



Agreement #1: The Power of Your Words

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

The word is not just a sound or written symbol. The word is a force; it is power you have to express and communicate, to think, and thereby to create the events in your life.

CONTEMPLATE THE POWER OF THE WORD

1. What negative words do you say to yourself most? (Are you critical of your body? Your intelligence? Your success?) Think of some of your favourite words. Use a dictionary or thesaurus to look up the meaning or origin of your favourite words.

2. Beware of common phrases & cultural expressions. Since habitual thoughts and words tend to manifest in physical form, do we really want to reinforce these messages? Identify things you hear people say repeatedly to **themselves**. For example; I'm fat, I'm getting old, I'm dying to..., I can't afford.... Think of some of yours and how they make you feel. Identify things people mindlessly tell **others** that go against themselves. For example; You're a pain in the neck, I'm going to kill you, I wish you would get lost. You can measure the impeccability of your word by your level of self-love. How much you love yourself and how you feel about yourself are directly proportionate to the quality and integrity of your word.

SELF-LOVE BEGINS WITH SELF-RESPECT

Imagine how you would speak to someone whom you love and respect immensely. If you have a pet dog or cat that you love and adore, how do you speak to your animal friend?

Now consider how you speak to yourself. What do you say to yourself every day when you look in the mirror, when you are bathing or dressing or going about your day? If you speak to yourself in a critical, judgemental way, it's because you have learned to do this from others. You agreed to treat yourself this way, then you practiced this habit until you mastered it.

Now that you are aware of the agreement, you can choose to break it by saying: "I no longer agree to treat myself with disrespect. Every time a self-critical thought comes to mind, I will forgive the Judge and follow this comment with words of praise, self-acceptance and love."

1. Make a list of things to say to yourself every day. Then review the list and decide whether these words are kind, respectful and loving. Treat yourself as you would a king or queen, an innocent child or your favourite pet.
2. What will you say to yourself the next time you find yourself engaged in [negative self-talk](#)? Write out the actual *new* words you'll say to yourself.

PUT AN END TO GOSSIP

Use these questions to reflect on how your own words can have a powerful effect on yourself and others.

1. How could you use [the power of your words](#) to lift someone else up? Think of one simple example and write it down here. Then do it immediately.
2. Take note of when, where and with whom you engage in gossip. Make a mental note of this to be aware of a trigger environment or person.
3. After you've used your words to lift up someone, can you think of a word that would lift you up? Do you also gossip about yourself? How does it make you feel and does it affect your relationships with other people?

BEING IMPECCABLE WITH YOUR WORD IS THE CORRECT USE OF YOUR ENERGY; IT MEANS TO USE YOUR ENERGY IN THE DIRECTION OF TRUTH AND LOVE FOR YOURSELF AND OTHERS.

SYMBOLISE THE POWER OF YOUR WORD

Imagine a word as a seed that can grow.

Imagine the word as a magical stone. Choose an item to represent this for you. Could be a stone, a gem, jewellery, ring, bracelet, necklace, stuffed animal. Anything you can have with you or around you to remind you of your word.

AGREEMENT TO BE IMPECCABLE WITH YOUR WORD

This AGREEMENT is made on _____ (date) for the purpose of increasing my happiness and personal freedom.

I am responsible for creating my personal dream of heaven on earth, and it begins with the power of my word.

I choose to be impeccable with my word. I promise to honour myself, to speak with integrity, and to choose my words carefully. I intend to use the power of my word in the direction of truth and love. I will pay attention to how I use the word. I will take action every day to keep my word impeccable. I will repeat this action until the habit is firmly established and no longer requires my attention. The symbol of my commitment to this agreement is _____.

Signed: _____

Witness: _____