

## Power of Word

In the beginning, God created the Heaven and the Earth, by the power of His word.



He created you after his likeness and image. “Like” Him, there is actual power in your words. (Genesis 1)

In the book “Power versus Force” we learn the significant power behind words, and the actual power they hold in your mind, and throughout your body. This chart shows the power behind words, which helps to understand why we feel “light” when we are being courageous, accepting, and loving. It also helps us to understand why pride, and fear cause us to feel so heavy and dark.

According to “Power versus force” Pride is the last state of darkness, and it takes courage to raise yourself up into levels of light. That which is good is from God. And if it’s not good it’s not of God. (Moroni 7)

“Behold, great and marvelous are the works of the Lord. How unsearchable are the depths of the mysteries of him;

For behold by the **power of his word** man came upon the face of the earth, which earth was created by the **power of his word**. Wherefore **if God being able to speak** and the world was, and **to speak** and man was created, O then why not able to command the earth or the workmanship of his hand upon the face of it, according to his will and pleasure? “-Jacob 4:8-9

Language is divinely orchestrated by God. The power behind words is a law of the universe, and the giver of the law is God. There is no power in anything without a source. God is the source.

While observing these principles it is essential we use the power in our words to go about doing good, and to keep our words drawing us closer to God, and more close to loving and blessing His children.

**Chart:**

God-View	Life-View	Level	Log	Emotion	Process	
Self	Is	ENLIGHTENMENT	700-1000	Ineffable	Pure Consciousness	↑
All-Being	Perfect	PEACE	600	Bliss	Illumination	P O W E R
One	Complete	JOY	540	Serenity	Transfiguration	
♦ Loving	Bening	LOVE	500	Reverence	Revelation	
Wise	Meaningful	REASON	400	Understanding	Abstraction	
Merciful	Harmonious	ACCEPTANCE	350	Forgiveness	Transcendence	F O R C E
♦ Inspiring	Hopeful	WILLINGNESS	310	Optimism	Intention	
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♦ Permitting	Feasible	COURAGE	200	Affirmation	Empowerment	
Indifferent	Demanding	PRIDE	175	Scorn	Inflation	↓
Vengeful	Antagonistic	ANGER	150	Hate	Aggression	
Denying	Disappointing	DESIRE	125	Craving	Enslavement	
Punitive	Frightening	FEAR	75	Anxiety	Withdrawal	
Disdainful	Tragic	GRIEF	75	Regret	Despondency	
Condemning	Hopeless	APATHY	50	Despair	Abdication	
Vindictive	Evil	GUILT	30	Blame	Destruction	
Despise	Miserable	SHAME	20	Humiliation	Elimination	

In Genesis during the creation of the earth, the first command God gives through the power in His words are simply “Let there be light”.

God speaks of what he does want to happen, not what he doesn't. The human mind doesn't fully process the word “don't”. When you say things like “Don't look!” Naturally, you want to look because your brain thinks- “LOOK!”

Becoming more aware of the way we speak, and the words we are using is pivotal to our personal health, along with stepping towards things we do want in our life. God didn't say “Let there be shadows” When he wanted light. He said what he meant, and

meant what he said. We can do the same! After all, when he created man, we were created in “His likeness and image”. Like God, we can discover the power behind our words and begin to create a better life.

When it comes to negative and positive thinking I thought, “Does this really matter? Does this actually impact my physical and spiritual health”?

You may have wondered the same thing.

In a rice experiment I saw on the internet, I decided to do it myself. I simply wrote, “love” on one jar, and “hate” on another. The results were astounding In my personal experiment, black mold encompassed the hate jar after just three weeks of sitting out, and love stayed light. Try it yourself. There is an actual force behind words. If they have power to darken a jar of rice, imagine what the words you hold onto in your mind are doing to your nervous system, and therefore you.



A you tube video titled: “You will never speak bad words again after watching this! The Power of Words are HUGE”

You see a scientific study of frozen water according to words. Here are some pictures of the frozen water drops, as words are spoken to them.



