

THE ENERGY OF LANGUAGE

How Your Thoughts and
Words Create a
High-Vibration Life

Clarity

Peace

Presence

I am

Love

Awareness

Enough

Grace

Abundance

Loretta Tolliver, Ed.D.

THE ENERGY OF LANGUAGE

*How Your Thoughts and Words Create a
High-Vibration Life*

Dr. Loretta Tolliver



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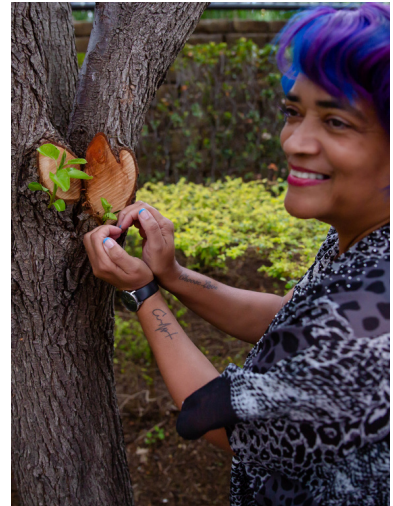
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Website: www.lorettatolliver.com

WELCOME!

GIVE NOTHING LESS THAN PEACE AND JOY!



Once you begin the journey of accepting that there is something more to life than the small part of which we know, you simply cannot stop moving forward. And every step brings new enlightenment that takes you even closer to fully knowing who you are. There is no turning back!

Learning to use your words in a way that lifts you and those you touch is the greatest gift to yourself and others. You will begin to see great changes in your life and others will see the difference in you. Living a high-vibrational life is rewarding and you will see the changes right where they matter, from within.

WHAT YOU WILL LEARN

This book takes what you do everyday and provides you with the ability to make it useful for life in an intentional way. Whether you are talking to a partner, friend, parent, sibling, co-worker, stranger, or yourself, your words can create an experience that when presented with presence, give you the language shifts that will change the conversation and the day for the better. You will raise your vibration and have higher levels of energy. And a higher quality of life.



Words have power.

- Over self.**
 - Over others.**
 - Over health.**
 - Over life.**
 - Over environment.**
 - Over everything.**
- And they start as *thoughts*.**

Choose your words with intention, kindness, and heartfelt care for where they will land.

*“Watch your thoughts, they become words.
Watch your words, they become actions. Watch
your actions, they become habits. Watch your
habits, they become character. Watch your
character, it becomes your destiny.”*

LAO TZU

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CHAPTER 1

INTRODUCTION: Why Words Matter - Language as Vibration and Energy

Words might look simple, but they have an untapped power. They're not just letters on a page or sounds in the air, words are symbols that carry meaning. They allow us to share our thoughts, ideas, and feelings. But here's the big secret: words don't just describe our world. They actually help create it.

When we speak, our words act like little sparks. They grab attention, stir up emotions, and can even change how we see ourselves and others. A single sentence can lift someone up or pull them down.

Think of words as vibrations in motion. Every word has its own energy. When you say it out loud, that energy flows through your body, your nerves, and even the invisible field we share with others. That's why words can heal, inspire, or wake someone up to new possibilities. But they can also hurt, weaken, or close hearts if spoken without care.

Words are not neutral. Each one is a vibrational bridge, a mix of thought and energy that travels through sound (or even silence). They shape how we feel, how we connect, and how we experience life.

Try this: say out loud, *"I'm exhausted."* Notice how heavy it feels? Now say, *"I'm grateful."* Now your energy feels lighter. That's the frequency of language working inside you and around you.

Words aren't just tools to describe what's real. They are paintbrushes. With every word, you're painting the picture of your life, both inside and out.

References in this book to "The Field"

When you read "the field" in this book, the reference is to the quantum field. It is the invisible space of energy that connects everything around us. Imagine the air between you and another person. You can't see it, but you can feel when it is calm or when it is tense. The quantum field is like that. It's the space where your thoughts and words send out energetic vibrations, and other people can feel them. These other people also contribute to the field. In this book, the field is simply the shared energy you create with yourself and with others.

Thoughts and Words Create Reality

Your thoughts and words work like best friends, always together. A thought can turn into a word, and once you speak it, that word feels like the truth. Say it enough times, and it becomes a belief. And beliefs shape how you see yourself, other people, and the whole world around you.

Think about a time you said, *“I can’t do this.”* Did those words make you feel stuck before you even gave it a try? Now compare that to saying, *“I am learning.”* Suddenly, the challenge feels less scary. The road in front of you doesn’t seem blocked, it feels open and possible.

That’s the magic of language. Words don’t just show what’s inside you, they actually build your world one sentence at a time. This means you build your world, with every word.

The Link Between Language, Self-Perception, and Inner Peace

The words you say to yourself inside your head might be the most powerful words of all. They can sound harsh and critical, or they can be kind, supportive, and encouraging. Over time, these words shape how you see yourself.

When you speak kindly to yourself, you create a calm space inside where peace can grow. But when your self-talk is mean, it adds stress, doubt, and tension. That’s why language isn’t just a way to communicate, it’s also a way to practice self-care.

Your words don’t just stay inside you; they also affect the people around you. A phrase spoken with awareness can cool down an argument, strengthen a friendship, or open a new door. A phrase spoken without awareness can do the opposite.

Language is like a bridge. Every time you speak, you send energy across that bridge, to yourself and to others.

Words That Come from Someplace Else

Most of the words we speak come from our thoughts. Sometimes from thoughts we notice, and sometimes ones running in the background. They can come from memories, habits, or whatever feelings we're carrying in the moment.

But every now and then, words seem to come from someplace deeper. When you're really present and connected to your inner self, it can feel like you "download" a thought. You don't plan it and you don't force it. It shows up in the quiet, in the calm, clear spaces between your usual thoughts. When those downloads turn into words, they feel different: calmer, clearer, maybe even more inspiring than what your everyday mind might come up with.

These words carry a special kind of energy. They don't just say something, they land. They vibrate in a way you and others can feel. Sometimes you'll catch yourself saying something that sounds wiser than "you," as if the words picked you to bring them into the world.

Pay attention to your downloads. Get to know them. They are filled with love and life. Receive them with intention accepting the mystery they flow through. Soon, they will become the norm.

Speaking to Build, Not to Break

This book isn't about being perfect or watching every single word that comes out of your mouth. It's about paying attention, **noticing the words you choose** and how they shape your energy, your relationships, and your life.

We'll start by looking at small, everyday change in how you talk, to yourself and to others, that can bring more peace, stronger connections, and a more real version of you. You will learn to catch the phrases that tear you down and swap them for words that lift you up. You'll learn how to pause, rethink, and reset so your words become tools for awareness and growth. You'll learn that words may vibrate differently based on your current state and delivery. You'll learn that words may hold different vibrations in the presence of the person who hears them. And you will learn how to work with the energy of them all.

The goal is to help you use language that's kind, true, and full of good energy. The words you speak become part of who you are. And when you choose words of awareness and love, you line up with the deepest and most authentic version of yourself. You leave droplets of this joyous person everywhere you go.

An unexpected gift

When you start paying attention to the words you use, something awesome happens. You begin to notice the present moment in a new way. And when you're present, you feel more connected to who you really are inside. That's when little sparks of clarity show up, helping you make choices that feel right for you.

Presence is the state of being fully here, in this moment, without being pulled into the past or the future. It is the quiet awareness beneath your thoughts and words. When you are present, you are not lost in stories or judgments. You are simply aware, open, and connected. Presence is the space where peace lives, and allows using language in a way that lifts you and others into higher vibration.

In fact, your words are already shaping your life. The question is whether you want to let that happen without noticing, or do you want to be an active part of it? In this book, we're going to explore how powerful language really is and how it quietly shapes the energy of every single moment.

Since your words and thoughts are always working, why not use them to your advantage? Presence can help. One of the easiest ways to step out of the swirl of thoughts in your head is through your senses. Have you ever been lost in thought when a sudden noise snapped you back? Or maybe you were thinking about a problem and then smelled popcorn in the microwave. For a moment, that smell pulled you out of your head and right into the present. Right now, if you rub two fingers together and try to feel for the ridges in your fingertips, you will be in the present moment and out of your head. We **"snap back"** all the time. And usually, the thought you were lost in has disappeared.

