

10 WAYS TO

UPGRADE YOUR LANGUAGE IMMEDIATELY

Through the Art of Conscious Language

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Part 1: Background

Introduction

Like many of you, I have spent the better part of my adult life on a constant search for self improvement. I started when I was sixteen and have since read many of the classic books on personal development (see appendix). You may have also read some or all of these thought-inspiring, fulfilling books, as well. These artifacts in the ever growing theology of self-help books have one thing in common:

They are all tools to help you change the way you think.

Over many years, I have concluded that the key to personal evolution is our ability to improve our thoughts and beliefs in any chosen area, speciality, and aspect of our life.

Your *thoughts* drive your *actions*, and your *actions* drive your *results* and your *destiny*.

One of the most powerful tools that I have been working with came into my life in 2008 when I was blessed to meet Bob Stevens, a phenomenal person and mentor. He literally wrote the book “Conscious Language,” and I became trained in these concepts and techniques of improving our thoughts and beliefs in any chosen area of life. I have employed them in my business and personal life ever since and the results are profound.

I have discovered that practicing the art of *verbal awareness* is the most effective way to get results. When you practice speaking your *goals* and your *highest truth* out loud, the changes in your life come about with grace and ease.

I believe upgrading our *words* is complementary to upgrading your *thoughts*. In fact, upgrading your words is often easier and therefore more effective.

The Challenge of Upgrading Thoughts

While many of us have spent years (and decades) on the path of Upgrading our thought, there are several reasons why this continues to be challenging for everyone:

1. Monkey Mind
2. Source of our thoughts

Ego

3.

Monkey Mind

“We cannot block thought and emotion. The issue is whether or not you listen to your monkey mind, chattering, yada yada, giving you opinion. Its up to you, right?” - Mingyur Rinpoche, Tibetan Buddhist Master

Is it up to you? Can you stop “listening” to your monkey mind?

It seems that the mind doesn't ever stop. So no matter where you are in your life, there is a constant stream of mental bable that is giving you its opinion on whatever is going on. The challenge becomes increasingly obvious when you try to meditate in a quiet, seemingly separated, yet peaceful place. The common suggestion is to “focus on the breath” so that you give your mind something to do.

Attempting to control those thoughts on an ongoing basis can be difficult.

Source of Thoughts

Where does this stream originate?

The obvious answer is that it originates from “us” and that we are in control of the thoughts that pervade our every waking moment. However, if you really delve into this concept of the origination of thought, you may soon discover that we can not be certain that all this endless “stream of chatter” is truly our own.

It can be strange, scary, or even terrifying to consider that some of what we think is coming from outside of our conscious control, autonomously. How can we upgrade thought streams that seem to come out of nowhere?

Ego

Our ego is the part of our psychology that pervades the mind and propels us to stand out as individuals. Many consider the ego to be the source of “character flaws”, such as intolerance, arrogance, greed, self sabotage, self denial, and self victimization. These subconscious patterns play out in subtle and not-so-subtle ways.

One of the common aspects of this “shadow side” is that it affects our behavior without our awareness. So even while we are reading all the wonderful books full of wonderful knowledge, we often continue to make the same self-defeating mistakes over and over again. This is because all that knowledge does not necessarily eradicate our subconscious programming.

Sovereignty

The ultimate goal of verbal awareness is to achieve a sense of personal *sovereignty*.

SOVEREIGN = S-OVER-REIGN = “Reign Over Self”

This is the difference between being the master of your destiny or a victim of life’s circumstances.

By upgrading your words, you are shifting towards your own self-empowerment.

Getting Started

In the 10 years I have been teaching (and continually learning) the art of *verbal awareness*, I have developed a basic “onramp” for helping anyone get started. This is a list of certain “trigger” words that can help you reshape your relationship with your own thoughts.

The idea is that while you are integrating *verbal awareness* into your life, these words are meant to be subtle reminders. You can start by simply replacing these words with their conscious equivalent. However, the most important part is upgrading the *intent* behind the words. Once you are able to shift your intention, then the actual words become less important.

So while these words may serve as a map in the beginning, once you are comfortable navigating your way through the maze, you will notice that speaking your truth becomes natural.

Ultimately, you will find your own, personal way of verbalizing your highest outcome.

