**Power of the Spoken Word**

**Then God said,**

**Let there be light; and there was light.**

***(Genesis 1:3)***

**God said,**

**“Let the earth bring forth living creatures of every kind.”**

**And it was so.**

***(Genesis 1:24)***

**Thou shalt also decree a thing,**

**and it shall be established unto thee.**

***(Job 22:28)***

**Pleasant words are like a honeycomb,**

**sweetness to the soul and health to the body.**

***(Proverbs 16:24)***

**Death and life are in the power of the tongue,**

**and those who love it will eat its fruits.**

***(Proverbs 18:21)***

**So shall my word be that goes forth out of my mouth;**

**it shall not return to me void,**

**but it shall do what I please**

**and it shall accomplish that for which I sent it.**

***(Isaiah 55:11)***

**And the tempter drew near and said to Jesus,**

**“If you are the Son of God, command these stones to become bread.”**

**But Jesus answered, saying,**

**“It is written that it is not by bread alone that man can live,**

**but by every word which proceeds from the mouth of God.”**

***(St. Matthew 4:4)***

# For by your words you shall be justified, and by your words you shall be found guilty. (St. Matthew 12:37)

# If there is faith in you even as a grain of mustard seed, you will say to this mountain, move away from here, and it will move away. *(St. Matthew 17:20)*

**So Jesus got up and rebuked the wind,**

**and said to the sea, “Peace! Be still!”**

**And the wind quieted down, and there was a great calm.**

***(St. Mark 4:39)***

**For it is through faith we understand**

**that the worlds were framed by the word of God,**

**so that the things which are seen came to be**

**from those which are not seen.**

***(Hebrews 11:3)***

**Whoever speaks must do so as one speaking the very words of God.**

***(1 Peter 4:11)***

# Words are the most powerful agents of mind. Every time we speak we cause the atoms of the body to tremble and change their places. Not only do we cause the atoms of our own body to change their position, but we raise or lower the rate of vibration and otherwise affect the bodies of others with whom we come in contact. (Charles Fillmore, in Keep A True Lent)

# You want me to do something – tell me I can’t do it. *(Maya Angelou)*

**What Adam called the animals they became to him; we have been naming the universe ever since. (J. Sig Paulson, Unity Minister)**

**A good architect can improve the looks of an old house merely by discussing the cost of a new one. (Bits & Pieces)**

**What are the three words most likely to start a household argument? So inquires a reader. Try these: “Why didn’t you? . . .” (L. M. Boyd)**

**Do you remember in the movie “Ben Hur” when Judah Ben Hur said, “I heard him say, ‘forgive them for they know not what they do,’ and his voice took the sword right out of my hand?” (Phil Barnhart, in Seasonings for Sermons , p. 74)**

**Every time you say something, your blood pressure goes up. (L. M. Boyd)**

**You know how the yawn is contagious? With some people, blushing is like that. What most quickly makes them blush, it’s said, it telling them they’re blushing. *(L. M. Boyd)***

**A banker went to inspect a ranch owned by a man who was seeking a large loan. As the two men discussed the deal, they saw a herd of buffalo charging across the range. Suddenly, the lead buffalo stopped, and the herd behind did the same. “Why do you suppose they stopped?” the banker asked. “Well,” said the rancher, “you see the leader? He's got very good ears, and I think he just heard a discouraging word.” (Bits & Pieces)**

**Words are bullets, and should be used sparingly, aimed toward a target. *(Army Col. Dick Hallock)***

**Hagar says to his servant about the man sitting next to them: “He’s such a cheating liar that nobody bothers with him anymore!” Then the man who is being talked about says: “I’m buying.” Hagar then responds to the servant: “But I say everyone deserves a second chance!” *(Dik Browne, in Hagar the Horrible comic strip)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**If someone says “can't” that shows you what to do. (John Cage)**

**Think how many wonderful things have never happened, just because somebody said “You can’t do that here.” *(Ashleigh Brilliant, in Pot-Shots)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*When Johnny Carson once joked in his monologue about a shortage of toilet paper, he caused a nationwide run on TP, creating an actual shortage. (Don Voorhees, in The Essential Book of Useless Information, p. 21)  
  
Enrico Caruso sang in Naples. Somebody hissed. That did it. He never sang in Naples again. *(L. M. Boyd)***