These acts of presence are gifts. They're reminders to come back to now. Use them. Let them be practice for the things you'll learn here, so you can live with more awareness, more peace, and more energy every single day.

PART I: AWARENESS OF WORDS

***"Raise your words, not your voice. It is rain
that grows flowers, not thunder."***

— Rumi

Change starts with noticing. Before you can use new words, you have to pay attention to the ones you already speak. Words are not just words. They carry energy. They can lift you up or pull you down. They can bring people closer or push them away.

In this first part, you'll look at the power of words. You'll see how they shape your feelings, your thoughts, and even the way other people react to you. You'll also notice the sneaky words we use without thinking like always, never, can't, and should. These words sound small, but they can drain your energy and make life feel heavier.

We start by shining a light on your everyday talk. Once you start to notice, you'll see that even tiny changes in words can elevate your mood, soften conversations, and bring more peace into your day. Awareness is the first step toward change.

CHAPTER 2: The Power of Language

Words are more than just sounds. They are vibrations filled with energy that shape how you feel, and how others react to you. A single word can lift you up, inspire you, or make you feel safe. But just as quickly, a word can hurt, discourage, or push people apart. Language is an invisible force that colors every moment of your life.

Think about the last time someone cheered you on with kind words. Did you feel lighter, maybe even stand a little taller? Now remember a time when someone's words cut you down. Likely, your whole body felt the difference. That's the true power of language.

There will be many opportunities in this book to say something and experience how it makes you feel. Honor yourself by truly feeling what you are saying. This is where awareness begins.

Words as Energy Signatures

Every word has its own energy. Some words feel heavy: can't, never, always, should. Others feel lighter: possible, learning, becoming, yes. You can feel the difference in your body. Your brain doesn't treat words just as information, it reacts to them like real experiences.

Say out loud, *"I'm stressed."* Notice how your body tightens? Now say, *"I am centered."* Feel the calm settle in? That's your nervous system listening to your words. Your vocabulary is like a radio signal, constantly broadcasting messages to your body.

Here's where it gets really interesting: in quantum physics, there's something called **Quantum Concept of Collapse**. It means that when you focus on one strong thought or make a clear statement, you're turning possibility into something solid. When you say, *"I can't do this,"* you're not just describing a problem, **you're choosing it**. You're sending a signal to the universe that this is your reality. But if you say, *"What if I could do this?"* or *"I can figure this out,"* you keep the door of possibility open. Instead of collapsing into a defeated reality, you invite new outcomes to show up.

How Unconscious Speech Shapes Experience

A lot of the words we say just slip out without us even noticing. They're habits, old phrases, automatic responses, filler words. But even these throwaway words matter. They shape your mood, your behavior, and how other people see you. Here are some sneaky ones to watch out for:

Micro-downgraders: *"I'll try," "kind of," "sort of," "just," "actually."*

These make you sound less sure of yourself. "I'll try to send it" feels weaker than "I will send it." They send out shaky energy, like static in a signal. Instead of vibrating with clarity and confidence, the words wobble and your body, brain, and listener all feel that wobble.

Self-labels: *"I'm terrible at names," "I'm a procrastinator."*

Say it enough times, and it becomes your identity. **Your brain follows the script.** Labels lock vibration in place. They program your energy to repeat the same frequency over and over, teaching your nervous system to stay stuck.

Global absolutes: *"Always," "never."*

These words send strong signals into your energy field. When used negatively (*"I never get it right"*), they shut doors and collapse your vibration into a tight, closed loop. But when used with awareness (*"I always learn something new"*), they can open doors and create steady, expansive energy. The vibration depends on both the words and the state of mind behind them.

Pre-apologies & over-sorrying: *"Sorry to bother," "This might be dumb, but..."*

These put you in "less than" energy and **train others to see you that way.** These drop your vibration before you start. They place you in a "less than" frequency, which others can feel, and they invite people to meet you at that lower level.

Defensive framers: *"Yeah, but...", "To be honest..."*

These can feel pushy, or like you weren't honest before. They create tension and a vibration of resistance. The energy pushes out instead of opening up, which can feel heavy or sharp in a conversation.

Hidden questions: *"Right?" "Does that make sense?" "You see what I'm saying?"* (when overused)

These can take away your confidence and pass the doubt to the listener. These leak doubt into the field. Instead of sending a clear vibration of confidence, you hand your certainty away and pull both yourself and the listener into lower energy. They say, "I feel right so please agree."

Over time, these small **autopilot** phrases become habits, your tag lines, quietly steering your thoughts and your communications. Whether your thoughts either agree or disagree with your words further adds to the chaos that can occur inside.

Every unconscious phrase carries an energetic frequency. The more you repeat it, the more your brain learns to tune to that vibration. By choosing higher-vibration words that are clear, confident, and open, you raise both your own energy and the shared field of the conversation.

Pay attention to the autopilot phrases you say. Each time you catch one, replace it with something clear and kind:

“I’ll try to make it” changes to ***“I will make it,” Or, “I will check my schedule.”***

“Sorry to bother...” changes to ***“Do you have a minute?”***

“I’m bad at this” changes to ***“I’m learning this.”***

The new responses challenge your mind to think differently and create new possibilities. Also watch your thoughts. If you say something that you know is not what you mean, there is a different vibration. You will learn more about that in upcoming chapters.

Think of unconscious speech like background apps on your phone. You don’t notice them running, but they quietly drain your energy. The moment you close the ones you don’t need and keep only the helpful ones, your whole system feels lighter, clearer, and more energized.

Your words work the same way. Flip the switches, and you flip the energy of your whole day.

Self-Talk vs. Spoken Words

We believe the words we say out loud matter the most. Actually, **the words you whisper inside your mind**, your self-talk, carry even more weight. Your inner language sets the tone for how you move through every day.

If your self-talk is critical and harsh, your energy shrinks. If your self-talk is kind and encouraging, your energy expands. Focus on seeing language as more than communication. See it as vibration, energy, and creation.

How Words Shape Energy

Each word itself has a baseline vibration.

Some words naturally feel heavy, like *always*, *never*, *can't*, *should*. They often carry judgment or limits. Even on their own, they can close down possibilities. For example, "*never*" feels final, while "*always*" can sound like exaggeration or blame.

The words that follow make it stronger or softer.

Context changes the impact.

"I always find beauty in the morning." Here, "always" feels expansive and supportive.

"I always mess things up." Here "always" reinforces a negative identity and contracts energy.

What you say after the always or never matters. It can either lift the energy or make it heavier. What you are feeling in the moment sends forth the energy.

Awareness is most important. You don't need to avoid these words completely. It's about noticing how you use them. If you use them unconsciously, they tend to shrink your energy (*always/never* for blame, *should* for guilt, *can't* for defeat). But if you use them with awareness, you can flip them into something positive, more useful.

Chapter 2 Close

Reflect

- Which autopilot phrase do you catch yourself saying the most?
- How does your energy feel when you say it compared to a clearer, stronger alternative?



Apply

- Pick one phrase you'll swap out for the whole day (for example, replace "I'll try" with "I will" or "What I can do is...").
- Pay attention: does your body feel taller, your voice sound steadier, or do people respond to you differently?



Integrate

- End of the day by writing down one sentence you used to say on autopilot and your new version.
- Practice using the new version for the next 3 days to help it stick.



CHAPTER 3: Identifying Low-Vibration Language

Language has a rhythm, and you've learned a lot of it runs on autopilot. Certain words slip into our daily conversations and self-talk without us even thinking. This means we are not fully aware of what we are creating. When some of those words carry heavy energy, they can make us feel judged, disconnected, or limited. Over time, they quietly shape how you see yourself and how others see you too.

The first step toward speaking with more awareness is in noticing these words. Once you catch them, you can choose to shift them into something lighter and more empowering.

Common Low-High Vibration Words

Low-vibration words tend to contract energy. Without awareness, they frame your experience in limitation and lack.

