

What You Say is What You Create

by Avery Goodman

The ability to create our reality with words and speaking is as old as time itself. It is part of the laws of nature and there are many ways to develop this ability.

There are many pagan, shamanistic, or animistic ancient cultures (and modern traditions) which include in their teachings the importance of the spoken word. The use of language, grammar, linguistics, and speech are all used in these traditions in many ways. Some were to teach, some were to entertain, some were used by a particular trade, but there were those who taught to use words for magical, ceremonial, and religious purposes. Some of these teachings also included the use of speech as a medium of creation. Many had beliefs of a god or gods, or other great being or collective (e.g. Devas) who created with their voice, either by speaking or singing.

Ancient cultures offered their citizens ways to learn the secrets of the mysteries in various ways. Some had these teachings encoded in initiations and rites of passage ceremonies, some had mystery schools, some set up secret groups, but generally most cultures had a master-apprentice system.

The concepts of creating or changing your reality with words is not just a modern self-help phenomenon. It has some very deep roots. Let us focus on one specific ancient culture; the Celts.

Celtic Tradition

In Celtic religious ceremony the power of words to create and change real life was expressed in different ways. These could be done with prayer, making offerings, chants, and even oath making. All of these are done with the intent to change something.

In Celtic culture, the word was highly important. They placed high value on using words both in a spiritual context and also in the mundane world by making agreements, or giving someone your word. In a ceremony, one could take an oath. This is a direct reflection of creating reality with words. The elements of magic working are present during such a rite thus making the oath extra powerful and aligned with the cosmos. It is not just an oath, it becomes greater on metaphysical levels and effectively casts a spell on the thing oathed. It will come to pass.

Prayer was also used in ceremony. The proper use of the word and linguistic psychology was so important they would compose the prayers meticulously. They wanted to make sure the prayers meant precisely what they wanted. Some of the prayers were very lengthy and could last for several verses.

In the ancient Celtic ceremonies a main structure of the rituals was to align with the order of the cosmos. The use of the word, in prayer and in communing with the spirits or beings, was also a way of bringing order. The Celts had a notion of order versus chaos. Chaos as a concept was considered to be anything outside the known, which is to say the outside *other* forces of nature. The use of poetry also brought order with it's use of verse and meter structure. Creating with words in this way was highly important and helped bring security, prosperity, and structure to their lives.

In the Celtic culture there were the professions of bards and sacred poets. Both incorporated the use of the word and creating with words, or changing reality with words. Bard and sacred poet alike were said to have the ability to cause various changes. They could cast spells, in effect, with their

arts and words. One particular kind of poem was used to "protect men and cattle" while others had the ability to cause laughter, sorrow, or sleep (which probably had more to do with inducing a trance or dream state rather than slumber). They also had the ability to cause a person, usually a noble, to become strengthened and supported or to become destroyed through praise poetry and satire respectively.

Poetry was so significant that the sacred poets (Filidh) had many years of training. According to the Book of Ollamhan they had a twelve year curriculum. They learned 350 tales, the mysteries of the Ogham, and the ways of imbas. They also studied the techniques of poetry, divination, satire, and praise. Grammar, herbs, law, history, and magic was also included in the training.

During the sixth year they studied "the Secret Language of Poets" and there has been a lot of speculation as to what this language was. Some think it was a sign language, or music related, a code or cipher system, or a different language entirely. What it seems to be was something very different and outside the known. Other language types are identified in the rest of the curriculum.

The later years focus on the use of poetry for ceremonial and magical purposes. It included calling ancestors and conjuration, chanting and intoning, and warding and shielding or "eochraid". In their eleventh year they learned a poetic form called Anamain which means "Magical Toning and Use of Breath." This advanced discipline seems to be related to mantra and pranayama. Finally, they had to demonstrate their ability to achieve spiritual knowledge.

Dli is that which connects, binds, and is found in all things. It is sometimes defined as the binding principle or law. Dli is the Way or the Law of the universe. All things that happen, all causes and effects, are within the dli. It is that which guides the flow of energy, especially the energy used in magic and in poetry.

Changing and creating your reality by composing poetry, songs, stories, chants, or prayers can be a very potent and rewarding experience. It helps bring what you want to create into alignment with that which is sacred and higher consciousness. In addition, there are many other techniques to create with words, and many are practical and easy to apply and all are powerful.

Affirmations and Auto-suggestion

Auto-suggestion is also called self-suggestion, self talk, or affirmations. These suggestions are self-administered which are intended to influence, command, program, or meta-program the mind. These suggestions can create new experiences, awareness, and abilities. They can work on the conscious and the subconscious mind. They can create your reality.

Our dominating thoughts we permit to enter and remain in the conscious mind will enter and influence the subconscious mind. The dominating thoughts are a habit and will always exhibit such influence no matter whether they are positive thoughts or negative thoughts; whether they are thoughts of the hopes, dreams, desires, life, and reality which we want, or they are the thoughts of worry, fear, loss, pain, or the life and reality we do not want.

Auto-suggestion must be repeated continuously. This means using spaced repetition and deliberately choosing (or composing) these statements on a consistent basis over a long enough duration.

Auto-suggestion can have ongoing positive benefits. It can put us in a good state of mind and develop for us a positive mental attitude. It gives us control over our mind, our bodies, our lives and

circumstances. It shields us from the negative influence of other people and the control and programs of the world.

We can grow things in the subconscious mind, like a fertile garden.

If you cultivate your garden with creativity, imagination, knowledge, and stimulation then it will grow an abundance of positive crops. If you plant the seeds of fear, worry, hostility, doubt, poverty, and inferiority then the garden will grow many undesirable crops. Neglecting the garden leads to mental atrophy and dementia.