**It is not what goes in the mouth but what comes out of the mouth that defiles the body. (Edgar Cayce)**

**During our first Healing Symposium Richard Jafolla said, “When we speak we have the largest listening audience in the world. We have 100 trillion cells. These cells are awake inside of us. They are saying, ‘Okay, what do you want me to do today?’ And we tell them. If we tell them we want them to regenerate and go ahead with their healing, they do it. It will be as you desire.” (Christopher Ian Chenoweth, Unity Minister)**

**Billy says to his friend: “I’ll be glad when my voice changes. Maybe somebody will listen to me then.” *(Bil Keane, in The Family Circus comic stip)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Those who understand children surely have discovered that if you continually call a child “bad” he will have a hard time being good. But if you encourage the best in him by speaking of his good qualities he will begin to believe in his goodness and grow toward righteousness. (A Synoptic Study of the Teachings of Unity, p. 22)**

**Hagar: “Our children have no idea how tough we had it growing up!” Helga: “They should by now. You tell them every chance you get!” *(Chris Browne, in Hagar comic strip)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  
When Dr. Mihai Dimancescu was a resident at a Connecticut hospital, he made rounds one morning with the chief of neurosurgery. They came to a 24-year-old woman who had been in a coma for three months. “Don't waste time on her,” the chief instructed. “She's never going to wake up.” A few weeks later the woman regained consciousness. When Dimancescu asked if she could remember anything that occurred while she was in the coma, she said: “I remember hearing that doctor say I'd never get well. I made up my mind to show him he was wrong.” “The woman decided to fight for her life, and she won,” said Dimancescu, who is now at the South Nassau Communities Hospital in Oceanside, N. Y. “I've seen it happen again and again.” (Donald Robinson, in Reader's Digest)**

**A Boston man who drank himself into a coma had a miraculous recovery when his boss ordered him to get out of bed. Bill Dipasquale, a waiter, went on a bender two months ago and landed on life support in the hospital. Doctors told his family he would never recover. But when DiPasquale’s boss heard about his condition, he said, “You tell him to wake up, get out of bed, and get back to work!” A friend whispered the message into DiPasquale’s ear, and five minutes later, the comatose man’s eyes suddenly opened, “I’ve got to get to work,” he said. He’s made a full recovery. (The Week magazine, January 14, 2005)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Everybody but Sam had signed up for a new company pension plan that called for a small employee contribution. The company was paying all the rest. Unfortunately, 100% employee participation was needed; otherwise the plan was off. Sam’s boss and his fellow workers pleaded and cajoled, but to no avail. Sam said the plan would never pay off. Finally the company president called Sam into his office. “Sam,” he said, “here’s a copy of the new pension plan and here’s a pen. I want you to sign the papers. I’m sorry, but if you don’t sign, you’re fired. As of right now.” Sam signed the papers immediately. “Now,” said the president, “would you mind telling me why you couldn’t have signed earlier?” “Well, sir,” replied Sam, “nobody explained it to me quite so clearly before.” *(Bits & Pieces)***

**Compliments are great anti-depressants, and they have no side effects. (Rose L. Korotkin)**

**Young Father O’Reilly, newly ordained, was to hear his first confessions. Anxious to get off on the right foot, he asked the experienced Father McMartin for advice. The two sat in the rectory and Father McMartin began. “First of all,” McMartin cautioned, “weigh your words with care. For example, priests should always respond to penitents with ‘I understand,’ . . . rather than ‘Oh, wow!’” (Joey Hayes, in Catholic Digest)**

**Never underestimate the power of words. In 1896 an obscure congressman from Nebraska attended the Democratic National Convention as an alternate delegate. He was only 36 years old. Yet he made a speech that was so powerful that the convention ended by nominating him as its candidate for President of the United States. The name was William Jennings Bryan. (Bits & Pieces)**

**I will continue blessing and blessing, as whatever you bless increases and multiplies. *(Dr. Addington's subscriber)***

**When man points his mind toward God and allows his zeal to run in a single channel, he may become God-intoxicated. Peter the Hermit became intoxicated with the idea that God wanted Jerusalem rescued from Moslem rule, and he rode up and down Europe on his little mule shouting, “God wills it.” His fanatical zeal started the Crusades that rolled from Europe to Palestine for nearly two hundred years. (Charles Fillmore, in Atom-Smashing Power of Mind)**