Begin to notice which ones you use and how they make you (and others) feel. These words aren't bad. Use awareness to keep them from shrinking your energy and preventing presence and growth.

Contractive / Low Vibration Words - Close energy, create fear, shame, or separation.

Never, Always, Impossible, Stuck, Can't, Don't, Alone, Worthless, Hopeless, Broken, Hate, Anger, Shame, Blame, Failure, Problem, Burden, Mistake

Mid-Range / Transitional Words - Neutral words that hold choice or potential.

Okay, Maybe, Try, Enough, Change, Learn, Grow, Accept, Aware, Open, Balance, Steady, Possible, Allow, Choose, Calm, Neutral, Present

Expansive / High Vibration Words - Lift energy, invite love, unity, and presence.

Love, Joy, Peace, Harmony, Trust, Surrender, Flow, Grace, Abundance, Freedom, Gratitude, Appreciation, Oneness, Unity, Consciousness, Presence, Light, Radiance, Infinite, Expansion, Healing, Wholeness, Truth, Authentic

How this might translate to a “frequency style” scale

Think of words like notes on a piano. Some are low and heavy; others are light and high. Together, they make a scale. (Adapted from *David R. Hawkins, Power vs. Force*)

- 20–200 (Dense, Heavy) - Fear, shame, lack (“*never*,” “*impossible*”)
- 200–400 (Opening, Neutral) - Balance, choice, possibility (“*accept*,” “*possible*”)
- 400–600 (Elevated, Loving) - Compassion, gratitude, unity (“*love*,” “*trust*”)
- 600–1000+ (Transcendent) - Enlightenment, wholeness (“*oneness*,” “*presence*”)

The energetic vibration of the statement, “***I’m doing the best I can.***”

If said defeated - less than 200 (heavy, shame, lack).

If said with exhaustion - around 200–250 (neutral but not expansive).

If said with gentleness - closer to 300–350 (acceptance, encouragement).

The energetic effect here is that it creates space for self-forgiveness and stops you from sinking into blame. It opens the door to gratitude and trust.

Vibrational Framing Tip

You can raise the energy of a phrase by pairing it with **appreciation** raises to over 400:

“*I am doing the best I can, and that’s enough right now.*”

“*I am doing the best I can, and I trust the rest will unfold.*”

This shifts the vibration upward, from simply surviving into a place of trust, acceptance, and love.

How Habitual Negativity Sneaks In

Negative phrases don’t have to show up as big, dramatic put-downs. They sneak in quietly through everyday habits:

Casual complaints: “*Ugh, I can’t handle Mondays.*”

Filler words: “*I’m **just** terrible at math.*”

Group talk: “***We** never get it right the first time.*”

Politeness defaults: “***Sorry**, can I ask a quick question?*”

Because these phrases are woven into casual conversation, they're easy to miss. But every time you repeat them, **you reinforce the belief behind them**. It's like training your nervous system to expect limits, judgment, or lack.

Becoming conscious doesn't mean you'll never say these things again. It means you notice when they appear and make a choice. Do I want to keep this vibration, or do I want to expand my energy?

Context Is Key: Words Don't Live Alone

It's not always the word itself that lowers your energy, it's what comes after it.

Expansive use:

"I always notice beauty in the morning." opens energy

Contracting use:

"I always ruin everything." closes energy

The same goes for *never*, *can't*, and *should*.

So, the question to ask is: **Does this phrase open or close energy?**

Conscious language isn't about cutting out words. It's about noticing how they feel in your body, and what kind of energy they create when you use them.

Quick-Swap Chart: Low Vibration vs. High Vibration

Low Vibration Phrase	High Vibration Shift	Why It Matters
"I can't do this."	"I am learning how to do this."	Opens the door to possibility instead of slamming it shut.
"I should have done better."	"I am learning new ways to work with money."	Turns guilt into growth.
"I always fail."	"I sometimes struggle, but I'm improving."	Moves from a fixed identity to a learning process.
"I'll try to be there."	"I will be there" or "I can't commit."	Brings honesty and clarity.
"Sorry to bother you."	"Do you have a moment?"	Removes self-dismissal.
"I'm just checking in."	"I'm checking in."	Strengthens presence.

Begin to create and write your own shifts. Consider the frequency style scale mentioned on page 15 when creating new higher vibration language. Are you raising, lowering, are staying static? Are you moving out of a lower vibration (fear or shame which range much lower than 200) into a higher vibration (possibility or choice which are higher than 200)? Simple shifts are all that are needed to raise your vibration. You can then realize a new flow to get even stronger.

Profanity and Vibration

Profanity (swear words) often gets labeled as low vibration. It is a bit more complicated. Profanity is more like a volume knob because it amplifies the energy you're already carrying.

When used in anger or attack:

The energy gets heavy. It can lower the vibration for both the speaker and the listener, often causing tension.

When used in humor or playfulness:

The same word can spark laughter and connection. Here, the vibration rises because the energy is joy, not harm.

When used for emphasis or release:

Saying “F*** it!” in a stressful moment can actually feel freeing, like popping the lid off pressure. In this way, science shows that swearing can reduce pain and help regulate stress.

The hearer's role:

Not everyone hears profanity the same way. One person may laugh while another may feel offended. The listener filters it through their own upbringing, beliefs, and mood.

Profanity is not good or bad. It magnifies the frequency you already have. If you're joyful or authentic, it can lift the energy. If you're angry or hostile, it can drag it down. This isn't about policing words. It's about knowing that swear words can carry a vibrational change. If you dislike them, your energy will drop when you use or hear them. If you're comfortable with them, they may not lower your vibration at all.

Think of swear words like arrows. The speaker (launch) sets the vibration. Anger is heavy. Humor is light. The hearer (reception) receives and filters it through their own beliefs. A playful “damn!” might still offend someone sensitive.

The speaker controls the launch energy. The hearer controls the interpretation.

Consciousness is knowing both dynamics exist.

Profanity, like all language, is not fixed in meaning. It amplifies the energy you launch into the space and is then filtered by the one who receives it.

Neuroscience in Action: Swearing and Pain Relief

Picture this: you stub your toe on the corner of a table. Instantly, a swear word flies out of your mouth. In that moment, your brain goes to work:

1. **Amygdala Fires Up** (Emotional Alarm Bell): Swearing activates the part of your brain tied to strong emotions and survival.
2. **Pain Control Center Activates:** Research shows swearing lights up the periaqueductal gray, the brain's "pain-dimming" zone. It taps into neural circuits that help the body regulate pain and stress.
3. **Stress Chemicals Release:** Endorphins and adrenaline flood your system, dulling pain and helping you cope. An actual study showed that people who swear while holding their hand in ice water can keep it there longer than people who don't.

This is not a reason to start or keep swearing. Nor is it to get approval for those who swear or pass any perceived judgment. The point is to understand that for some, swearing can tap into deep brain circuits that help the body handle pain and stress. Beliefs and other life realities become intertwined.

Profanity can serve as a built-in coping mechanism for some. Use it with awareness, and **you choose whether it lowers or raises the frequency of your moment.** You can also affect the energy field around you. This is about energy.

The Energy Behind Words

The energy of a word mostly comes from the person saying it. Words carry the emotion behind them.

Speaker's Intention and Emotion - Main Driver

The feeling of a word matches the speaker's mood. A word said in anger feels heavy. The same word said with humor or affection feels light.

How You Use It Shapes the Energy

If you use a word to be funny, playful, or free, it carries that energy. If you use it to attack, it carries that too.

The Listener Still Interprets

Even if you say a word in joy, the listener may hear it differently depending on their beliefs or sensitivities. The speaker controls the starting energy through the launch of the word, while the listener controls how it's received and understood.

Chapter 3 Close

Reflect

- Which low-vibration phrase do you use the most?
- How does your energy feel when you use a higher-vibration alternative?



Apply

- Pick one phrase from the low-vibration language or one of your own. Each time you catch yourself saying it, pause, then swap it for a more uplifting choice.



Integrate

- At the end of the day, write down one time when you caught yourself and shifted a phrase. What changed in your body, your energy, or in how others responded to you?



