

## Words Inspire; Words Heal

In the shamanic world view that we are all connected, therefore our actions, behaviors, and words impact all that is. Our ancestors understood the power of words- they had words that were not spoken in public, names that others would not hear, as well as words they would call those they were not fond of. Much of this has fallen into lost knowledge, yet words still have effects upon us. Remember times your heart felt soothed from words of encouragement, inspiration or love. Or times you felt pained by words of anger, discouragement. Many of us speak from anger, fear or hurt and then say "well you know I didn't mean it". Words have a vibration that can heal or crush the one who hears them. We affect those to whom we send this energy of words to; we impact those who hear as well as ourselves.

Words create a reality, words create a response from others, within us, and words can heal, inspire, hurt and crush.

Spring is a wonderful time to release what no longer serves us making room for what we would like to cultivate in our lives. The weather of early spring creates chaos of cleansing; we can follow nature in cleansing words from our vocabulary that are disharmonious.

Try this exercise to help you gain increased awareness of the impact the words you use on a daily basis have on you and others. Find a quiet place, settle yourself, breath deeply into your belly, relax your body and quiet your mind. In your active imagination bring yourself to a safe and nurturing place in nature. In this state connecting with the wisdom of the universe say some of your most frequently used words and pay attention to your body response- your heart, stomach, shoulders, head. Does it feel soothing or prickly? Pay attention to the response of this place in nature. Experience this for awhile then ask for a few words that you can use that will bring harmony into your life and experience yourself using them. Notice your body response; notice the response of your special or sacred place. When you feel you have an understanding of the impact of your words and words that will create healing come back to your daily self. Write the words that inspired you to carry with you. Post them in places to help you remember to bring these affirming words into your life.

You have released old ways of using words and planted inspiring words to share with those you love and encounter. Thanks to you our world is a brighter place.

***Dance your journeys: dance your dreams***