**I recall a minister who had been experiencing long bouts of depression because of the seeming lack of success in his parish. One day he went to visit a woman who was very ill. As he started to leave the room, the woman spoke to him: “You have been such an important person in my life. I want you to know that I have great love for you.” These kind words sailed straight into the minister’s heart. He told me that he just couldn’t believe it but by the time he reached his office he could sense that something different was stirring within him. During the next several weeks the depression lifted and he felt a tremendous rejuvenation in his life. (Joyce Rupp, in Little Pieces of Light)  
  
 When he was 16, Neil Diamond recalls, his father introduced him to a successful salesman. “The man asked me, ‘What is it you really want to do?’ As a joke, I said, ‘I want to be a rock ‘n’ roll singer.’ It was the first time I ever said it out loud.” (Claire Carter, in Parade mag-carb diet, like Aazine)**

**Grandma: “Dinner is served.” Girl watching TV says: “Ok, be there in a bit.” Grandma: “We’re eating now.” Boy: “What are we having?” The children start running toward the table when Grandma says: “Nice warm bowls of get your rears to the table this second.” Girl: “The house specialty!” *(Steve Breen, in Grand Avenue comic strip)*  
Members of the English Parliament hissed Benjamin Disraeli as he stood, for the first time, to address them. They laughed when he said, “Though I sit down now, the time will come when you will hear of me.” And hear of him they did. Benjamin Disraeli went on to become a noted British statesman. (Glenn Van Ekeren, in The Speaker's Sourcebook , p. 150)**

**If you are ever attacked in the street, do not shout “Help!” shout “Fire!” People adore fires and always come rushing. (Baroness Trumpington, British politician)**

**A lecturer to doctors urges each to listen carefully to the patient, then convey three messages: “I believe in you. I trust you. I know you can handle this thing.” *(L. M. Boyd)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**From the Hartford, Wisconsin, Booster: “Lost: black retriever dog, answers to ‘Dinner’s ready.’” *(Reader’s Digest)***

**I caught my 3-year-old nephew tasting the food intended for our dog “Cubby.” I jokingly told him if he didn’t stop eating dog food, he’d turn into a dog. He ran outside to play, but came back into the house a little while later and asked very seriously, “How old was Cubby when she turned into a dog?” You’ve really got to watch what you say. *(Barbara Gass, in Country magazine)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**"I finally realized I eat too much fast food,” Pete told his friend Joe. “What changed your mind?” Joe asked. “My nephew,” Pete said. “When my sister told him I was coming to visit, he asked, ‘Is that my uncle from Florida or my uncle from McDonald’s?’” (Rocky Mountain News)**

**During one of the last major offensives of World War II, Dwight Eisenhower was walking near the Rhine and came upon a GI who seemed depressed. “How are you feeling, son?” he asked. “General,” the young man replied, “I'm awful nervous.” “Well,” Eisenhower said, “you and I are a good pair then, because I'm nervous too. Maybe if we just walk along together, we'll be good for each other.” No sermon. No special advice. But what words of encouragement. (Mark R. Littleton, in Reader's Digest)**

**While waiting for an elevator in a shopping mall, I bent down to remind my young boys that it is polite to wait at the side of the doors so people can get off before we get on. As I straightened up, I saw ten adults quickly lining up to the side behind my children. (Cynthia Bernau, in Reader’s Digest)**

**A word of encouragement during a failure is worth more than a whole book of praise after a success. (Bits & Pieces)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*We make more enemies by what we say than friends by what we do. (John C. Collins)  
  
If you wish to make a man your enemy, tell him simply, “You are wrong.” This method works every time. (Henry C. Link)**

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**President Carter's televised speech about energy conservation really had dramatic results. A poll showed that 90 percent of the TV sets in America that were on when he began were off by the time he finished. (Robert Orben)**

**Paying my bill at the doctor’s office, I noticed one of the clerks licking and sealing a large stack of envelopes. Two co-workers were trying to persuade her to use a damp sponge instead. One woman explained that she could get a paper cut. Another suggested that the glue might make her sick. Still, the clerk insisted on doing it her own way. As I was leaving, I mentioned to the clerk that there was a tenth of a calorie in the glue of one envelope. Then I saw her frantically rummaging around for the sponge. (Dorothy McDaniel, in Reader’s Digest)**

**Three men were sentenced to execution by firing squad. They agreed to escape by yelling out a natural disaster and escaping when the soldiers ran for cover. When the captain asked, “Ready . . . aim . . .” the first man yelled “Earthquake!” The solders took cover and he escaped. They brought out the second man. The captain yelled, “Ready . . . aim . . .” Then the second man yelled “Tornado!” Again the soldiers ran for cover and he escaped. The third man had to pick a new disaster. When the captain, “Ready . . . aim . . .” he yelled, “Fire!” (Rocky Mountan News)**