PART II: Shifting the Inner Dialogue

“Be careful how you are talking to yourself, because you are listening.” – Lisa M. Hayes

The words we speak to ourselves often carry more weight than the words we speak to anyone else. They shape how we see ourselves, how we respond to challenges, and what we believe is possible. Most of this inner dialogue runs quietly in the background, unnoticed.

We are turning the focus inward. You’ll explore how moving from “I can’t” to “I am learning,” or from “I’m not enough” to “I am growing” can transform your language and your identity. This is at a higher level than positive thinking. It’s about speaking to yourself with compassion, ownership, and truth.

When you change the way you speak inside, you change the way you show up outside. The inner voice sets the vibration for every word that follows.

CHAPTER 4: Ownership vs. Acceptance

Language doesn't just describe what you're going through, it shapes how you identify with it. Two of the simplest identifiers, "I" and "I am," create very different vibrations and realities.

"I" vs. "I am" Distinction

The "I" Statement: Ownership and Limitation

When we use "I" in ways that tie a struggle to our identity, "I procrastinate," "I don't do relationships well," "I feel anxious", we claim the problem as who we are. The vibration contracts. Instead of describing an experience, we wear it like a name tag.

The "I Am" Statement: Acceptance and Expansion

"I am" works differently. Used with awareness, it can describe your current reality without judgment and still leave space for growth.

"I am practicing better habits."

"I am learning to be more patient."

"I am becoming more aware in relationships."

These phrases don't deny the struggle; they hold it with compassion while keeping the door open for change.

Beware: "I am" can also shrink energy if followed by low-vibration words.

"I am tired."

"I am not happy in my job."

"I am always late."

Think of the I statement, "**I procrastinate.**" It says this is something I do, I take ownership of that. Saying "**I am a procrastinator,**" says not only that I do it, I have accepted that it is a part of who **I am**.

This is what Chapter 2 called the Quantum Concept of Collapse. Once you say it, it becomes like fixed reality. The use of "I am" can heighten (or lower) vibration. These two words are your connection to power.

In spiritual traditions, “*I Am*” is sacred. In the Bible, when asked for His name, God replied: “*I Am that I Am.*” These words point to pure being, identity beyond any label. In the Upanishads, the phrase “*Tat Tvam Asi*” — “*Thou art That*” — carries the same truth: the essence of being is not separate from the divine. In Buddhism, the practice is to see beyond labels and rest in awareness itself. Across traditions, ‘*I Am*’ is less about definition and more about presence and the boundless field of being from which all possibilities emerge.

When we use “*I Am*” consciously, we align with that same truth, not limitation but presence and possibility.

Identity, Ownership, and Self-Judgment

Understanding the use of “*I am*” may seem small, but it’s profound. “*I*” can signal ownership, pulling a problem onto your shoulders as if it defines you. “*I am*,” spoken with awareness, signals acceptance: This is what I am experiencing right now, and I am open to what comes next.

It’s the difference between carrying the weight of an experience and moving through it.

Reframing for Compassion and Growth

Take one limiting statement you’ve said recently and reframe it:

“I have never been good at this” becomes “I am learning this.”

“I can’t handle this” becomes “I am growing stronger through this.”

“I failed again” becomes “I am discovering new ways to succeed.”

Say them out loud. Notice how the energy shifts. One version contracts. The other expands. Whenever you hear “*I am*” come out of your mouth, notice what follows and make a decision how you will use it to increase your energy.

Chapter 4 Close

Reflect

- What is one phrase you often say about yourself that feels heavy or limiting?
- How would it feel if you rephrased it into an “I am” statement of growth or acceptance?



Apply

- Pick one “I” statement you commonly use. For the next three days, practice shifting it into an “I am” statement each time it shows up.



Integrate

- Write your reframed statement once in your journal. Repeat it out loud. Notice how the repetition changes your energy over time.



CHAPTER 5: Speaking to Self with Kindness

The words you say to yourself build the foundation of your inner world. Even before you speak out loud, you're in constant conversation with your own mind. This self-talk can be your best coach or your harshest critic.

When it's critical, it feeds shame, doubt, and limits. When it's kind, it grows resilience, compassion, and strength. Speaking kindly to yourself doesn't mean pretending everything is fine. It means choosing words that open a path forward instead of shutting one down.

High-Vibration Affirmations vs. Toxic Positivity

You've probably heard advice like "just think positive" or say affirmations like "I am happy, I am successful." If those words don't match how you actually feel inside, they can sound fake, and even make you feel worse. That's the trap of toxic positivity: it denies what's real. It covers struggle with a forced smile, which can feel like lying to yourself.

Authentic affirmations are different. They admit what's real but point toward growth:

"I am overwhelmed" becomes "I am finding ways to bring calm into my day."

"I feel stuck" becomes "I am opening to new perspectives."

"I failed" becomes "I am learning through this experience."

Write high-vibration affirmations that are positive, present tense, and meant to create change in your life.

Practice:

Start with one slight position and change your intention **as you feel growth**.

Example - You want to be better at listening in a meeting or to a particular person:

Now - *I listen with patience as others speak to fully understand their view.*

In a week - *I listen with patience and anticipation and am learning new things.*

Two weeks - *I am learning great things as others communicate their thoughts and desires for (company, life, you fill in).*

When Words and Truth Don't Match

Sometimes the words we speak don't match what we truly feel or believe. We say "I'm fine" when we're hurting. We say "*Yes, of course*" when we mean "*No, not really.*" This is what it means to live the lie. Pretending may help when it means practicing the energy of what you want to grow into, not pretending your pain isn't there.

At first, it feels easier causing fewer conflicts, less risk, and less vulnerability. Over time, these mismatched words create an inner split. Your outer voice no longer reflects your inner truth. That split drains energy, weakens trust (in yourself and with others), and **lowers vibration**. And you are training your brain that this is how you see yourself.

When your words carry a vibration that doesn't match your true energy, the conversation becomes clouded. The person listening may not know exactly what's off, but they will sense it. Energy communicates louder than language. This mismatch can leave both people unsettled: you feel the weight of dishonesty, and they feel the heaviness of a half-truth. The flow of connection is blocked before it even begins. The field is muddled with heaviness.

The good news is this pattern can change. Every time you let your words and truth line up, energy flows more freely, trust grows stronger, and your brain learns a new path which is alignment.

What Your Brain Learns about the Mismatch

Your brain is always paying attention and learning from what you repeat. When you say words that aren't really true for you, your brain takes them in as if they are part of who you are. If you keep saying "I'm fine" when you're not, your brain starts to believe it and pushes your real feelings down. Over time, this can change how you see yourself. You may start to trust the words more than the feelings inside.

This happens because of something called neuroplasticity. That means your brain can rewire itself based on what you do and say again and again. If you keep hiding your truth, your brain gets better at wearing the mask. Yet, you can teach it something new by practicing honesty in small, safe ways.

The Neuroscience of Self-Talk

Your brain reacts to your words as if they are true. When you repeat something often, your brain wires itself around that idea. Negative self-talk creates loops of stress and avoidance. Kind, compassionate self-talk builds pathways of resilience, calm, and possibility.

Research shows that **speaking to yourself in the second or third person**, like “*You can handle this*” or “*Linda, breathe*”, lowers stress and boosts performance. Your brain hears it as if a supportive friend is guiding you.

This means that shifting your inner language isn’t just saying nicer things, it’s literally rewiring your brain to respond differently to life.

Language Practices for Self-Acceptance

Try these simple tools:

Mirror Talk: Look in the mirror and say one true, kind thing about yourself. Keep it simple: “***I am learning,***” “***I am worthy,***” “***I am growing.***”

Compassionate Reframe: Each time your inner critic shows up, pause and reframe: “*I messed up*” becomes “***I am learning through this.***”

Daily Word Choice: Start the day with one word you want to embody, peace, openness, patience. **Repeat it when your thoughts wander.**

Over time, these practices soften your inner voice and make it steady, supportive, and uplifting.