Part 2: The Words

The game of *verbal awareness* is based on the idea that every word that comes out of our mouth is a proclamation of what we are choosing to create in our lives.

Let's play a game. What if you *only* spoke words that support your personal, highest goals or outcomes? Over time, this game will help you not only shift your words, but also the thoughts and intentions behind them.

There are certain words and phrases that seem to perpetuate the cycle of self sabotage. By identifying the most egregious of those words, and by "upgrading" them with different words (and intention), you will begin to master the game of personal empowerment.

Here are the top 10 simple ways to shift the cultural conditioning of unconscious self sabotage towards conscious choice.

WANT

[wänt]

verb. **Lack or be short of something desirable or essential.**

"you shall want for nothing while you are with me"

noun. **A lack or deficiency of something.**

"Victorian houses which are in want of repair"

When we proclaim our wants, we are essentially stating out loud our “lack” of having the thing that we “want”. What does it mean to have the feeling of *wanting*? Phrases like: I *want* to be successful, I *want* to be healthy, I *want* to be happy. These sentences keep those things at a distance and actually allow us to continue to be in the state of want.

To support our outcome for our goals in life, try “upgrading” the word want to **CHOOSE**. This is one of the most powerful proclamations, because when we have choices, we can reclaim our personal sovereignty.

SHOULD

[SHood]

verb. **Used to indicate obligation, duty, or correctness, typically when criticizing someone's actions.**

"I should be careful."

What does it mean to “should?” I think of the word “should” as something that society or cultural conditioning tells us that we are *obligated* to do. “I should really call my mom.” “I should exercise.” “My partner should respect me more.”

The use of the word “should” implies that the thing is not really something that we would like to do. Well, is it or isn’t it? If you are going to call your mom, call your mom. Choose it and own it. The word “should” makes us feel that it is someone or some other factor outside of ourselves that is in control. Try using **WILL** and own your choice.

DISAGREE

[disə'grēmənt]

noun. **Lack of consensus or approval.**

"there was some disagreement about the details"

When we are collaborating with others, either at work or in a personal relationship, we often hear ideas or opinions that we don't agree with. The normal response is to state, "I disagree" and then give the reasons why. The downside of this approach is that it immediately breaks the chord of connection, even if only a little. The other person is put on the defensive, and often when there is a shield, there is a sword.

Try substituting "**Help me understand**". Instead of saying "I disagree because (X, Y, Z)", simply say the phrase "Help me understand, because I was thinking (X, Y, Z)".

The key is that we are authentically choosing to reach an understanding. You may find that either you or the other person is missing a vital piece of information that would allow you to see eye-to-eye. Or one of you has made an assumption or has information that isn't true.

I have used this technique many times when I thought I disagreed and discovered that I almost put my foot in my mouth. By seeking first to understand, we enter into a higher level of conscious communication.

NEED

nēd]

verb. **Require (something) because it is essential or very important.**

"I need help now"

Is it our choice to be "needy"? What does it feel like to be around others who are "needy".

While there are definitely times that we require something or some course of action out of necessity, there is a simple way to shift from a position of "need" into a proclamation of our desired outcome in life. In lieu of stating "I need help", try saying "**MY GOAL IS** to..." and start with that. "In order to achieve this purpose, here is what is required". There is so much more personal power when we state the purpose.

Other upgrades are: *reason, purpose, goal, intent, outcome*.

It works especially well in personal relationships. "I need to feel appreciated by you" becomes "I am loving to have a relationship with you where we can appreciate our gifts to each other." Working toward consensus is amplified when coming from a place of agreed purpose.

TRY

trɪ]

verb. **Make an attempt or effort to do something.**

"he tried to regain his breath"

When Luke Skywalker crashed his spacecraft into the swamp, Yoda told him to "Use the Force" and retrieve it. Luke said, "All right, I'll give it a try." To which Yoda classically responded, "No! Try not. *Do...* or do not. There is no try."

"I am trying to..." is a statement that creates distance. When we say it in that way, we subconsciously keep the object of our "trying to" just out of reach.

Don't "try" ... **DECIDE!** There is power in making the decision. "I am trying to eat healthy" becomes "I am deciding to eat healthy". Practice saying each phrase out loud with your goals, and you will experience the power of decision in your words. You will feel it in your gut.

