of a positive.

For example, “I need to earn money”, or even “I need to earn more money” is moving away from the negative ‘not earning enough money’. The following statements rewords it in two ways, “How can I earn **EVEN MORE** money”. You are now augmenting from already ‘earning money’.

This applies to anything. “I need to get my act together” becomes “How can I do things in an **EVEN MORE** organized and effective manner?”

We’re focusing on use of language here, but to continue with the process, you could write down all the ways in which you could ‘earn even more money’, ‘do things in an even more organized and effective manner’, etc. You would list all and any ideas that come to mind, no matter how obscure or unlikely. You can keep this list with you, and read it daily and add to it if new ideas come to mind. This gets the subconscious mind working even more diligently on finding solutions to your quest. The subconscious mind **always elaborates on what you repeatedly direct your attention to**. So you’ve effectively stated the *what*, and kick started the subconscious mind to start working on the *how*. From your long list, you’ve also increased your belief in the possibility of these things

happening. And the desired changes will now begin to manifest in your reality at an accelerated pace.

### **5. Needing a Negative to Change in Someone Else**

The above process also holds in the case of needing someone to change for you. Rather than thinking, “He’s so pessimistic and negative, I can’t stand it and he needs to change!”, or “She’s so sloppy and I can’t pick up after her anymore” with the implication “she needs to change”, reframe your wording so you are moving towards something positive with the person.

“How can I support him in becoming happy?” is a good reframe. Now you may resist this reframe, thinking **he’s** the problem, but this is not helpful to you. When you see and verbalize things as problems, they will remain problems for you. When you understand that your role is to consciously choose what you wish to experience in life, you can drop your habit of seeing what’s in outer reality as fixed and start to see it as fluid and ‘becoming’ whatever you desire it to become. (This is discussed in the article, *Seeing the Wonderful Becoming in Things*, in the second series of Empowerment articles).

Again, making a list of all the ways in which you may support him in becoming happy will change your energy around the person and invite new ways of being for both of you. In the second example, “How can I support her towards becoming neater and more organized?” might be appropriate. Doing the list may be a challenge, and the process may reveal to you the ways in which you have traits that you are seeking to change in others. But I don’t want to digress here.

Reframing moving away from a negative into something that moves toward a positive will awaken in you a connection to the power of your words as manifesting commands. “How can I support him in becoming happy” will completely change your energy in the instant—it can diffuse your pent up old anger energy and make you realize that there are no observers in life, only participants. And this major shift is initiated by the power of your words. Try it on some loaded issue with someone and experience the power for yourself!

### **6- Verbal Implications**

A verbal implication is a statement of an outcome occurring from a specific circumstance.

E.g.

“I get cranky when I haven’t had a good night’s sleep.”

“My back always hurts when I go on long drives.”

“I’m fried—I’ve been with clients all day.”

“I get tired every day in mid afternoon.”

“I can’t think; I’ve only had 3 hours of sleep.”

“Whenever I’m around that person, I feel agitated.”

“My ankle hurts when I walk on concrete, because my break has never healed properly.”

The verbalization of false associations and justification causes muddled thinking and living from the noisy mind. If you consider that all form in matter exists as probability in waveform in every moment before it is manifest in particle form, there is a moment of creation that is continually happening as if in a suspended time or ‘no time’. Our habitual associations, implications, expectations, prognostications and justifications are what keeps us recreating the same things—patterns of dysfunctions, apparent symptoms, limitations, etc.—over and over again.

In the above examples, you program yourself to be a certain way whenever certain conditions exist. It is known by many that the *diagnostic* and *prognostic conflicts* are a large contributor to negative outcomes in illness. Everything in form is continually recreated according to thought that directs it. Anything can be healed and all trends can be altered.

Make new verbal implications that are positive, and undo the negative programming. E.g. “I love going on long drives and I get to relax my back.” “My back feels great at all times and especially on long drives.” “In mid afternoon I enjoy a new surge of energy.”

When you catch yourself making a negative verbal implications, say or think “Cancel”, and then rephrase it with a positive implication.

### **7- I AM – Negatives**

The words “I AM” are the most powerful, commanding words we can speak. Each time they are used, our affirmed reality is infused with universal creative energies to support the manifestation. When you say I AM with a negative, that negative reality is immediately reinforced.

Another consideration when you speak “I am [negative]” is what is your intention? “I am really tired today”, “Oh, I’m so stupid”, “I’m really angry”, ... all these statements are declarations to whoever is present, to expect or not expect something from us. There is always a verbal implication when we voice negative “I AM” statements.

For example, “I am really tired today” is a declaration to others to not expect us to perform at our usual level, or maybe it’s a warning that we plan to be irritable or impatient. The verbal implication may be, “I am tired therefore I won’t perform well”, or “I am tired, therefore I will be impatient and irritable”. So we are planning to be a certain way and are ‘warning’ others about it. Not only are we hooked into this negative reality, but now we have others hooked into it as well.

“Oh, I’m so stupid”, is a plea for others to not judge our stupidity because we’ve taken care of the judgment already. It may also hold a declaration to others not to expect us to

do things well. But it invites others to look at our stupidity and the reality is strengthened by everyone's attention to it.

Have you ever had someone say to you, "Man, you look awful today", or "You must be tired, you have dark circles under your eyes", etc. What did that do to your energy? Likely, you experienced an energy drop or deflation of your energy field. That's because you bought into their reality about you, thereby making it stronger. But if you are consciously cancelling all negatives, you would not even consider their negative reality and would remain unaffected. Negative realities gain in strength by the number of people partaking in them.

**Avoid all negative "I AM" statements; there is absolutely no need of them.** If you really feel you need to share with people, then word it differently, and sub-vocalize a positive reframe for the situation. "My energy is low..." and you can sub-vocalize "but it's getting stronger with every breath I take. My body is being restored to a state of great vitality and I have great focus".

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**If you want to learn much more about the power of the spoken word and the power of the voice, you may look at the deeply transformative [audio product on the Power of the Voice.](#)**