

## The Magical Power of Words

By John Pehrson

Everything is vibration. Everything we see around us is composed of vibrating subatomic particles, atoms, and molecules. And vibration is sound.

The science of cymatics shows us that sound vibrations arrange matter into repeatable patterns. And the work of Masaru Emoto shows that the vibration carried by words – and even thoughts from sent from a remote location – have the power to affect water and create different shapes and structures in ice crystals. Negative words like fight or hate or kill create misshapen crystals, while word like love, compassion, or joy create beautiful structures.

The point is this. Words have the power to affect our reality in positive, uplifting ways, but also in ways that create chaos and negative, unhealthy results.

The words *fight* and *fighting* are linked to violence. So, why do we use these words so frequently? They are ubiquitous in the media, daily conversations, medical terminology, and political discourse.

We “fight” for freedom. We “fight” for justice. We “fight” for peace. We “fight” against our enemies. We “fight” for our lives. We “fight” against what holds us back or keeps us feeling small. We “fight” against corporate overreach, against religious extremism, and against inequality. We “fight” for our place in the world. We say that medicines “fight” illness and disease. You get the picture. Use of the word “fight” is everywhere. It is common and used even when it negates the goal we seek, like “fighting for peace”, or “fighting against violence.”

People say, “We have to fight for the good, fight for our beliefs and way of life, fight the good fight.” Do we, really? There’s nothing good in the act of fighting, and if fighting is part of our beliefs and way of life, then we are in trouble.

And politicians say, “When we fight, we win!” Or “We have to fight like hell!” It is an attempt to rouse the passion in people to go to the polls and vote for them. But it is also an invitation to do things like have an insurrection which puts democracy in danger.

When we get sick, we say, as an example, “We must fight the cancer!” Doctors tell us that cancer cells are attacking the healthy cells, or that chemotherapy is attacking and killing the cancer. This means that there is a war going on inside us! While many might agree that this is the case, there is a more positive way to reframe it.

My wife, Jeanne White Eagle, had cancer twice and healed from it both times using sound and homeopathic remedies. An important part of her healing journey was the realization that if there is a war going on inside you, it is impossible to be for world peace, on the grand scale, or nonviolence in your personal life. She realized that the cancer was part of her. It had a message which needed to be heard.

She changed her approach to her own healing and the language she used to describe it, because words have power. Instead of her body *fighting* to kill the cancer cells, she empowered her immune system to transform whatever was not vibrating with the energy of love. Both times, she healed herself within five months!

The vibrations of the words we speak (and think) shape our reality. The ancient Hebrew word "abracadabra," used to connote magic that is about to happen, literally means, "I will create as I speak," which is to say that the act of speech magically creates new realities. Words have that kind of magical power. So why would we unconsciously use words that create more violence?

Each time we use the word "fight," it is connected to violence. Could this be one of the reasons that we have so much violence in our culture? If we knew and truly appreciated the power of words, we would take more care in our use of them. And we wouldn't throw around the word "fight" so easily. We would choose another way to describe our goal.

Consider this: violence creates violence which creates even more violence. What we fight, fights back. Soon we are left with an escalating, self-reinforcing cycle of violence and the trauma vortex that it leaves in its wake. Violence leads to violence. Fighting begets more fighting. And, ultimately, as Gandhi once said, "An eye for an eye makes the whole world blind."

Let us become more aware and stop this ubiquitous use of the words "fight" and "fighting."

Instead of fighting for freedom, or justice, or our place in the world, what about saying that we are *working* diligently for them? Or instead of fighting against corporate overreach, saying, "We are taking bold action to limit corporate overreach, or to make our world a more peaceful place."

My bet is that if we really thought about what we are saying and cleaned up our vocabulary a bit, and reframed the way we are approaching challenges, we would be a lot closer to decreasing the level of violence in the world.

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