

TERESA JENKINS

I am a founder & mentor at [Dabble](#).

INTERVIEW

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Speaking comes to most people as naturally as breathing. On many occasions our words are uttered without conscious thought, in fact we rarely stop and think about what we are saying. Thousands of words pour out of our mouths each day as our thoughts, opinions, judgments and beliefs are freely expressed. Often, however, we are oblivious to the positive or negative effect these words have on ourselves and the people around us.

Words have tremendous power. Words give out energy and a message which creates a reaction in others. Everything you say produces an effect in the world. Whatever you say to someone else will produce some kind of an effect in that person. We are constantly creating something, either positive or negative with our words. Reaction to our words often returns to us often in a multiplied form. For example if I speak words of judgement to a person they will judge me back, probably with more intensity as their judgement has the pain or anger caused by my words attached to it. Words of kindness and acceptance will generate a warm and appreciative reaction in a person. That person's response to the words will be stronger because it will have the emotion created by the words attached to it. The power of words has a ripple effect in our life and those around us.

The whole point of being alive is to evolve into the complete person you were intended to be.

— OPRAH WINFREY

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Recently I came across the work of Dr Emoto, and his studies on water crystals. He took samples of water, froze them and took photographs of the water crystals. He then wrote words on vials of water taken from the same source. The crystals formed in the vials which had positive words, such as love and gratitude, were beautiful. However the crystals in the vials with negative words such as hate and evil were very different, and the water



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An important key to success in life is to understand the power of words. A word is a thought eternalized. Our thoughts do have a great effect on us even though they are internal. What we think effects the way we live our life, it effects our emotions, our attitudes and our behaviour. A thought spoken, however, has even more power. It can never be taken back! It is out of our mouth and will have an effect. Our words have even more power than our thoughts because they not only affect ourselves, but the people and the world around us. Successful people take control of their words, rather than letting their words control them. They are more conscious of their thoughts and words and the power they unleash. Successful people understand that they need to speak positively rather than negatively in order to see success.

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