

THE ENERGY OF LANGUAGE

COMPANION JOURNAL

How Your Thoughts and
Words Create a
High-Vibration Life

Clarity

Peace

Presence

I am

Love

Awareness

Enough

Grace

Abundance

**COMPANION
TO THE
EBOOK**

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Welcome!

Thank you for taking the leap of faith into what's possible. These subtle changes will make you believe in the power of language. As you keep and deepen the practice, you will be amazed at the way your life has changed.

Allow yourself to be immersed in the fullness of how your mind will begin to nurture thoughts rather than be flurried by them. And your vibration will give the universe notice that you are ready to receive all that is for you. Journal with truth and love. Your brain is listening.

Dr. Loretta Tolliver



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**CHANGES OFTEN
HAPPEN WHEN YOU
AREN'T WATCHING.**

**STAY PRESENT AND
DON'T WORRY ABOUT THE
SHOW.**

**YOU ARE THE WINNER.
HANDS DOWN.**

Chapter 2

THE POWER OF LANGUAGE

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

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

Global absolutes: "Always," "never."

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

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

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



Reflect

Which autopilot phrase (listed above or your own) 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

At the end of the day, write 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. Write your experience and a way to make it even higher vibrationally.



Chapter 3

LOW-VIBRATION LANGUAGE

"I can't do this."

"I should have done better."

"I always fail."

"I'll try to be there."

"Sorry to bother you."

"I'm just checking in."



Reflect

Which low-vibration phrase (above or your own) do you use the most (pick one or write your own)? How does your energy feel when you use a higher-vibration 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

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?



Chapter 4

OWNERSHIP AND ACCEPTANCE

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

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

At the end of the day, write down one kind phrase you used with yourself. Say it out loud before bed to anchor it in your nervous system.



Chapter 6

CONSCIOUS WORDS THAT CREATE CONNECTION

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

At day’s end, 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

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

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: at the end of 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

HOW LISTENERS REALLY HEAR

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.



Chapter 10

REWRITING YOUR STORY

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

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

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

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?



Apply

How will you remind yourself that every word is a choice that shapes your vibration?



Integrate

Regularly take one lesson from this book and expand it into daily action. Apply it in every important conversation and use it in difficult situations where it matters most. Keep a running list of high-vibration words that lift you. Share your practice with someone else. Teaching strengthens your own path.



Space to create. Space is always good. Creation is great.

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Thank You for Reading!

Walk with intention and integrity. Build high vibrations in your ability to be genuine and kind. To self, to others, to the earth.

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

Join me in the 30-day Roadmap for Consciousness Seekers. We will walk slowly into understanding how science, energy, spirit, and consciousness meet and thrive together. This is life changing!

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