NOT

[nät]

adverb. **Used with an auxiliary verb or “be” to form the negative.**

“he would not say”

I have three kids. One of the many lessons they taught me is that the universe does not understand “negatives.” When I would tell them to “not jump on the couch!” my lovely children only listened temporarily. It was not until I purchased a mini-trampoline for the living room and told them to “DO jump on the trampoline” that the desired results were achieved.

Occasionally when I ask people their goals, they respond with:

“Well, I DON’T want to be sick,
and I DON’T want a job that sucks,
and I DON’T want to be overweight” etc.

Rephrase all negatives so that you are always stating the path, goal, or choice that you CHOOSE, instead of listing all of the outcomes that you do not choose.

“My goal is to eat healthy - my outcome is Optimum Cellular Function in my body.”

BUT

[bət]

conjunction. **Used to introduce something contrasting with what has already been mentioned.**

"he stumbled but didn't fall"

How big is your 'but'?

Say what you mean while creating conscious and empowering connections with others

When a boss tells an employee "You did a good job sweeping the floor, BUT you missed (blah blah blah)", that second part after the 'but' negates everything stated beforehand. Instead, focus on how to create harmony.

The simple substitute is to replace 'but' with **AND**. This helps remind you to stay positive and in the flow of the previous statement.

CAN'T

[kant]

Verb. **Be compelled or obliged to; must**

"I can't open the window. It is stuck."

This is a straightforward upgrade. It's rarely our desired outcome or goal to "can't" something. Yet this is one of the most often used self-sabotaging phrases I hear.

The shift is simple. Instead of saying "I can't", upgrade to "How can I?" and pay attention to what comes to the mind as a response.

When we shift our attention away from the reasons we *can't* into the question of how we **can**, we set our subconscious mind to work on our own behalf. It is amazing how quickly results *can* follow :)

The other upgrade is in the context of what we are CHOOSING not to do. For example, if we decide to eat healthy, instead of saying "I can't eat that, I am on a diet" use **DON'T**. "I don't eat processed foods." or "I don't drink sodas."

HAVE TO

[hav too]

verb. **Be obliged to; should (expressing necessity).**

"I can't go to the party because I have to work that evening."

To me, using the phrase "have to" is equivalent to "slavery." There is only one thing in life that we "*have to*" do, and that is die someday. EVERYTHING else is a choice.

Some of you are thinking "but if I don't work, I won't be able to pay my bills." Which is true. However, we do have the choice whether or not to pay our bills, and if we work, then we will have the money to make our payments.

Own the choice.

Instead of "I can't go to the party because I have to work that evening" we can say "I have another commitment" or "I will be working that night." You always have a choice, and in this case, you already made the choice to work.

You CHOOSE to work. You CHOOSE to honor your commitments. You CHOOSE to pay your bills. You CHOOSE to stay out of jail, (or to rephrase into the positive: you CHOOSE to remain free to walk about the streets).

This is the essence of sovereignty. There is nothing you *have* to do.

SORRY

sārē]

adjective. **In a poor or pitiful state or condition.**

"he looks a sorry sight with his broken jaw"

We are culturally conditioned by society to state "I'm sorry" whenever we "transgress," or as I prefer to say, break an "agreed upon expectation," whether stated or implied.

Is there a better way to achieve this goal other than proclaiming our "sorry-ness"? It all comes back to consciously stating our outcome.

We all have "agreements" in life, simply by living in society. For example, we agree not to step on people's shoes, or bump into them when we are not looking. If that happens, instead of the perfunctory "I'm sorry", how about something like "hey, didn't see you there. I'll be more careful".

There is also the more powerful, "I **RECOMMIT**". Instead of "I'm sorry I'm late", try saying "Thank you for your patience, I *recommit* to being on time." This has a strong ripple effect in one's life.

Final Word

These word substitutions are only suggested upgrades. The real art is in effectively speaking our highest outcome from a place of deeply held intention.

From this moment, listen to how you phrase your words, and ask yourself, “is this really my choice?” If the answer is other than a resounding “YES!”, then you can recreate your aligned reality by stating, “My highest outcome for [this situation] is...”

And watch how your life evolves under your personal sovereignty.

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