The point? It is not just your mind holding onto your thinking patterns, it is also your body. If you want to go from Zero to Hero, or Pain to Power, you have to become aware of the way you speak to yourself and the beliefs you are holding onto.

“If your eye is single to the glory of God, your whole bodies’ will be filled with light, and there will be no darkness in you. And that body which is filled with light, comprehendeth all things. Doctrine and Covenants 88:67

Your journey of life is to become like God and to be filled with His light. His light is all things that are good and true.

But what if you’ve been thinking a certain way for a long time? You have pathways in your brain that build bridges in your mind, and send messages to your body. Is it possible to change your mind and your reality? It takes time, practice and repetition to

“be ye therefore transformed by the renewing of your mind” ... But remember, with God all things are possible.

In the brain, pathways of thinking form based on what we repeatedly think about. This forms our view of the world, of God, and our place in the world. We can only see what we believe in our minds because it's what pathways have been built in the brain. These channels of thinking- neuro connection in the mind, then store those thoughts throughout the body. The nervous system is an extension of the mind, and a storage space of emotion.

Have you ever heard the term “Muscle memory”? Athletes who have once trained their muscles to do somethings, find it much easier to get back in shape, than someone brand new to a sport because their muscles remember the movements.

Muscles also hold emotions and actual memories.

The reason you can drive is because your brain learned how to make your body push a pedal and steer a wheel, while staying aware of red lights, and green lights. Thoughts in your mind are continuously impacting the way your body moves. Thoughts and emotions that started in your mind also impact your health.

If you've built your channels of thinking into patterns that you'd like to change you can! Remember on the journey, that building new pathways and channels of thinking takes time, practice, and repetition. It takes time to burn off old thinking patterns that have remained with you for a long time!

If you were to tie a band around your finger, eventually it would cut off circulation and your finger could fall off.



Our goal in building new channels of thinking is to create new pathways, which starve off the old. When you stop feeding the old channels you will find yourself evolving as a human being. BUT HOW!?

Mindset, Meditation, and Movement! Moga :). And remember, make sure to give yourself time, expect some falls and failures, and get up and keep trying again and again!

“Be ye therefore transformed by the renewing of your mind”

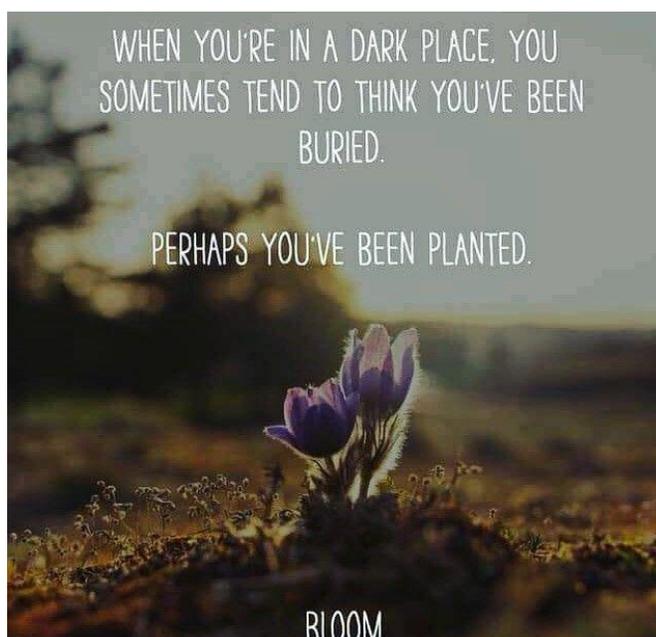
Meditation is the most secret, most sacred door through which we pass into the presence of the Lord. -David O’Mckay

Meditation used to calm the mind, and turn off the fight or flight response system in your body. Our capacity to truly know God, requires “Being Still” - And in order to be still, learn to let go. When you learn to do these things, you come to “know” that God is love. Those teachings from the word combined then mean, “Be still and know that I am God. Let God and know that I am God. Be still, let go, and know that God is love”.

The journey of life is to reside in God’s love. And to “Be ye therefore transformed, by the renewing of your mind”. Can we really transform?

Once while practicing these principles, a gal threw her hands in the air and said, “I hate this, it doesn’t work, I feel more angry.”

