

Lesson 60: Guarding Your Words

People seldom realize the energetic power of the words they speak anymore than they are aware that their words are linked to the manifestation of many of the circumstances and events they experience in the course of their lives. Because we live in a world that tends to promote the isolation of our words from our experiences, we hold fast to the erroneous belief that our words are not responsible for the outcome of our life experiences, when in fact; they are directly connected to them. Because of the significance of understanding how your words truly do affect the nature of your personal reality, the lesson this week will focus on the importance of guarding your words. The lesson will be built upon two significant principles governed by the Laws of Nature: The Principle of Vibration and the Principle of Polarity, summed up by the Law of Correspondence.

Among the many definitions ascribed in the dictionary, word is defined as a command or an order given. The Bible speaks about the Word of God which, besides being the ultimate Truth, resulted in the manifestation of an event, such as the creation of the universe and spiritual man – all being the result of the spoken word. The significance of the spoken word is that whether you realize it or not your intended words are a command, an order that is verbally transmuted into vibrational energy which in turn manifests a circumstance or an event of a like kind, sometimes immediately, sometimes over a short or long period of time, depending on the vibrational frequency of the words spoken.

At this point you may be wondering how you can prove to yourself that your very own intended spoken words are manifesting desired or undesired circumstances and events in your reality. The answer is self-observation! There has been a very important common thread woven throughout all the past lessons that you might have overlooked. This common thread is “awareness” and it is woven in all the lessons for the purpose of helping you become more and more consciously aware of all the factors that help to shape the nature of your personal reality. So as you become more consciously aware of the many factors that contribute to your reality you may or may not have realized that you are becoming a witness to the formation of your own reality. As a self-observer you can literally stand outside of yourself and see yourself in action, that is, how you react to the circumstances and events of your life. Armed with the discussions in all the past lessons you should now be in a position to see how the circumstances and events in your reality actually became the nature of your past and present reality. You know that your realities are self-created by your own thoughts, feelings, beliefs and perceptions, regardless of external influences. You know that your thoughts can be very limiting, that your beliefs can be disabling and your perceptions can be deceptive. Thus far you have not had good cause to examine the effects of your intended spoken words. But in order to continue crossing over the symbolic bridge that leads to the development of a

higher consciousness, it is necessary to understand the implications of the words you speak with intention.

It can be difficult to imagine that the words you speak on a daily basis can actually transmute into a desired or undesired circumstance or event. You might be inclined, at the very least; to perceive that only certain words spoken might possess the power to change or alter your reality in some way, but the truth is that all your intended words possess the power to affect your reality. Most often you think you know how those unexpected and undesired experiences entered into your reality, but in truth you really do not know because there are many underlying factors you simply are not yet aware of. Just like intended thoughts, intended spoken words are not without their affects in the material world which directly affect the mental and emotional planes of your being. The words you speak with intention, whether you realize the impact of them or not, are subject to the law of manifestation, therefore, you bring the results of your intended words into your reality time and time again.

Your mind, which is composed of your thoughts, emotions, reason, will and desires is a mode of vibration and just like your mind, your spoken words are also a mode of energy vibrating on various invisible frequencies that responds to natural universal laws. The rate of energy you are vibrating has everything to do with your overall mental attitude, which of course, is the aggregate or sum total of your thinking patterns, your feelings and emotions, your beliefs and your perceptions, and of course your words. This form of energy moves along poles of vibrations which vary in rate and modes, therefore, the rate of your vibrating energy has a direct affect on how quickly certain words will become your next reality. The reality you experience will be in keeping with your mental and emotional state of mind – these are the modes. As your mode of energy vibrates on various frequencies, some results will enter into your reality quicker than others. Many of these manifestations are the result of “induction” due to the law of like attracting like which is why it is said that “thoughts become things.” Because every intended thought and word has its corresponding rate of mental and emotional vibration, it is important to understand that you do not operate solely on any vibrational frequency, but rather you “attract” like kind experiences into your reality through synchronistic events that are consciously and even unconsciously acted on by other people who are also vibrating their mode of energy on the same frequencies. Because mental and emotional energy, as any other form of energy, is a creative force, results are inevitable, whether they are desired or undesired. It is for this very reason that not only should you balance your emotions but that you should also guard your words.

When you gain control of your spoken words and the intentions of them, you actually polarize the negative effects of them in your reality. By the same token, you also affect others who are sure to have a direct or indirect influence on your reality as well - desired or undesired. There is no way to avoid the intervention of others in your reality but you

are definitely empowered to control these external affects by knowing how to control your own mind which includes the words you choose to speak. You are empowered on the mental and emotional plane to allow the Laws of Nature to work for you rather than against you. An old Hermetic writer was quoted as saying: “He who understands the Principle of Vibration, has grasped the scepter of Power.” This is a law whose principles should be taken very seriously as it will affect the nature of your personal reality on a daily basis. The absence of knowledge of the Natural Laws is not bliss. Your reality will be affected in the exact measure of the level of knowledge you attain to in every case. The acquisition of this knowledge will avoid the need to point fingers of blame at other people, places or things that ultimately are not the cause but are only the affects that are manifested or mirrored back into your reality. The initial cause is the lack of knowledge; the secondary cause is the omission of these laws applied to the business of everyday life.