Science of Why Self-Talk Matters

- Saying forced positive affirmations you don’t believe can backfire, increasing self-doubt (Wood et al., 2009).
- Compassionate, believable self-talk lowers stress and helps you manage emotions better, especially when spoken in the third person (Kross et al., 2014).
- Over time, this practice literally reshapes the brain, strengthening pathways for calm and resilience (Davidson & Schuyler, 2015).

Kind, authentic self-talk isn’t just “feel good” advice. It’s backed by neuroscience.

Chapter 5 Close

Reflect

- Is your inner voice more critical or more compassionate most days?
- How does your body feel when you say something kind to yourself instead of something harsh?



Apply

- Pick one situation today where you'd normally criticize yourself. Pause, and speak to yourself the way you would to a trusted friend.



Integrate

- Write down one kind phrase you used with yourself. Say it out loud before bed to anchor it in your nervous system.



Part III: Conscious Communication with Others

“Words are seeds. When spoken with the breath of the heart, they carry the energy of worlds.” – Rumi

Consciousness isn't something that stays locked inside of you, it flows into every relationship you touch. Every word you speak carries awareness, presence, and energy into the space between you and another person. When you speak without thinking, words can slip out in reaction, defense, or habit. They often show your stress or judgment more than your true intention. But when you speak with awareness, every word becomes a bridge. It creates space for connection, understanding, and even healing.

Practice noticing the energy behind your words, choosing language that builds instead of divides, and bringing mindfulness into the pauses between phrases. Conscious communication isn't about being perfect, it's about being present. When your words rise from awareness, they become tools for alignment, peace, and stronger relationships.

Chapter 6: Conscious Words that Create Connection

Conscious communication isn't about memorizing the right words. It's about paying attention to the energy behind what you say. From presence, your words carry clarity, compassion, and openness. From autopilot, even normal phrases can create distance or defensiveness.

How Conscious Tone and Phrasing Shift Energy

The same thought can land in two very different ways:

Unconscious: *"You never listen to me."* (blame, defense)

Conscious: *"I feel unheard when I share."* (awareness, vulnerability)

The difference is presence. One comes from reaction, the other from reflection. Conscious phrasing shifts energy toward understanding, while unconscious phrasing pulls it into conflict.

Tone matters too. Even gentle words can sting if your tone is sharp. Conscious communication is not just about the words, it's about carrying the energy you want them to hold.

The Hidden Vibration of Everyday Expressions

A lot of daily conversation runs on autopilot. Some phrases seem harmless but carry energy that divides:

"Yeah, but..." cancels what came before.

"Whatever" / "It's fine." shuts down dialogue.

"This might sound stupid, but..." weakens your voice before it's heard.

Conscious alternatives open the door instead of closing it:

"That's true, and here's another angle..." adds without negating.

"I need a pause, can we revisit this?" keeps dialogue open.

"I'm exploring an idea..." shares without apology.

Conscious language isn't about perfection. It's about pausing to feel the energy behind your words and choosing the form that creates connection instead of division.

Speaking to Uplift and Align

Reactive words push people away. Conscious words invite alignment and remind both you and others of shared humanity. The statements that begin with “You” put blame outward. Others can be aimed at self. These are energy drainers in conversations whether thought or spoken.

Reactive: *“You’re wrong.”*

Conscious: *“I see it differently. Can we explore it together?”*

Reactive: *“You always do this.”*

Conscious: *“When this happens, I feel...”*

Blame on Self

Reactive: *“I’m such an idiot.”*

Conscious: *“I made a mistake, and I can learn from it.”*

Absolutes

Reactive: *“This never works.”*

Conscious: *“It hasn’t worked yet. What could we try differently?”*

Reactive: *Everything is ruined.”*

Conscious: *“This is hard right now, but it’s not the whole picture.”*

Avoidance / Dismissal

Reactive: *“Whatever.”*

Conscious: *“I need a pause before I can talk about this clearly.”*

Reactive: *“Forget it, it doesn’t matter.”*

Conscious: *“This is important to me, and I’d like to come back to it.”*

Comparison / Judgment

Reactive: *“Why can’t I be like them?”*

Conscious: *“I have my own path, and I’m still growing.”*

Reactive: *“That’s just stupid.”*

Conscious: *“I don’t understand this yet — can you explain it more?”*

Conscious words uplift by keeping the space open, for dialogue, for respect, and for solutions that come from awareness instead of argument. Conscious responses open the field instead of closing it.

Chapter 6 Close

Reflect

- Think of a recent conversation where you felt disconnected. What words or tone created the divide?
- Think of one where you felt deeply understood. What words helped create the connection?



Apply

- In your next conversation, replace one unconscious phrase with a conscious alternative. For example, shift *"Yeah, but..."* to *"That's true, and..."*



Integrate

- Write down one moment when your words created more openness than usual. Notice how it changed the way you and the other person felt.



Chapter 7 - The Pause of Presence Before You Speak

Words have power, and silence is golden! In conscious communication, one of the most transformative tools is not speaking right away. The pause is where awareness slips in. It's the moment you choose presence over reaction, and clarity over the impulse to jump in.

When you rush to respond, your words often carry defense, habit, uncertainty, or stress. Else, you might forget what you wanted to say. When you pause, even for just a few breaths, your words can come from “someplace else” (mentioned in the Introduction). They begin to carry intention, truth, and peace.

Pausing as a Practice of Consciousness

A pause is not weakness. It's strength. It says: ***I am aware. I am present. I choose to respond, not react.*** In heated conversations, a pause cools things down. In tender moments, a pause deepens listening. In everyday exchanges, a pause makes your words more thoughtful and real.

Consciousness lives in that small space between stimulus and response. The pause lets you step into it. **Your power is in the pause.**

Breathing Space into Conversations

Sometimes a conscious pause is as simple as one deep breath. That breath gives your nervous system time to calm down and your awareness time to rise. Instead of letting autopilot take over, you bring presence into your words.

Practical ways to pause:

Do a “snap back” by using your senses (from Ch. 1)

Count to three before answering.

Take one slow breath before you speak.

Repeat back what you heard before responding. A simple validation for both of you.

These tiny practices buy you the space for consciousness to catch up with your words. They help. What really matters is how well you are connected. Then, you are not looking for ways to pause, they come naturally.

When Silence can be Hard

Silence is not always easy. We often rush to fill it, afraid if we don't we are not participating or the person will think of a reason we have not spoken, like we are not listening or we don't really care. The ego wants control, certainty, and the last word. When you feel the need to jump in right away, it's often ego trying to protect itself from being wrong, looking weak, or not being heard.

Presence slows the ego down. When you allow a pause before speaking, you step out of ego's grip and back into awareness. The pause gives you a chance to determine: *"Am I speaking from fear, or from clarity? From reaction, or from truth?"*

The pause of presence is what separates reaction from response. It is a direct walk into higher vibration. The pause is not emptiness. It is fullness. It holds your awareness, your intention, and your energy. When you let the pause be present, your words arrive clearer, steadier, and with more kindness.

Chapter 7 Close

Reflect

- Think of a recent conversation where you reacted quickly. How did it shape the outcome?
- What might have been different if you had paused, even for a few seconds?
-



Apply

- In your next interaction, try the “3-second pause.” Take one conscious breath before you respond.



Integrate

- Journal one conversation where you used the pause. Did your words feel different? Did the energy between you and the other person shift?



Chapter 8 - The Vibration of Delivery

Words carry energy and they don't travel alone. Every word comes with a tone, pace, volume, and intention. These things shape how your words are felt. What you say matters, but **how you say it** often leaves the deeper mark. All carrying energy.

Think of words as notes on a page. The delivery is the music: the tempo, the rhythm, the loudness, the softness. A single word can soothe or sting depending on the vibration of its delivery.

Yelling: Amplifier of Energy

Yelling boosts whatever energy already in your words.

Negative + Loud: *"You never listen!"* - Contracts energy. The body hears danger, not dialogue. Stress rises. The field is burdened.

Positive + Loud: *"I love you!"* or *"We did it!"* - Expands energy. Joy radiates and connects.

Like other amplifiers, yelling is not good or bad. It projects the energy you are expressing stronger, faster, and farther.

