

Dr. Renee's Love University

Module 2 - Part 2

Effective communication begins with you and the words and thoughts that you bring into your inner communications. Self talk is the first step towards effective communication. When we refer to self talk, that is with the capital "S" referring to spirit and soul as opposed to self of ego.

Remember the concept of "assume the best"? Well that applies also for yourself. Assume the best from yourself. I hear and see people berate themselves worse than any person would criticize them. Self-talk is a powerful technique in creating and strengthening patterns. Depending on the type of self talk will depend on the positive or negative effects of those patterns.

We use affirmations to condition patterns to support us in a positive way. Those same techniques can be applied habitually when we are not aware of our behaviors. How many times have you heard a person, who has made a small error respond to themselves with, "I'm so stupid!" Would you say that to a co-worker at your job if they made a simple mistake and say, "You're so stupid!" or to your significant other, "You're so stupid!" or to your new boyfriend, "You're so stupid!" or even worse, to a young child and say to them, "You're so stupid!". If the answer is, of course no, I wouldn't say that to anyone. But it's okay to say it to yourself? No, it's not okay to say this to yourself at all!

Self talk is programming you with the words, thoughts and attitude that you are promoting. If you didn't realize it by now, but we are being bombarded by programming each and every day. We hear it on the radio, television, internet and yes, now you know it, by our own self-talk. It's imperative that

Dr. Renee's Love University

we are aware of the conscious messages that we are telling ourselves every day and interrupt them when at all possible. As we instructed earlier, when you say to yourself a negative self talk statement, create a habit of immediately saying the words “cancel, cancel, cancel, 5, 4, 3, 2, 1” and replacing that negative statement with a positive one. Timing is crucial in this process. This statement interrupts your pattern and the more that you catch yourself with a negative self-talk statement the more you can reduce the amount of negative self talk. The key is being aware of the negative self talk, interrupting the moment, then replacing it with an empowering self talk statement. That is the process.

From the book *The Hidden Message in Water* by Dr. Masaru Emoto, he shares with us that words are powerful and how we use them matters. His experiments with water are very exposing to how the vibrations in language and words affect us. Dr. Emoto would tape a message on a bottle of water, like the word “love”, then leave it attached overnight. On a separate bottle of the same type of water, he would attach the words, “I have you” and leave that in the bottle overnight. The next day, the lab technicians would take a sample of each water from their respective bottles and freeze the water. After freezing, they would cut away a slither of that ice and put it under an electron microscope. What they discovered was that the water that was labeled, “love” had perfectly formed crystals like a perfect snowflake. The other sample of water that was marked “I hate you”, was misshapen and ugly and looked very similar to a cancer cell. His conclusion was that if water can be affected by just the vibrations of the words taped to

Dr. Renee's Love University

the bottle, and our bodies are made up with approximately 70% water, how do our thoughts and words that we use impact the health of our own cells? As I mentioned before, self-talk can support you or not support you. It all depends on the nature of the message within the self talk. We all want to continually condition our inner communication to support us and it begins with awareness of the thoughts and words that we are attaching to ourselves.

You might be saying to yourself right now, “how can I monitor each and every thought that I have, determine if it helps or hurts me, then interrupt that pattern?”

The answer is, you can't. For every conscious thought, you may have hundreds or thousands of thoughts repeating that internally. Conditioning your unconscious thoughts. What can we do?

We have to all commit to continually scrub our thoughts, consciously and unconsciously with a set of positive self-talk every day. Ideally, twice a day. So how do we do this?

Carry around with you a pen and small pad. Document the thoughts that you notice throughout the day. Do this over a week's time, catching those thoughts and words on paper so you won't forget them. Right them down verbatim as accurately as possible. After seven days examine what you've said and thought that did not support you. In most cases, you'll notice that it may be the same general theme throughout. The shocker is that it's repeated so many times. Let's use a common theme now to show you the process of making a damaging statement into an empowering statement with the statement, “I am so stupid.”

Dr. Renee's Love University

The most powerful words in that statement is “I am”, so we’ll begin our new, empowering statement the same way. So we’ll take, “I am so stupid” and transform it to, “I am a learning machine” or “I am a learning sponge” or “I am excited to discover new ideas” or “I am in the state of constant an never-ending learning.” You want to use the statement that fits the context. Obviously it’s impossible to know every fact and all knowledge in the world, so be in a state of constant learning with any of those statements.

Another popular disempowering belief statement that is common is, “I can’t afford that.” Guess what, you’re right! I’m not saying that facetiously.

Whatever you say begins to manifest just by you saying it. Henry Ford said, “If you think you can or if you think you can’t, your right.”

Words are so powerful! So instead of saying, “I can’t afford that”, your empowering statement could be, “I choose not to get that now” or “I am particular where I spend my money” or “When I’m ready, I will choose”.

A few other general affirmations that I would add to your empowering list of statements is, “I love myself”, “I am grateful for everything in my life”, “I am unlimited”, “I am powerful, loving and caring” and “I am the best version of myself”.

The best time of the day to declare these statements are just when you awake in the morning and just before you sleep for the night. Both times take advantage of being in the theta brain wave, that place that borders conscious and unconscious awareness. What makes it so powerful for our purposes is that our affirmations are more easily accepted in this state. Typically in our alpha state of awareness when awake, we are more conscious and will tend to fight change. In the theta state, we are more

Dr. Renee's Love University

open to suggestions and not fight the affirmations that in many cases are contrary to our current belief patterns. This is one way that we all can help ourselves combat negative self-talk and download empowering self-talk. This process is one of the most efficient and powerful ways of reconditioning ourselves to fully love ourselves now.

Action Steps:

Commit to carrying around a pen and small pad with you at the ready. Whenever you have a negative or disempowering statement or thought, write it down immediately. Do this for the whole week. Look for any common themes and write the statements that you said or heard in your head that were repeated the most. Do your transformation exercise as I previously explained in the video and turn those disempowering thoughts into powerful empowering statements. Read them twice everyday. Once when you awake and once before you close your eyes for the night. The key is to be consistent. Because these two times of the day are very impressionable for all messages, remove watching the news at these times. Don't worry, if there is something that you need to know that is going on the world, you'll find out. With all of the social media, instant alerts and constant reporting of news, you'll be fine to skip the evening news. In fact, to progress quicker in your quest of great self-talk, eliminate watching the news altogether. It may be challenging at first, but you'll thank yourself for taking that step of removing all that clutter from your mind and filling it with stuff that you choose to have floating around in your head.