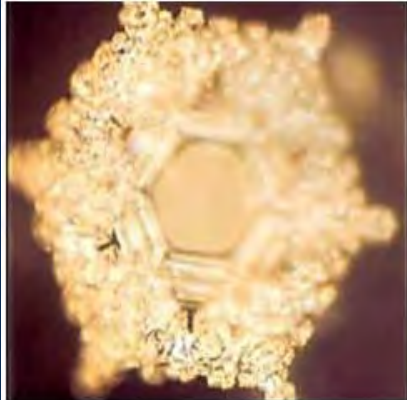


Our Words Have Power - Every word we speak has energy and power, power to hurt or heal

Myrna Lapres
February 26, 2024



Love



Thank you



I hate you

Coach Myrna, February 26, 2024
www.coachmyrna.org/

Our Words Have Power

Every word we speak has energy and power--the power to hurt or heal. Dr. Masaru Emoto was a pioneer in the study of water. Through his numerous experiments, he discovered that the human vibrational energy of thoughts, words, ideas, and music affects the molecular structure of water. For over 20 years until he passed away in 2014, he studied the scientific evidence of how the molecular structure in water transforms when it is exposed to human words, thoughts, sounds and intentions.

Since an adult human body is made up of 70 % water, imagine the impact that words have on ourselves and each other. Dr. Emoto also demonstrated how polluted and toxic water, when exposed to prayer, meditation, positive words, and intentions, can be altered, and restored to beautifully formed geometric crystals as found in clean, healthy water.

www.youtube.com/watch?v=1qQUFvufXp4

As a Safe Conversations facilitator, I teach individuals and families about a new way of understanding our relationships--it is two people and the space between them. What we put into that invisible space--complaint and negativity or appreciation and understanding--greatly impacts the quality of our relationship with each other. Of course, this must include our relationship with ourselves; the words that we think and say about ourselves have the power to directly affect our emotional state.

Speaking words of grace, appreciation, kindness and empathy to ourselves and those that we care about creates connection, wonder, joy and love in our families and beyond.

For more on the Space Between:

www.coachmyrna.org/blog/steps-to-cultivating-family-communication-and-connection-the-space-between

For more on the impact of negativity:

www.coachmyrna.org/blog/the-impact-of-negativity

To purchase my book on
Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