Whispering: Concentrated Current

Whispers pull energy inward. They feel close, intimate, and direct.

Healing Whisper: *"You are safe."* Calms and reassures.

Wounding Whisper: *"You'll never succeed."* Cuts deep and lingers.

Whispering condenses vibration. A healing whisper can mend. A cruel whisper can scar. The context affects vibration.

Pace and Tone as Shapers of Frequency

It's not just volume. Pace and tone shape the vibration too.

Fast + Sharp: Scatters energy, feels urgent or aggressive. The listener feels pushed.

Slow + Gentle: Grounds energy, creates safety. Even hard truths can be received without defense.

The nervous system doesn't only hear words, it feels rhythm and tone.

Quantum Delivery: How Energy Travels

From a quantum view, words are waves moving through shared space. Delivery shapes their form:

Yelling produces big waves with strong pulses.

Whispering creates condensed waves directed closely.

Pace and tone represents smooth waves that calm the field, and jagged waves that disrupt it.

Conversation isn't just information, it's resonance.

Healing Through Delivery

If words are medicine, then delivery is the dosage.

Spoken in anger they contract and wound.

Spoken with compassion they open and heal.

Spoken with presence and love they become vibrational remedies, graciously adding to the field.

Practice

This week, notice what you say and how you say it. Speak slower. Lower your tone. Let kindness soften your voice. The shift is subtle, but the healing power is real. Notice the feeling behind the change. Feel the energy increase, or decrease. The act of reprogramming your brain is created with this awareness.

Chapter 8 Close

Reflect

- When was the last time the way someone spoke to you mattered more than the words themselves? How did your body react? Tight, open, calm, or defensive?
- Think about your own delivery: Do you tend to speak quickly, loudly, softly, or gently? How does your natural style affect the people around you?



Apply

- Choose one conversation today where you'll focus on delivery, not just words.
- Slow your pace, lower your volume, let warmth and compassion guide your tone.
- Afterward, notice how the other person responded differently compared to your usual delivery.



Integrate

- Begin a delivery check-in practice. Each day, recall one moment where your delivery amplified healing, and one where it contracted energy.
- Set the intention to match your delivery to your desired energy: calm for clarity, gentle for care, strong for celebration.
- Over time, let this awareness become second nature so that every word carries not just meaning, but resonance that heals and uplifts.



CHAPTER 9: Words in Translation – How Listeners Really Hear

Not Responsible, Yet Aware

We like to think that if we say something clearly, people will hear it exactly as we mean it. That's not always the case. Listeners filter words through their own history, mood, and beliefs. And they carry a lot of filters with them.

The good news is that **you're not responsible for someone else's filters**. You can't control their past, their emotions, or how they choose to hear you.

You can **be aware** of this. Awareness changes how you show up. Your goal isn't having a perfect understanding (not possible). It is to speak with clarity and compassion, so your words have the best chance of being heard as you mean them, instead of being pulled into the swirl of the listener's state.

We often imagine communication is simple: *I speak, you listen, meaning transfers*. Words don't travel in a straight line. They pass through filters, memory, emotion, bias, and mood. The listener rarely hears your words exactly as you intended. This applies to how you hear as well.

A listener doesn't just hear your voice. They hear through the lens of their own inner world. If they're calm, your words may land as encouragement. If they're anxious, the same words may land as pressure. If they carry old wounds, even neutral words can sound like criticism.

Every conversation is a kind of translation. You speak from one place. The listener hears from another. Sometimes those places line up. Sometimes they don't.

Speaking With Field Awareness

You can lower the chance of misunderstanding by paying attention to how your words are delivered.

Choose clarity. Avoid vague phrases. Instead of “*We'll see,*” say “*Let's revisit this tomorrow when we're both clearer.*”

Check intention. Before speaking, ask yourself: *Am I trying to connect, correct, or control?* **Your intention comes through in your tone.** Careful, correct and control likely lower your energy and that of the field.

Leave space. After sharing something important, pause. Silence gives the other person's nervous system time to settle and process.

Ask for reflection. Try: *"Can you tell me how that landed for you?"* This helps you check if they heard what you meant.

Stay present. If you sense the need, slow down. Presence steadies the energy even when the words wobble.

Quantum Listening

From a quantum view, words are not solid objects. They are waves of vibration moving through shared space. The listener's state bends those waves. If you speak love, but the listener sits in fear, your words enter a turbulent field. If you speak calmly into a calm field, your words ripple smoothly. No matter what state the listener is in, you maintain the calm and open space for exploration. Your participation in love and presence opens the field allowing your listener to feel the difference. They might join you.

You don't have to control how others hear you. Instead, you anchor yourself in clear intention, loving delivery, and presence. You're not just speaking into someone's ear, you're shaping the resonance of the whole moment.

Chapter 9 Close

Reflect

- Think of a time when you felt misunderstood. Was it because of *what you said* or *how the other person heard it*?
- How do your own moods and past experiences sometimes distort what you hear from others?



Apply

- In your next important conversation, slow down and check your intention before you speak: *Am I trying to connect, correct, or control?*
- After sharing something meaningful, pause and ask: *“How did that land for you?”* Notice how their reflection helps you bridge the gap between your words and their hearing.



Integrate

- Begin a daily practice of **field awareness**. When speaking, imagine your words moving through the other person's energy, not just into their ears.
- Over time, notice how this awareness changes your presence. You'll find yourself less attached to being perfectly understood, and more anchored in clarity, compassion, and connection.



PART IV: Language as a Tool for Growth and Well-being

“Acceptance of the present moment has the power to heal all the stories you carry.” – Eckhart Tolle, The Power of Now

You’ve seen how language shapes both the way you talk to yourself and the way you connect with others. In this last section, we’ll take the bird’s-eye view and show that language doesn’t just shape moments, it shapes your health, your strength, and the story of your life.

Every word is a choice. Choices, when repeated, become patterns. Patterns grow into identity. Identity shapes your reality. And your reality ripples into your emotional, physical, and spiritual well-being. And that of others.

When you bring awareness to the words you use, you give yourself the power to reshape your story.

Language carries profound possibilities and a loving power to change it all. It can limit or free, weaken or strengthen, harm or heal. The words you choose, toward yourself, others, and even your health, are not just descriptions of life, they are active forces shaping the quality of your life.

It is time to let go of old word patterns, rewrite your story, and use conscious language to support healing and wholeness. Like I have said, this isn’t about being perfect. There is no perfect. Perfect is a moving target that must mold itself into a life that is ever changing. This is about being present. Each word becomes a step toward growth, well-being, and alignment with your truest self. This is much better than perfect could ever temporarily provide.

CHAPTER 10: Rewriting Your Story

Rewriting Your Story

The words you use **describe your life and tell your life story**. Every phrase you repeat becomes part of the script you carry about who you are and what's possible. Over time, that story can either box you in or set you free.

This is nothing new. You have been writing this story all along. This means your story is not fixed. It can be rewritten. You can consciously choose how the story will continue. When you bring awareness to your words, you can release old scripts that no longer serve you and create new ones filled with growth, compassion, and possibility. Energetically and fully aligned with self.

Letting Go of Old Word Patterns

Unconscious language often ties you to old versions of yourself, glimpses of the past that you no longer need to hold on to. Drop the belief attached as well.

"I'm not good with money."

"I always attract the wrong people."

"I can't change."

"I just can't do anything right."

These statements, repeated over time, become anchors holding you to an old and outdated identity.

Letting go doesn't mean pretending the past never happened. It means shifting your words so they no longer imprison you.

"I've made mistakes with money, and I am learning new ways."

"I have struggled in relationships, and I am becoming more aware."

"Change is challenging, and I am practicing it every day."

"Learning new ways to do things is opening me up to what I am capable of."

These phrases soften the story. They open space for growth. Make them real by holding on to them a little tighter as growth happens. Continue to edit the narrative. This means accepting the possibilities that will be presented to you.

