

### KEY TAKEAWAYS

#### Summary of day 10 session: Our Words Have Power



#### The Mind Jar

A mind jar is a jar that is filled with water and glitter. Life often shakes us and just like our minds when we are in the grip of our big emotions, the glitter swirls quickly and haphazardly in the jar. If we set the jar down and pause for a few moments, the glitter will settle, and the water will become clear. Similarly, when we breathe and take a moment, our emotions begin to settle, and we find clarity of mind once again.

#### Our words have power

- Think of a word that you are holding onto at the moment, one that gives you hope in the face of turmoil. Can you feel the power in this word?
- Be sure to notice the words you use, for words have immense power
- In Tibet and India certain words are repeated, like a prayer- these are called mantras.
- Roald Dahl said that "Those who don't believe in magic, will never find it". Words have an inherent magic, and you can create your reality with your words, much like a magician.
- Watch your inner dialogue and become aware of the limiting beliefs and inner critic within your mind. When you have HD resolution of the mind you are able to see this limiting, negative inner commentary and ultimately choose a different narrative.
- The well documented placebo effect speaks to the power of our beliefs. If we tell ourselves that a medicine or treatment is making us feel better, then the body will listen and respond and in so doing we will heal ourselves
- "Nosebo" is the opposite of the placebo effect and refers to the process of polluting the mind with negativity. This can cause subsequent disease in the body.
- You can heal yourself with the words you say to yourself! Your body is listening.
- Einstein said, "There are two ways to live your life, the one is as though nothing is a miracle, the others as if everything is a miracle." Let's choose to live the latter!

#### Proof of the power of words

##### Dr. Masaru Emoto's rice experiment

One jar of rice was labeled "hate" and the other "love". Over an extended period of time, only hateful words were spoken to the jar labelled hate and over time this rice went moldy. The love jar, which was only spoken to with words of love and positivity for the same period of time, remained fresh and mold-free.

##### Dr. Masaru Emoto's water crystal experiment

There were two beakers of water, one was spoken to kindly and the other harshly. It was found that water that was spoken to with affirmations and powerful mantras of positivity produced water crystals that looked different and more attractive in formation in comparison to those in the beaker that was spoken to harshly.

##### IKEA's plant experiment

This experiment involved speaking nicely to one pot plant whilst verbally bullying another identical plant. The plant that was bullied, withered away and died; whilst the one that was loved and nurtured, flourished.

#### Mindfulness practice: Speak to yourself with kindness

- Find a comfortable seated position and bring the awareness to the breath.
- Imagine there is a part of yourself that is wise, kind and compassionate. Now imagine that there is another part of you that is that young inner child who is hurting.
- Bring your attention to the compassionate you, like a gentle grandmother/grandfather figure. What would you say to yourself now? It may sound something like, "We will face this together. I love you and I am going to stay with you. There is nothing you could do that would make me stop loving you. I am here with you."
- Let your words of love surround your fear and embrace you like a light in the darkness. Surround your inner critic with more and more love.
- What else is there that you'd like to say to yourself today? Be kind to yourself as you speak. Contemplate how the cells in your body are affected by these words
- Deepen the breath and on the exhalation, gently open your eyes.

#### Homework

- Think about some words that you can affirm to yourself. Repeat these words continuously throughout your day and rewire that inner voice.
- Journal your affirmations in your mindfulness journal



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