**In a store parking lot, I heard expletives coming from a nearby car. As I got closer, a gentle-looking woman at the wheel of the car peered up at me. “Please excuse the language,” she said apologetically, “but my husband insists it’s the only way this car will start.” Right on cue, the engine turned over and woman drove off. *(Cindy Robinson, in Reader’s Digest)***

**Outside city hall, a boy selling newspapers bellowed, “Extra! Extra! Read all about it! Two men swindled!” A man walked up to the boy, bought a paper, and sat down to read it. “Hey, kid,” he protested a few moments later, “there’s nothing in here about two men being cheated.” “Extra! Extra!” shouted the boy. “Three men swindled!” *(Mike Lessiter, in Country Chuckles, Cracks & Knee-slappers)***

**Nothing turns fact into fiction faster than word of mouth. (Varallo's Restaurant, Thoughts from the Bottom of a Chili Bowl, p. 46)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*What a father says to his children is not heard by the world, but it will be heard by posterity. (Jean Paul Richter)**

**Grandma: “I think I have ‘empty nest syndrome’. It’s that feeling of depression you get when all the children have left home. Did you know that Tony Randall fathered a child at the age of seventy-seven?” As Grandpa falls over in the chair, Grandma says: “I like to shake him up every once in a while.” (Brian Crane, in Pickles)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Fears thrive on secrecy and a sense of being “very special.” In 1968, Professor Irving Janis, a psychologist at Yale University, studied a group of surgical patients. Some worried out loud before surgery; others expressed little apprehension, indeed seemed to exhibit confidence. Curiously, the first group experienced fewer post-operative complications and had an easier convalescence than those stoic patients who felt they had to bear their fears by themselves. (Daniel A. Sugarman, in Reader’s Digest)**

**A Christian Science child fell down stairs while carrying her little dog, Fido. Fido fell out of her arms and they bumped together all the way down the stairs. At the bottom, the mother came running, saying, “Oh! darling, are you hurt?” The little tot replied, “No, mamma; I’m all right, for every time I hit a step I said, ‘Truth! Truth!’ But I think Fido’s pretty badly hurt, for ever time he hit he said, ‘Er-or! Er-or! Er-or!’” *(W. W., Elmira, N.Y., in Weekly Unity, March 12, 1913)***

**According to a new study, people on a low-carb diet, like Atkins, eat more than people on a standard diet, but also lose more weight. This is thanks to the extra calories they lose during their nonstop yammering about how they’re on Atkins. (Tina Fey)**

**Whether you think you can, or can’t, you are usually right. *(Henry Ford)***

**If you have ever spoken soothing words to a frightened child or remember hearing such words spoken, you know the power of loving thoughts put into words. *(Richard & Mary-Alice Jafolla, in The Quest)***

**Sticks and stones may break our bones, but words will break our hearts. *(Robert Fulghum, American author, in All I Really Need to Know I Learned in Kindergarten)***

**God created a world out of words; let’s transform our lives by living by our word. The power to create is just as real today as it was in the beginning. (Church of Today News)  
  
 In 1848 James Marshall, who was building a sawmill on California’s American River, noticed a glimmer in the water. “By god, boys, I think I found a gold mine,” he told his fellow workers. When word got out, the Great Gold Rush was on. *(Joseph A. Harriss, in Reader’s Digest)***

**Mark Twain (pseudonym of Samuel Langhorne Clemens) was born November 30, 1835, the year Haley’s Comet passed over the earth. He vowed he would not die until he saw the famous comet for himself; he died the day after it passed over the earth in 1910. *(Harry Bright & Harlan Briscoe, in So, Now You Know, p. 175)***

**Handle them carefully, for words have more power than atom bombs. *(Pearl Strachan Hurd, in The Christian Science Monitor)***

**Talk happiness. The world is sad enough without your woes. No path is wholly rough. Look for the places that are smooth and clear, and speak of those to rest the ear. Say all is well with you and God will hear your words and make them true. (Ella Wheeler Wilcox)**

**Words, so innocent and powerless when standing in a dictionary, how potent for good or evil they become in the hands of one who knows how to combine them*. (Nathaniel Hawthorne)***

**Dr. C. Norman Shealy also told the story of a man who endured dreadful headaches for twenty-six years. For the last two years of that time, his headaches were an everyday occurrence. In the years since he began to pray and talk positively to his body, he has not experienced a single headache. (Christopher Ian Chenoweth, in Unity magazine)**