Quick-Swap Chart: Old Story vs. New Story

Old Story (Low-Vibration)	New Story (High-Vibration)	Why It Matters
"I'll never get this right."	"I am learning step by step."	Keeps the door open for progress.
"I'm not good with money."	"I am learning new ways to work with money."	Moves from stuck identity to growth.
"I always attract the wrong people."	"I am becoming more aware in my relationships."	Opens space for healthier connections.
"I can't change."	"I am practicing change every day."	Shifts from hopelessness to effort.
"I'm a failure."	"I am discovering new ways to succeed."	Redefines failure as part of learning.

Use these as examples and create your new story. Refer to Ch. 2 for the frequency chart. Get a little better each time you reach for the higher vibration of your new story. Change is good.

How New Language Opens New Realities

When you change your language, you change what's possible. You begin to reorient your mind and energy. You go from limitation, *"I can't."* to possibility, *"I am learning."* And from identity, *"I am a failure."* to experience, *"I am discovering new ways to succeed."*

Each reframe invites your consciousness into a new story, one that sees you not as stuck, but as becoming. The rewiring of how your brain accepts this happens with consistency.

Journaling and Reflection Exercises

Journaling is a powerful way to rewrite your story because it lets you see your words clearly on the page. Try this:

1. **Identify the Old Script** – Write down three phrases you have said often that feel heavy or limiting.
2. **Reframe with Compassion** – Rewrite each one as an “*I am*” statement of growth or possibility.
3. **Read Aloud** – Say both versions. Notice how your body feels. Which version feels heavy? Which feels lighter and more expansive? Do you need to edit to reach a better feeling of where you want to be?

With practice, the reframed versions become your new default language. They begin the rewriting of your story in real time.

If journaling is not for you, pick what is. Use your creativity that has been energized with the changes you've already put in place with these practices. Choose art, draw an image of the old you, now the changes, and the version of what you see through presence. Through the process, use your inner words to describe what you see and what you want to see. Or, write a song, and give it a vibrational melody that makes you feel good. The words matter, whether on paper or not.

Chapter 10 Close

Reflect

- What old story or phrase have you carried that no longer feels true?
- How does your body respond when you say the old version versus the new one?



Apply

- Pick one old phrase to retire. Each time it pops up, replace it with your new reframed language.



Integrate

- Write your new phrase daily for the next week. At week's end, reflect: how has it shifted your thoughts, emotions, or actions?



CHAPTER 11: Living the High-Vibration Voice

Conscious language is a way of living. By now, you've seen how words carry energy, how they shape your inner voice, and how they influence your relationships. Incorporating this practice into daily life means conscious speaking becomes your natural voice.

When you speak with awareness, you become a source of peace, not only for yourself, but for everyone around you, and the earth.

Integrating Conscious Language into Daily Life

Living the high-vibration voice means being present and intentional in every situation. Here are some everyday examples:

At Work

Instead of: *"This might be a dumb idea..."* Say: *"Here's an idea I'd like to share."*

Instead of: *"This isn't good enough."* Say: *"Let's build on this to make it even stronger."*

At Home

Instead of: *"It's fine, forget it."* Say: *"Let's revisit this tomorrow or when we are calmer."*

Instead of: *"You never listen."* Say: *"I feel unheard when I share, can we try again?"* or *"Let's take the emotion out and start over."*

With Yourself

Instead of: *"I'm such a failure."* Say: *"I am learning through this."*

Instead of: *"I can't handle this."* Say: *"I am growing stronger through this experience." "I am learning so much!"*

With Challenging People

Past struggles: Instead of *"You always annoyed me."* Say: *"We've had challenges, and I'd like to focus on a better way forward."*

Unkind co-worker: Instead of *"You're so rude."* Say: *"When you speak to me that way, I feel dismissed. I'd like us to work together differently."*

Loud sibling or family member: Instead of *“You’re always so loud.”* Say: *“Your energy fills the room. Sometimes I need quiet, can we meet in the middle?”*

In Conflict

Instead of: *“This is pointless, I’m done talking.”* Say: *“I want us to understand each other better. Let’s take a pause and come back to this.”*

These are examples. Not written in stone statements. They are here to give you ideas. No words are better than your own words chosen in the present moment. These new points of view change energy. Conscious language opens doors where unconscious speech would close them.

Beginning with Thought Before Words

Conscious language doesn’t always begin with what you say, it begins with the energy you choose to hold. **Words are simply expressions of the field you’re already creating inside yourself.**

Before you speak, you can shift the energy by first choosing the thought you want to reflect you and what you will say:

With a difficult co-worker: Instead of starting with frustration, pause and hold the thought, *“I want this exchange to bring clarity.”* Then allow words to flow from that intention.

With a family member who triggers you: Before responding, choose the thought, *“I want to stay calm and connected.”* From that space, your words naturally soften.

With yourself: Instead of repeating, *“I’m messing up,”* change the thought to *“I am capable of doing something different.”* Or, *“I choose to see this differently, what am I missing?”* The energy opens, and the words that follow will carry that openness.

This is the creative process of conscious communication. You set the energy first, and the language flows from that vibration. When your thought-field is aligned with compassion, presence, or clarity, the words you speak come from that same frequency, and others can feel it. In this way, you’re choosing different words and creating a different field of energy in which the conversation unfolds.

The Ripple Effect

When you change the way you speak, you change the atmosphere of every space you enter. People feel it. They respond differently. Conversations flow. Conflicts ease. Collaboration grows. This ripple effect begins with you. Your high-vibration voice radiates outward, creating a field where connection, kindness, and authenticity thrive.

The Meeting of High and Low Vibration

When high and low vibrations meet, there is always interaction. Energy is never static. It resonates, blends, and influences. Which way it flows depends on both intention and stability.

When high vibration is **anchored** with presence, it uplifts the room. If it is unsteady, it can be pulled down. It is not for you to force others to rise, but to hold your frequency so steady that it becomes an invitation to them.

Low vibrations can rise in the presence of higher ones. People often feel lifted without even realizing why.

High vibrations can be pulled down if the person holding them is unsteady, ungrounded, or caught off guard.

Sometimes low-vibration people leave when faced with higher vibration. They may feel out of place in the field of peace and authenticity. Often, this is not rejection, it's simply their system not yet ready for that frequency.

How to Carry High Vibration Without Being Drained

Set an intention before entering. If you choose, pause at the doorway and silently say: *"I bring peace into this space."* This stabilizes your vibration before you're influenced by others.

Stay in the body. Notice your breath, posture, heartbeat. The more present you are in your own body, the less likely you'll absorb energy that isn't yours.

Hold compassion, and not judgment. See low vibration as temporary states, not as labels on people. This prevents resistance or defensiveness, which are low vibrations in themselves. The moment you think, *"That's Johnny and he's always a problem,"* you labeled and entered into a lower vibration of judgment.

Allow movement. If someone chooses to leave or disengage, trust that the energy shift was felt. Your role is to presence, not control of the outcome.

Chapter 11 Close

Reflect

- How has your awareness of language shifted since you began this journey?
- What do you want your words to create in the world around you?



Apply

- Today, choose one word you want to embody (peace, love, clarity, compassion). Carry it into every interaction.



Integrate

- Create a personal mantra using "I Am" that expresses your highest vibration. Repeat it each morning as a reminder of the voice you are choosing to live.



CHAPTER 12: Words, Well-Being, and Health

The use of words expands beyond conversation. They affect your body too. Every time you say something, out loud or in your head, your brain listens. And when your brain listens, it tells the rest of your body what to do. Words affect stress, energy, and even your health at the cellular level. Both science and spirituality point to the same truth, **how you speak about your well-being becomes part of your well-being.**

Words that heal your body also lift your spirit. When you choose language of compassion and possibility, you create conditions not just for health, but for joy. Happiness is not found in avoiding struggle, it is in speaking words that keep you open to life, no matter what arises.

How Words Change the Brain and Body

In higher energetic framing, when you say things like, “I’m learning” or “I’m getting stronger,” your brain believes it. Your body then starts to relax. Your heartbeat slows down, your breathing feels easier, and your brain sends out special chemicals that each help you feel calm and hopeful.

Dopamine is your brain’s reward helper. It makes you feel proud and motivated.

Serotonin is your steady mood helper. It helps you feel safe and balanced.