To further understand the mechanics behind your intended spoken words is to learn that everything is dual in nature and because of this principle everything, therefore, has its poles, the differences being measured by degrees. The scale of emotions used in past lessons is an example of the degrees of the emotions which range from high to low. Although the emotions are dual in nature, they are merely separated by degrees. The Principle of Polarity states that everything has two sides; two aspects; two poles or a pair of opposites with degrees manifested between them. What is important to know about opposites is that they can be reconciled by degrees of change. The closer they are brought to the middle of the scale the less adverse affects are experienced. Thus, the “intermediate planes” that separates anything that is opposite of itself is merely vibrational degrees that can be increased or decreased, at least to the midpoint. Likewise, the state of your mental attitude is separated by vibrational degrees which when recognized as such can be adjusted on the vibrational scale by increasing or decreasing the degrees in accordance with the level of your conscious awareness. Therefore, the more consciously aware you become of yourself and your modus operandi, that is, how you function on the mental and emotional planes, the better able you are to transmute your intended words into experiences that are actually desirable and beneficial to you and to others as well.

As you learn from having acquired a greater depth of knowledge, not necessarily intellectual, but more from the allowed intervention of your higher mind and from first-hand experience, you will find that you can more easily adapt to unexpected circumstances and events that are not necessarily desired. The combination of acquired knowledge empowers you to move the slider on the scale of life by degrees relative to the scope of your understanding. The broader your scope of understanding becomes the more balanced you are and the more you are empowered to breeze right through unexpected and unanticipated outcomes. In this sense you become much like the ancient alchemists, in that you are empowered to transmute the power of your spoken

words just by the way you state them with intention and motivation. Thus, it is essential to say exactly what you mean and to mean what you say because one way or another your words are going to affect your reality, so you might as well put some thought into the words you speak before you speak them. While life is truly a learning lab, it does not negate the fact that there are words sometimes spoken in anger or from a lack of the “right knowledge” that cannot be taken back because the energy they carry has already set in motion some sort of a karmic experience that is out of your hands. Now this is not to say that you should drive yourself crazy examining every word you say. It’s really more about becoming an observer of the words you do speak with intent and then looking beyond the veil of illusion to see how your words are really affecting your reality as well as the reality of others around you. However, be forewarned, this is not a simple exercise when you are not asserting honesty and integrity. You cannot possibly expect to see the truth of your own intended words if you are looking through distorted lenses. If you are serious about changing the nature of your personal reality you will have to learn how to exert some self-examination. In doing so you will find that no matter what situations have occurred in your reality, you have, in some way, affected the outcome – positively or negatively.

Mental and emotional states can be induced by others, as well as being induced by yourself; nonetheless you always have a choice as to how any form of induction is going to affect your reality, which is why it is so important to be painfully honest in assessing your own state of mind. The longer you remain on the lower vibrational frequencies the more undesirable experiences you will incur. Now this is not to say that undesired experiences do not occur on higher frequencies, because they do. The difference is in the quality of those experiences. No matter what frequency you raise your vibrational energy too, there will always be new challenges to overcome, new obstacles to contend with and many more lessons to be learned. Such is the business of life on the physical plane. Although it may seem like a never-ending battle, the results are always well worth the effort required to raise your conscious awareness.

As you strive to raise your own conscious awareness you will not only see yourself as you truly are but you will also see those around you in a very different light. You will see that just like you they too are transmitting various degrees of vibrating energy along the mental and emotional scales of life; that they are not necessarily doing anything more wrong than right, but that they are simply manifesting the measure of their acquired knowledge. Not everyone is aware of the need to raise their conscious awareness or that there is even something called “raising conscious awareness.” But it is through example that we can effect change well beyond the borders of the self. Gandhi is quoted as having said: “Be the change you want to see in the world.”

The process of becoming more aware of the words you speak, especially with strong intention, and the energetic power contained within those words is just that, it is a

process. For most people, learning how to guard their words is not a one-time even or an overnight success but rather it is an ongoing process in which they ascend the ladder of success one rung at a time. For others, the experience is much like a light-bulb effect that turns instantly turns on and they are set straight about the matter all at once. In all cases it is about becoming a self-observer of how your words are affecting your reality which means looking past the veil of illusion and delusion to really see the affects. When you do begin to see the affects of your intended words you will also see the polar effects, that is, the magical effects your meaningful and purposeful words have in your reality as opposed to your words that are not as meaningful or that lack a true purpose. The magic is that through your intended words you can actually shape and form a personal reality that is so much more desirable and beneficial to you in the long run. This is a reality that has a pleasant effect on others versus the verbal abrasiveness most people are accustomed too.

