



DAY.9

"Words are a window into the soul."

What we say matters. Our inner dialogue is the most important conversation. Moreover the words we externalise, define us.

An ancient Indian quote states "the words that we say, travels the earth 3 times and comes back to us. This is how important our words are."

This is also an easy way to explain the **Law of cause and effect (Karma)**.

In our **inner conversation**, we describe our thoughts about ourselves, others, and situations. When you say the words "I am a bad leader", it means, at first, you have repeated these sentences in your mind multiple times and now you **believe it enough** to say it out loud.

Our words, our inner and outer dialogue, become the wor(l)d we live in.

Daniel Kahneman, Nobel Memorial Prize winner in Economics and psychologist in his book "Thinking Fast and Slow" shares research about the power of words.

Two groups of students were given 150 words to make short sentences. The only difference in the list -- one group had five youthful words (vitality etc.) while the other had five elderly words (retirement etc.) The real test -- it took 27% longer for the participants with the older words to walk down the hallway after the project. Ouch! The impact of words at subconscious levels is eye-opening.

Research in positive psychology proved that when we deal with someone who uses negative speech, we can prevent an argument, by using the **opposite energy**.

Using positive words, like "I understand", "I feel you", "You are doing the best you can".

We can change lives, one word at a time. Most importantly, we can change our own life by first observing, and then gently replacing our inner critic with a **supportive friend** inside our head.

DAY.9

Phrase of the day: 'Today I reflect on my words'

Please also write this phrase in your journal.

Our words are the interconnection between the inner and outer world. The words we know, affect how we perceive things or make sense. What we don't have words for, we don't see.

PRACTICE: The Power of Words.

Start your day by listening to the 'AFFIRMATIONS' meditation (10 minutes). Please hold a mirror during the meditation, or stand in front of one. This practice will help to realize the power of the spoken word.

Throughout the day **observe the words that you use**. Do your words show you are positive? Negative? Encouraging? Degrading? Judgemental? Accepting? Kind? Cynical? Impatient? Frustrated? Complaining? Pleasing? Proving?

We invite you to pay attention to what describes **a constraint**; "only", "quickly". Or words describing **a burden**; "I have to", "it's too much". Or **a regret**: "I should have", "I could have", "I would have", "Now it's too late". Or **a fear**: "I think I can't", "I am afraid", "I avoid", "I hope not".

Every time you notice a particular word today, write in your journal:

"Now I said to ____ (person) ____ (fill what you said)",

Write down how it made you or the other person feel.

Optionally, reflect on how you would say it differently next time:

Today I wanted/needed to say ____, instead of ____'.