Oxytocin is your connection helper. It makes you feel cared for and supported.

Endorphins are your comfort helpers. They ease stress and help you feel lighter.

By choosing kind words, you invite these helpers into your body. They remind you that you are safe, strong, and moving forward.

Earlier we spoke of neuroplasticity. This is rewiring the brain. It means your brain builds strong paths for the words and thoughts you repeat. Say something often enough, and your brain will start to make it your normal way of thinking and feeling. Continually giving good things to the mind is giving good things to the body.

The Biology of Words

Your body listens to your words. Stressful language, whether spoken out loud or repeated in your mind, can trigger fight-or-flight. Your cortisol rises, your muscles tense and your digestion slows. Over time, this weakens immunity and resilience. And you are reinforcing a pattern in your brain.

Compassionate and calming words do the opposite. They activate the body's rest and restore mode where the heart rate slows, breathing deepens, and healing is supported. Once again, reinforcing a pattern in your brain.

How Words Affect Health

Saying *"I'll never get better,"* can make your body stay in stress, which slows down healing.

Saying *"I'm a failure,"* can make you feel sad or angry, which hurts your sleep and your energy.

Saying *"I'm always sick,"* teaches your brain to look for sickness all the time.

But if you flip the switch and choose more conscious words, your body gets a chance to heal and grow. Know that these words come from a place of presence and acceptance of learning and growing with your body.

"I'm giving my body what it needs to heal."

"I'm learning from this challenge."

"I am healing."

The Immune System and Self-Talk

When you say, *"I am broken, weak, sick,"* your body leans into that vibration. When you say, *"I am healing, resilient, growing,"* your body leans into that too. This is the biology of belief.

Language shapes thought.

Thought shapes feeling.

Feeling shapes hormones and behavior.

Behavior shapes health outcomes.

Chapter 12 Close

Reflect

- How do you usually talk about your health or body? Do your words contract energy or expand it?
- What belief about your well-being are you ready to release and rewrite?



Apply

- Pick one healing phrase to carry today (“I am healing,” “I am resilient,” “I am whole”). Repeat it whenever stress or doubt shows up.



Integrate

- For one week, keep a short “well-being journal.” Each day, note one conscious phrase you spoke about your health, and how it made you feel.



CHAPTER 13: The Why of Higher Energy

You've seen how words can lift your vibration and change your life. Why does this matter? What do you actually *get* from raising your energy?

Energy is life. The more energy you have, the more fully you live. When your language lifts your vibration, you're not just talking differently, you're living differently. Expect at a minimum:

Clarity in Choices: *Energy clears away confusion. You see options more clearly.*

Resilience in Challenges: *Instead of collapsing into negativity, you stay steady and calm.*

Healing for Body and Mind: *High-vibration words reduce stress, strengthen immunity, and support healing.*

Deeper Relationships: *Words from higher energy build trust and connection.*

Alignment With Purpose: *High energy tunes you to your inner wisdom. Life begins to feel guided, not forced. This is living at its best.*

Joy in Everyday Living: *Gratitude flows more easily. Small things bring peace and wonder.*

Energy as Life Force

Words are creation. Each word either contracts your energy or expands it.

High-vibration thoughts and words increase your life force. That force shows up as vitality in your body, focus in your mind, and peace in your spirit.

Energy is the “currency” of your life. With more of it, you don't just get through the day, you *live* the day. Joy shows up in ordinary moments, and opportunities appear where you once saw none. You will feel it.

The Gift of Presence (Repeated)

The most powerful gift of conscious language may be presence.

When you choose words with awareness, you break out of autopilot. You stop recycling old scripts and step into the now.

Presence means you're not stuck in yesterday's pain or tomorrow's worry. You're alive to this breath, this choice, this moment. From here, your deeper wisdom can and will guide you.

Presence is alive, awake, and full of energy. It gives you the power to choose alignment in real time.

Rewiring the Brain (Repeated)

Every conscious word you choose doesn't just come alive in the moment; it reshapes your brain for the future.

Neuroscience shows that repeated thoughts carve pathways in the brain. Walk them enough, and they become automatic. **Low Vibration and negative words** reinforce fear and contraction. **High Vibration and positive words** strengthen circuits of clarity, peace, and compassion.

By choosing consciously again and again, you retrain your brain. Over time, **higher-vibration language becomes your natural voice**. This is transformation at the level of your nervous system.

Closing Reflection

This is the why.

The language you choose isn't about sounding better, it's about stepping into a **higher-energy life**. One filled with clarity, presence, love, and alignment.

When you raise your vibration, you transform your health, your relationships, your choices, and your future. You create ripples that reach far beyond you.

What You Speak, You Become

This journey has shown you a truth that can change your life forever. Words are energy, vibration, and creation. Your creation. Every time you choose language with awareness, you raise your vibration. Each pause, each reframe, each kind word builds a life of peace, clarity, and connection.

There is no perfect speech. There is divine presence. We all benefit from authentic, conscious voices that hold high vibration.

Your words ripple outward. They shape your health, steady your mind, and strengthen your relationships. They can soften conflict, inspire trust, and bring joy into the ordinary. And when spoken with presence, they connect you to your deepest truth, the part of you that knows you are whole.

Immediate Next Steps

You've started a new way of living. By paying attention to your thoughts and words, you bring more awareness into your life. You're creating space for clarity and peace.

So what's next? Keep going.

Notice when your brain starts rewiring and kinder words come more naturally.

Celebrate every time you choose a high-vibration word without effort.

Share what you're learning with others, and your ripple will grow.

Trust that your words are shaping a higher-energy life every day, in every conversation, and with every choice you make.

Thank you for believing that something greater is waiting, inside yourself, in your relationships, and in the world. By choosing new language, you are not just speaking differently. You are living differently.

What you speak, you become.

And what you become, you radiate into the world.

Chapter 13 Close

Reflect

- What do you want to create with the higher energy you now hold?
- Which part of your life, health, relationships, work, or inner peace, calls most for this new way of speaking?
- How will you remind yourself that every word is a choice that shapes your vibration?



Apply

- Regularly take one lesson from this book and expand it into daily action.
 - If you practiced upgrading negative phrases, apply it in every important conversation.
 - If you practiced softening delivery, use it in difficult situations where it matters most.
- Keep a running list of high-vibration words that uplift you. Revisit and add to it weekly.
- Share your practice with someone else. Teaching strengthens your own path.



Integrate

- Notice when new, kinder words appear without effort. These are signs your brain is rewiring. Celebrate these moments.
- Keep it happening:
 - Continue practicing consciously.
 - Surround yourself with people who use high-vibration language.
 - Revisit these reflections regularly to refresh your awareness.



APPENDIX

Vibrational Scale of Emotions (Adapted) (Inspired by David R. Hawkins, Power vs. Force)

<u>Vibration Level</u>	<u>Core Emotional State</u>	<u>Approx. Frequency Number</u>
Enlightenment	Pure Presence, Unity	~700–1000+
Peace	Stillness, Harmony	~600
Joy	Gratitude, Lightness	~540
Love	Compassion, Connection	~500
Reason	Clarity, Understanding	~400
Acceptance	Trust, Balance	~350
Willingness	Openness, Optimism	~310
Neutrality	Flexibility, Calm	~250
Courage	Strength, Readiness	~200
Pride	Ego, Defensiveness	~175
Anger	Frustration, Energy	~150
Desire	Craving, Attachment	~125
Fear	Anxiety, Withdrawal	~100
Grief	Loss, Sadness	~75
Apathy	Hopelessness, Emptiness	~50
Guilt	Blame, Regret	~30
Shame	Unworthiness, Humiliation	~20

THANK YOU!

If you have ever felt like there is something more, it's because there is.

Let's discover together. Join me for the **30-Day Roadmap to Consciousness**. I will walk gently with you as you discover so much more about who you truly are.

Ways to receive additional support:

www.lorettatolliver.com

Instagram:

[@drllorettatolliver](https://www.instagram.com/drllorettatolliver)

LinkedIn:

[@lorettatolliver](https://www.linkedin.com/company/lorettatolliver)

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