I thought- I’m sure the seed went through a great deal of darkness when pummelled in the ground that gave it nutrients to grow. Transformation takes repetition just like a seed needs nutrients and continual watering to grow.



One night I wondered why I had to go through so much darkness in my process of change. Why couldn't it have been more pleasant? An image of a caterpillar popped to mind. I imagined it walking on a stick, wrapping itself into a cocoon, and struggling to change. Struggling to break free, and then from there learning to fly. I had the thought, "I needed you to change".

The thought then came, "For as the heavens are higher than the earth, so are my ways than your ways, and my thoughts than your thoughts.

The caterpillar goes through a great deal of darkness and struggle, to become its full potential.



Is the question really, can you change?

You only know if you try.

And when you fail, you will only transform if you continue to try.

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All good things come from God. And the negative things turn to marvelous things with God. His perfect love casts out all fear. He can turn tragedy into something that can connect you to people rather than isolate you. All things work together for your good when you love Him. There is absolutely no way to go wrong when you walk with God.

In a book called “Power versus Force,” By David Hawkins, we learn of the actual power the body holds when residing in certain emotions. We either live a life where we have power, which can only come through attributes of God. Or we reside in a state of force, which is not where God resides.

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In a moment we will take an inventory of the words you speak to yourself. Are they positive or negative? Becoming aware of the way you speak to yourself can help you understand why your body and mind feel the way they do.

Nothing in your life is permanent. You not only can change but you do change all the time. We are building bridges and pathways to a new and transformed self. I repeat, NOTHING in your life is permanent. Every single day we have the chance to change, to grow, and to renew our minds. That is why learning to “Be still” and the practice of Meditation and repeating new thinking patterns and belief patterns is not only important for your mind, but for your entire nervous system. Your brain creates the reality of your body. And that sounds a lot “like” our God who created the world through His words. Words actually do have power, and we create our experience of life through our words.

Choose the words you hang onto wisely. We are seeking to become like Him, so like him, we can create a better perspective and experience in life.

Even if you've taken a path in your life that you don't feel proud of, you will most likely repeat those things if you hang onto guilt and shame from them. You remain in a state of negativity when you hold onto shame. Pain or struggle in your life CAN make you relatable, if you let it.

How? Whenever you own your life and begin to create good, you CAN help others who have been where you've been! You become a help mate to God by pulling people from darkness into light. You've gone before them and can encourage them when they want to stop trying.

Just like God, the Savior does that. "All things work together for good to them who love God, and to those who are called according to His purposes".

If Saul a persecutor of Christians can be transformed and become one of the greatest missionaries of all time, then so can you. It is the work of God.

Remember this takes time, repetition, and practice so expect failure. It's a part of the plan. Remember it took a long time to start thinking the way you currently do, give yourself equal time to build new bridges and starve off old thinking patterns.

If you know it's going to take time, and practice, just like a lifestyle change, you are able to flow with downfalls instead of being destroyed by them.

Just like a muscle builds through the continual breaking down and rebuilding of muscle through weighted repetitions, your mind IS THE EXACT SAME. TIME, PRACTICE, BREAKING DOWN, REPEAT. Until one day you will LITERALLY feel "filled with light" and you will have weakness that is transformed to strength. Time. Practice. Fail. Adapt. Try again. Succeed, Repeat.

In the study of Neuro science, you learn that pathways come together and eventually fuse together according to whatever you repeat in your mind. Again, whenever you say the phrase "I AM" your brain actually thinks it's your identity. And your only option is for your brain to follow whatever you allow it to think. Become aware of I AM phrases you are using and list them below.

## DIVIDE YOUR LIGHT FROM DARKNESS:

What are you allowing in your inner bubble. Imagine your life is like a garden and it is up to you to pluck out weeds that could suffocate the good plants you are growing. If a negative thought isn't addressed and plucked out it has potential to take over the garden of goodness you want to be growing and suffocate good fruits and vegetables you are hoping to produce.

What are some of your go to positive " I AM" statements you think, speak, and believe about yourself? Or what do you want your presence to speak when you walk into a room?