**Frank says to Ernest: “I hope they pass it (National Health Plan) soon, because all the speeches about it are making me sick!” (Bob Thaves, in Frank & Ernest comic strip)**

**In the early 1900s, Adolf Hitler regularly had lessons in mass psychology and speaking under the tutorship of a man named Erik Jan Hanussen, one of the most renowned seers and astrologers in Europe. He taught Hitler the tricks of elocution and use of body language. (Isaac Asimov's Book of Facts, p. 82)**

**Once a word has been allowed to escape, it cannot be recalled. (Horace)**

**Too early for hospital visiting hours, my son tried to sneak in to see his wife and day-old baby. When a nurse stopped him, he explained that he was bringing “some things she wanted from home." The nurse deftly took the radio and magazines from his arms and said she would give them to his wife. “But...but, nurse,” he blurted pathetically, I'm one of the things she wanted.” He got in to see her. (H. L., in Catholic Digest)**

**The words “I am...” are potent words; be careful what you hitch them to. The thing you’re claiming has a way of reaching back and claiming you. *(A. L. Kitselman)***

**If you keep on saying things are going to be bad, you have a good chance of being a prophet. *(Isaac Bashevis Singer, on “The Dick Cavett Show,” PBS)***

**Right in the midst of the most desperate situation one can proclaim the presence and power of Christ, and that is the first mental move in dissolving the darkness. *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 82)***

**If the spoken word can be mechanically intensified a hundred million times, how much greater will be its power when energized by Spirit! (Charles Fillmore)**

**It’s not what goes into the mouth but what comes out of the mouth about what goes into the mouth that makes all the difference in a healthy life. *(David J. Seibert, Unity Minister)*  
What gives the spoken word its power? What is the mystery of Jesus’ eloquence? Certainly it was not in his choice of word, or his delightful parables, or the grace of his speech, the charm of his voice, or his oratory. In all these he was surpassed by a Lincoln, a Webster, a Patrick Henry. The mystery of Jesus’ spoken word was a combination of all these and then something divinely more. And to these qualities the indisputable fact that he was what he said. In him the word became flesh and dwelt among men. He was the word he spoke. (Raymond Holliwell, in I.N.T.A. magazine)**

**Lyndon B. Johnson, who became a U. S. Senator and President, was born on August 27, 1908, and on that day his grandfather rode his horse around Stonewall, Texas, shouting: “A United States Senator has been born today!” (Ripley's Believe It or Not!: Book of Chance, p. 320)**

**A problem well stated is a problem half solved. (Charles Kettering)**

**One kind word can warm three winter months. (Japanese proverb)  
All forms of life really love to hear the truth about themselves, which is that they are radiant expressions of the eternal God. Even the cells of our bodies respond and regenerate when they are told that they are appreciated and loved. (Richard & Mary-Alice Jafolla, in The Quest , p. 324)\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  
Didn’t Abraham Lincoln fight a broadsword duel with the Illinois state auditor, James Shields? Almost. Lincoln’s future wife, Mary Todd, had a hand in writing a newspaper letter critical of Shields. Lincoln was dragged into it. He and Shields met to fight, but talked each other out of it and became lifelong friends. (L. M. Boyd)**

**Abraham Lincoln attributed his excellent memory to a lifelong habit of reading out loud. “When I read aloud two senses catch the idea: first, I see what I read; second, I hear it, and therefore I can remember it better.” (Bits & Pieces)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Good communication is as stimulating as black coffee, and just as hard to sleep after. (Anne Morrow Lindbergh)**

**The minute you start talking about what you’re going to do if you lose, you have lost. (George Shultz)**

**Hammie: “Can I have a cookie?” Mom: “What’s the magic word?” Zoe: “I’m telling!” Mom: “I mean the magic word that works with me, not Zoe.” Zoe: “Oh, then, please?” (Rick Kirkman & Jerry Scott, in Baby Blues comic strip)**

**Through his spoken word, man is continually making laws for himself. I knew a man who said, “I always miss a car. It invariably pulls out just as I arrive.” His daughter said, “I always catch a car. It's sure to come just as I get there.” This occurred for years. Each had made a separate law for himself, one of failure, one of success. This is the psychology of superstitions. (Florence Scovel Shinn, in The Game of Life , p. 22)**