Knowing that the principles of vibration and polarity are either working for you or against you makes it is so much easier to understand the relevance of guarding your words. People are not quite so likely to respond in a positive fashion to someone who does not think before they speak, but rather blurts out words with strong intentions and equally strong emotions, not realizing the unexpected and undesirable results they are going to manifest, often instantaneously, then wonder why such an undesirable situation occurred, or worse yet, they will blame the other person, when in fact it was themselves who was the initiator of the situation to begin with.

Seldom do people think to connect these dots; that their words do affect, in a positive or negative fashion, a result and from that result something desired or undesired is manifested at some point and time in their lives. To avoid such situations is to pay more attention to the words you speak, how you speak them and even why. There are usually personal motives, something tangible or intangible you wish to gain, behind the need to take a verbal stand for or against something. Many people have an uncanny desire to be right more often than not so they speak words with strong intention while displaying strong emotions. The results they produce, undesirable to say the least and mostly argumentative, don't usually appear to them as something they brought into their reality but see it more as the other person's fault for not agreeing with them, because they are, after all, right – or are they. This is just one example that can be used to describe all the infinite variances. The importance of the example is that when you speak words with strong intentions, especially when accompanied with strong emotions and with underlying personal motives, you can be sure that you are provoking the manifestation of something in your reality that is going to be unpleasant. There just is no other way around the principles of vibration and polarity.

Even minor and irrelevant words are not without their natural affects on your reality in some manner of speaking. Even all of those trivial words spoken carry a degree of

energy; though small enough and relatively harmless, they can still produce an unexpected result that will in all likelihood go unnoticed in your reality, but because it will be so insignificant you will hardly notice its presence. But if you stop to think about the things you say as well as how you say them, your intentions for saying them, you really can see how all your words, cumulatively speaking, in some way are shaping and forming your ultimate reality on a daily basis.

There is one last principle that sums up the affects of the two principles discussed in the course of this lesson. It is the Principle of Correspondence which embodies the truth that there is always a correspondence between the Laws of Nature and the plane of human life. The old Hermetic axiom states the principle in this fashion: “As above, so below; as below, so above.” When you understand how the two principles described in this lesson operate in the business of daily living, you can then understand how they each relate to the Principle of Correspondence. Combined, these principles afford you an opportunity to see beyond the veil of your own illusions and even your delusions where the truth about the nature of your reality lies hidden from your conscious awareness and where you perceive your reality to be something other than what it really is.

Years ago, there was a prevailing psychological attitude that wholly embraced the belief that such truths required a symbolic archeological dig because these truths were buried deep within a person’s being. The truth is that no such psychological digs were ever necessary; in fact, no symbolic digs of any nature are required. Everything you need to know about the business of life exists in the level of consciousness that Jung called the “unconscious” which is that part of your consciousness that knows everything it needs to know but you are not cognizant of this knowing without integrating the information into your conscious awareness. The integration of this information is what was referred to in the internet movie and the book, *The Secret* (c2006) as “shifting” your conscious awareness. As you begin to shift the information from your unconscious into your conscious awareness (remember that this is an ongoing process), many obstacles are instantly removed from the path of your life. The instantaneous removal of certain obstacles often occurs with little or no effort on your part because the reasoning power of your intellect has enabled you to move from your known perceived reality past the veil to the unknown, which is in truth your actual reality – to part the Veil of Isis. Once you catch a glimpse of what lies beyond the veil where the nature of your personal reality is concerned you cannot go back to your former state of existence. However, you can easily stagnate, or get stuck in a rut which is why the lenses you view life through should not become subjective to your perceptions until you can learn to trust the integrity of your perceptions. Not to mention life is, after all, an ongoing series of lessons to be learned for the sake of personal and spiritual growth that inevitably promotes the ongoing evolution of humanity.

The fact that you were led to read this lesson is in itself a confirmation that the need to guard your words is indeed an aspect of you that needs your attention. As you set in motion the wheel of guarding your words, you also become an example to others who are closely observing your habitual behaviors and who are well aware of the circumstances and events you attract into your reality. Although they may not understand the process in accordance with its technical terms, nonetheless, they are well aware of the slightest change or alteration in your reality and will not hesitate to tell you so. Thus, for their sake, by your own conscious choice you are empowered to become a beacon of light; to set good examples of what it really means to guard your words.

We hope that the discussions in this lesson has been beneficial to you; that your eyes have been opened to information you perhaps did not give much thought to previously and that this discussion does indeed affect your reality in a very positive manner. If you have any questions or wish to share your thoughts or comments please feel free to do so at the email address listed below.

Many Blessing,

Linda, Z and the Collective We

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It is highly recommended that you read The Emerald Tablets and The Kybalion, both of which can be easily accessed online and downloaded for free.

The Emerald Tablets of Thoth can be downloaded for free from the following websites:

<http://www.bwtemple.org/Emerald-Tablets.php>

www.crystalinks.com.

The Kybalion can be downloaded for free from the websites listed below:

<http://www.kybalion.org/TheKybalion.pdf>

<http://www.phoenixmasonry.org/kybalion.htm>

<http://www.gnostic.org/kybalionhtm/kybalion.htm>