



The Power and Energy of Your Words

NAME:

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This worksheet is a supplement training guide to “The Power and Energy of Your Words” video published on April 2, 2016.

Are you using your words as a weapon against yourself or others? Well, most people do, without realizing it and without taking cognisance of the fact that words are sound energy; powerful beyond measure. Our words have the power to change our life and other people. Often we throw around words in jest or perhaps in anger that hurt and create long lasting damage. It's time to realize that every sound you utter, MATTER.

Words are not just elements of writing or speech, because they can be used to affect how it transform into vibrations that can be used to direct energy. As Jim Rohn once said, "You can't be lazy in language; it costs too much. What if you meant to say "what's troubling you?" and instead you said "what's wrong with you?" Wow, that's too big a mistake."

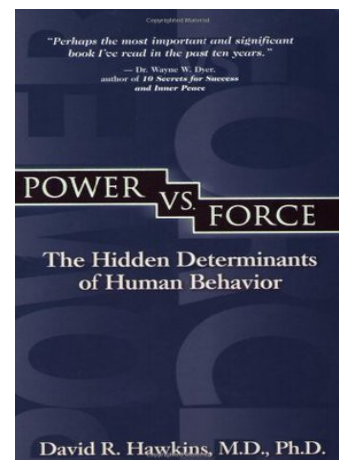
Are you using your words as a weapon against yourself or others? Describe a sample situation.

Action Steps:

1. **Measure your words-** David Hawkins wrote a book, titled “Power Vs. Force”. In his book, he measured the power of words/feelings and how they resonate with the body. But the most exciting aspect of the book is the work Hawkins has done in calibrating the energy of various emotions and states of consciousness.

Start to measure your words. Check out how a word can affect you.

Check out the measurement table below from the book *Power vs. Force* by David R. Hawkins, M.D., Ph.D.



	Level	Scale (Log of)	Emotion	Process	Life-View
P O W E R	Enlightenment	700-1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Hamonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
F O R C E	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable

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Have you given up a negative comment, but you felt bad afterwards?

- You are the guinea pig-** Start to use yourself as a guinea pig in your experiment on how different words can affect how you feel. Before saying a word, start becoming a master of your own words, and think before you speak.
- Count the cost-** What is the cost? Is it worth it to say what you need to say?

Your thoughts become can become your words, are you creating an amazingly healthy life or destroying your or someone else's life through words?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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