This is a circle of possibilities. Write a list, or paragraph below of who you desire to be at the core of your being, Draw a circle as a shield. Remember, this is like your garden and you are shielding yourself from thoughts that don't belong. This visual reminder can help you. I place my picture somewhere that I see daily.



## DROWNED THE DARKNESS:

What are some of the go to negative "I AM" beliefs that you say and believe about yourself? We will be addressing the darkness, plucking it out, and demolishing it. This will be a burn letter. What negative belief patterns have you been holding onto that are impacting the way you perceive your life?

Remember that doing this on your own can be challenging but so is climbing a mountain. Getting to the top is so worth the views. You are not alone. Plug into the source that can quicken your mind and spirit, and remember, “with God all things are possible”.

Throughout this course, because you’ve believed a certain way so long, you’ve stored things in your body that need to be purged out. There-fore “MOGA” was born. Mindset, meditation, movement. To become like your “Maker”. We will be creating new thinking and ways of being and literally moving away from what you do not want in your life and into what you always really were inside. It’s just lining your body and mind up with what you spiritually always already were.

“Purge out the old leaven that ye may become a new lump”

We will be moving, meditating, and twisting, opening up, and literally rewiring your mind and your body. The more truth you live in your mind, and your nervous system, the more aligned your spirit will be with your own body. And you will begin to feel more in tune with God, the people around you, and yourself. It takes you from living, to really, being alive.

Hebrews 10 talks about a Moment of Illumination. And then enduring a great fight of afflictions. It then goes on to say Cast not away therefore your confidence, for ye have need of patience. That after you have done the will of God, ye might receive the promise.

After your personal moments of illumination, or times where you have felt a heavenly presence where you saw what you could become, you surely will have to come back to where you are and catch yourself up mentally, emotionally, and physically to what you saw you spiritually could become. You aren’t bad for the difficulty of the process. It is and always was a part of the plan. Stay tuned for ways to build yourself up as you purge yourself out.

Creation is the healing balm to suppression and depression.

On the following page, I want you to begin to create what you can be. It’s creating a possibility of who you are becoming. Your brain will overtime follow the commands you give it.

## Declaration Statements:

Write an “I am” statement after every paradigm of health, about what and who you’d like to become. Even if it’s not currently how you are, just create what you do want and over time, your actions will follow. It can be as long or as short as you’d like it! You may find yourself adding to these things over time.

Spiritual:

Mental:

Emotional:

Physical:

Environmental:

Social:

Relationships:

And example would be:

*Spiritual: I am deeply connected to God. His love is alive in my heart, and I bring His peace with me everywhere I go. I accept His love and Grace for me and allow myself room to grow. Others feel His love while near me because His image is in my image, his heart is with my heart. The spirit of love, power, and a sound mind is with me. I am grateful for my life experiences.*

*ex-Environmental: I am clean in my surroundings. I know what to throw away, and what to hold onto. I am able to let go of what I don’t need, and keep what I want. I am able to practice self care though keeping myself clean and my surroundings clean.*

*ex-Social: I am filled with happiness and I am able to connect well with anyone I meet because I am a powerful listener. I am able to value myself and I make others think and feel they are valued. I am nice and loving and people experience joy when I am near. I socialize often and I am able to speak up because I know my voice matters. I know I belong, I have the right to exist, and my life is valuable to myself and others. I make a difference in people’s lives everywhere I go, and my inner circle of friends are people*

*who lift and build me up. I value myself enough to walk away from influences that don't support my well being. I have healthy relationships because I am healthy, and I know happiness comes from inside, and not from other sources.*

*Mental: I have a powerful and sound mind. I am sharp, witty and have an incredible memory. I am able to recall in detail events and situations in my life.*

Once you've written out one to three sentences for each dimension of health, I want you to record yourself either on audio or video, saying those things. Play classical music in the background, or "Revelation" by David Tolk" and then listen to it daily to plant good thoughts about yourself in your mind. Overtime, once planted, you WILL watch your actions start to follow. Your brain loves a story, and hearing your own voice with your own written words is so powerful!