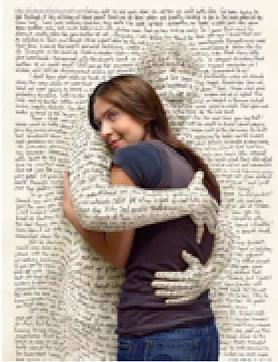


HEALING WORDS



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For many people, the end of winter is often synonymous with tough times. Fatigue, lack of motivation, small depression, runny nose, coughing ... not the funniest time! I often hear people around me telling me how much they are tired and how sick they are of winter. The very popular “I should be doing this to regain energy” or “I have to better take care of me” are also some small phrases that I often hear. Why so many people share the same state? I have not found an answer to this question, but I noticed that when I hear these words or say them to myself, heaviness settles in my body. While I understand the intent and the needs that are expressed, this does not prevent me from feeling oppressed.

The words we use are powerful. They are vibrations that can do a lot of good to our being as much as weaken it. We usually speak of the impact that our words have on others, but what about the words we use for ourselves or our inner dialogue?

Unafraid to make lists, I compiled a long six pages last year with the “vampire’s” words, messages or phrases that I was often using for myself. These had either the effect of emptying me from my energy or made me moody. For each of them, I found its positive equivalent. Eureka! This exercise was a revelation. I soon felt tremendous results. In addition to gaining energy and motivation, I became more positive and I quickly felt better in my own skin.

Thus I realized that saying “I’m tired” perpetuated the fact of being tired every day. By repeating this message to me, I had conditioned myself to be constantly tired. I had literally become tiredness. Changing the wording to “I feel tired right now” helped me a great deal. “Feeling” something is temporary. “Being” something is permanent. I did the same exercise for parts of my body that I did not like; false beliefs that I maintained regarding my abilities; activities or tasks that I thought were obligations, etc.

I transformed my everyday vocabulary. I still use my old “vampire’s” formulations once in a while. After all, according to the yogic science, 40 days are required to change a bad habit into a good one, 90 days to confirm this new habit in us, 120 days to allow this new habit to become who we are, and 1,000 days to master this new habit. In short, changing a habit cultivates your patience. This is killing two birds with one stone, is not it wonderful!?

For those who are tempted by this extraordinary transformation, here are some suggestions that will convince you that this exercise is accessible to all:

The “Vampires” vs. The Winners

“I should” “It would be good” or “it is desirable”

“I have to” “I would like to”

“I’m tired” “I feel tired”

“I am indebted” “I have a financial challenge to overcome”

“I will not be able” “I am capable” or “Let’s do it!”

“I do not like my body” “I love my body” or “I love myself”

“I am a public servant” “I work as a public servant”

“I want to become an artist” “I am an artist”

“I am sick of winter” “Winter isn’t my favourite season” or “I can’t wait for spring to come!”

This is not rocket science as you can see. You simply need to identify the sentences you are using that eat up your energy and add a little twist that will act as a catalyst. You can also ask your relatives to help you out.

With spring coming up, we are used to clean our homes. Why not refresh the way you talk while cleaning the bottom of your cabinets or your garage? There is only one rule to follow: use words that make you feel good. After all, we become what we emit.