



Your Words Matter

" God created you with the ability to change people's lives by what you say and how you treat them. "

As we start the New Year, I want to share a concept that is a little difficult to articulate but one that everyone on the heart level will understand. From a physics perspective, there is a "vibratory pattern that is resonating in our body." In fact, everything that exists has a vibratory pattern or resonating frequency.

Our bodies are made up of organs, bones and connective tissue which in turn are made up of cells. The cells are made up of molecules. Molecules are made up of atoms. Atoms are made up of electrons, protons and neutrons. The subatomic physicists tell us that even these particles are just energy vibrating at different speeds or patterns.

Sound is also expressed in energy patterns or vi-



brations. I believe that's why music can move us so deeply. It can bypass our brains and the sound or vibration can touch our soul or emotions. The words we speak are vibratory patterns as well. If you think about it, in reality, we are a living instrument. For example, let's look at an acoustic guitar, with strings and a body or cavity from which the sound or vibration is collected and reflected.

Our bodies are like the guitar. Our soul or mind is like the strings. We tune the guitar with our belief system expressed by our dominant thoughts. The tuner doesn't play the guitar; it just reminds us of the note so that the strings can be adjusted. We can look at words like musical notes or vibrations we send into the air. The ear picks up these vibrations and associates them as images, colors, emotions, etc. The listener then forms pictures in

their minds of the scene or situation we're trying to communicate. In a sense, we play songs with our mouths.

But when we speak we are not only creating pictures in other people's minds, we are also creating vibrations or harmonics inside our bodies. These vibrations or harmonics affect every single cell in our bodies. These harmonics tune or turn on our endocrine system which in turn dumps hormones into the blood stream and can affect every single cell in our bodies. Individual cells affect organ function, further hormone production, immunity to disease, etc., etc.



So Joe, what is all this about; and what are you trying to tell me. I am trying to tell you that you are awesome; that you are more than your ability, your job, your income level, or any role you have in life. You are more than someone who goes about a daily routine.

God created you with the ability to change people's lives by what you say and how you treat them. Be conscious that you have the ability to affect people at a profound level. What you say and how you say it, matters. It matters both in our bodies and our relationships.

Our words can bring life or they can bring condemnation or guilt. When we speak with love and compassion at the end of a long day, we may be physically tired but our spirits are energized and filled with life.

When we make the habit of speaking in love and compassion to our family and others, life is richer. Not only because we have something left to give but when we dwell in that space we are open to receive their love and compassion.

Mother Teresa had a profound effect upon people's lives simply by loving them and treating them with dignity. None of us are going to be Mother Teresa's but we can be intentional about loving others.

Here's my New Year's Challenge: "How about we all strive to intentionally speak life to the people that come into our lives this year. Speak truth with love and compassion." Whether they are family, friend or foe we can still speak with love and compassion. In a sense, we are all instruments, and I am encouraging all of us to be intentional with the song we are playing because not only will it affect others, but we will reap the benefits as well. Happy New Year.