We create with words and we can create a new reality or continue to create a reality of the past. It can be very easy to fall into habits and patterns and thus keep creating the same things over and over.

However, we can choose. We can create new things for ourselves and our lives. Auto-suggestion carries our intent to the subconscious and from there it shifts and transmits to the universal mind. In the book *The Master Key to Riches* by Napoleon Hill it is stated thus:

Any dominating desire, plan or purpose held in the conscious mind and backed by absolute faith in its realization, is taken over and acted upon immediately by the subconscious section of the mind, and there is no known record of this kind of a desire ever been without fulfillment.

Words have power. What you say will affect your actions, attitude, and how you feel. The change of one word in a paragraph can change the entire meaning. Consciously changing speech patterns to create what you want can have a profound effect. Change negatives to positives. Change victim speech to winner speech. Some examples could include:

Change the word "change" to "improve". "We are going to make some changes around here" becomes "We are going to make some improvements"

Change "problem" to "challenge". "We have an insurmountable problem" becomes "we have an interesting challenge"

Change "I can't" to "I haven't learned how yet". "I can't do that..." becomes "Yes, I can. I just haven't learned how yet."

Change "I am trying" to "I am creating". "I am trying to make more money" becomes "I am creating a life where more money manifests."

Change "this is annoying" to "this isn't my ideal situation." "This is annoying" or "this sucks" becomes "this isn't my ideal situation but, I'm learning from it."

Change "damn it" to "bless it". Damning causes the situation to get worse, blessing causes it to get better.

Change "I will do it later" to "I will do it". Saying "I will get to it" or "I will do that later" will create a constant future in which you will never do it, you will never get around to it because there will always be a "later". Say "I will do it" and you could add "I will do it now" or "I am doing it".

Affirmations can also be a powerful tool. Some examples include:

I am worthy of love, joy, and success.

Now I can love myself. Now I can be loved.

I am thankful and grateful for all the good things in my life.

I am lucky. Things always go my way.

I take 100% responsibility for everything in my life.

I am a winner. I am a champion. I am a super hero.

Affirmations get programmed and become self fulfilling prophecies. They can be single statements or a few paragraphs. Affirmations should be repeated often. At least upon arising and before you sleep but they should be repeated whenever possible.

Creating with words, auto-suggestion, and affirmations takes practice. Repeat your affirmations or statements of what you want to create at different times, in different ways, with different emotions and intensity. You can even imitate celebrity or character voices! Add some *umf*. Add some zeal. Try it with different movements, postures, and even clothing or costumes. It can be a fun and enjoyable practice.

Some Scientific Evidence

There have been many scientific studies, done all around the world, which demonstrated the power of words.

One particular series of studies was done by a group of Russian scientists. They were able to prove that DNA is reprogrammable by words and frequencies. They showed that words and frequencies can influence healing, DNA, psychic ability, and increases in perception. They looked at the "junk DNA" and found that it stores information and has communication functions, much like a computer. They found that the genetic code follows the same rules as languages including syntax, semantics, and grammar. Reprogramming of the DNA can be done by an individual or by a group.

The studies also showed that genetic information can be influenced by frequencies. The particular frequencies used were frequency patterns which were modulated onto a laser ray. Later, language-modulated laser rays were also proven to work. One of the applications of these results was that the frequencies could repair genetic defects, including chromosomes which had been damaged by X-ray or other radiation.

For more information on this research see the book *Vernetzte Intelligenz* by von Grazyna Fosar and Franz Bludorf.

Some Religious Evidence

In the Jewish tradition it is taught that God created the world from words. The collection of mystical books, the *Zohar*, says that God took speech and formed reality. The power of language is highly regarded and considered a keystone of study and spiritual enlightenment.

Interestingly, the Hebrew phrase "*ebra kidbara*", from which we get the word "abracadabra", translates as "I will create as I speak". Abracadabra is, of course, the go-to word to cause a magical effect in fiction, but is also used in some non-fiction practices. "*Ebra kidbara*" may have been appended to the end of prayers in much the same way as the Native American word "*awanestikia*", meaning "I have spoken", is used at the end of prayers as a way to send the intention of the prayer off and cause it to manifest or be "created with words". The Celtic phrase "*Bíodh sé amhlaidh*" meaning "be it so" can have the same function.

In the Bible, James chapter 3, the tongue is compared to several little things which can cause very

great changes. Like a fire, it can cause great damage or bring safety, destruction or restoration. The tongue can bless or curse, bring order or chaos.

Charles Capps, in the book *The Tongue: A Creative Force*, put's it this way:

God's Word that is conceived in your heart, then formed by the tongue, and spoken out of your own mouth becomes a spiritual force releasing the power of God within you.

When praying we must be active with our words. A lot of people will confirm their problem when they are praying. Instead, we need to confirm the perfect state we want. We must confess our ideal health, our ideal circumstances, and our ideal self. Anything which is not ideal is transient and we must speak your life into being.

Mark 11:23 reads:

For verily I say unto you,
That whosoever shall say unto this mountain,
Be thou removed, and be thou cast into the sea;
and shall not doubt in his heart,
but shall believe that those things which he saith shall come to pass;
he shall have whatsoever he saith.

We Are Creators

It is a creative universe and by creating we align with the cosmos and have the energy of the Dli and the universal intelligence back of us.

Human creativity has always been growing. We are continually reaching more novel ways of doing things and producing a fecundity of art, inventions, and ideas. Even more, we find new ways to expand our boundaries and journey into unknown frontiers.

Find the poetry in all things and you will bring hope to hardship. Cultivate the sweetness in life and you will bring forth the song of the universe for all to share. Create with praise, gratitude, and love and you will have a magical life.