**H. L. Mencken, the American editor and critic, met the woman he married when he gave a lecture entitled “How To Catch Husbands.” (Ripley’s Believe It or Not!: Strange Coincidences, p. 34)**

**Words must surely be counted among the most powerful drugs man ever invented. (Leo Rosten)**

**A NASA official at Kennedy Space Center was explaining to a reporter how a module carrying human beings will be landed on Mars. The reporter asked how the module will return to earth. “That involves a highly complex plan,” the space agency representative said. “It begins with the words, ‘Our Father, who art in heaven.’” *(Delia Sellers, in Abundant Living magazine)***

**My former teacher, Sister Lucia, had 50 students in one class. After herding her brood into church for weekly Mass, she noticed one of the boys acting up. She coughed. She cleared her throat. Finally, in exasperation, she hissed, “Neil!” Immediately, all 50 students dropped to their knees. *(Ann S. Boland, in Catholic Digest)***

**Walking into a noisy classroom the instructor slapped a hand on the desk and ordered sharply: “I demand pandemonium!” The class quieted down immediately. “It isn't what you demand,” explained the instructor, “but the way you demand it.” (Bits & Pieces)**

**Words of comfort, skillfully administered, are the oldest therapy known to man. (Louis Nizer)**

**Bette Davis told an interesting story of how the “Oscar” got its name. “I received my prized Academy Award statuette at about the same time that I finally wheedled out of my husband, Harmon O. Nelson, Jr., the tenaciously guarded secret of his middle name. It was ‘Oscar.’ To tease him, I began to call my statuette ‘Oscar.’ Soon ‘Oscar’ was adopted by the industry -- and that is how the Academy Award statuettes got their nickname.” (Bits & Pieces)**

**At the age of 30 Cezanne was the most thoroughly rejected painter in Paris. Nobody liked his all-too-original work. To salve his bruised ego, he bought a parrot. So, as he painted all day in his studio, he managed to keep up his confidence. The parrot kept repeating: “Cezanne is a great artist! Cezanne is a great artist!” That parrot was smarter than the critics. *(Bernie Smith, in The Joy of Trivia, p. 215)***

**Have faith in the power of your mind to penetrate and release the energy that is pent up in the atoms of your body, and you will be astounded at the response. Paralyzed functions anywhere in the body can be restored to action by one's speaking to the spiritual intelligence and life within them. Jesus raised His dead bodies in this way, and Paul says that we can raise our body in the same manner if we have the same spiritual contact. (Charles Fillmore, in Atom-Smashing Power of Mind , p. 11)**

**Cold words freeze people, and hot words scorch them, and bitter words make them bitter, and wrathful words make them wrathful. Kind words also produce their own image on men’s souls; and a beautiful image it is. They smooth, and quiet, and comfort the hearer. (Blaise Pascal)**

**Pedestal words raise the other person to a level above the ordinary, surely a plus for just about everyone. “May?” Asking permission implies authority. “As you probably know.” Implies vast knowledge. “I'd like your advice.” Suggests superior wisdom. “I'd sure appreciate it if.” There is an implication here that he or she has the power to refuse or grant. “You're right.” A pat on the back. “Spare time from your busy day.” Implies he or she is a busy and therefore important person. “Because of your knowledge.” Implies skill, professionalism. “A person of your standing.” No one knows just what standing means but everyone believes -- or hopes -- he or she has it. “I'd like your opinion.” People on pedestals are supposed to have opinions, so if an opinion is asked, the person must be up there somewhere. “Please.” A great lubricator in human relations. Pedestal words. Smart people use them. (Bits & Pieces)**

**As the husband yells at his wife the plants around her begin to wither, and she responds: “How dare you shout at me like that in front of the plants.” (Jim Unger, in Classic Herman comic strip)**

**When William M. Jeffers was made head of the Union Pacific Railroad he became so engrossed in his job that he forgot the human quality he so abundantly had. An old-time locomotive engineer came to him one day with an idea about brake adjustments on some new equipment. But Jeffers' casual answers indicated preoccupation with other problems. The old engineer looked at him for a moment, then started for the door and said, “Bill, don't ever get so damned busy that you haven't time to think.” Startled, Jeffers called him back and said, “Jim, I'm much obliged to you. You've told me something I ought to know. Thanks, I won't.” After that he redoubled his efforts to keep his door open to employees with criticisms and suggestions. (Bits & Pieces)  
How would you feel if the private conversations you carry on in your head were to suddenly be broadcast over a public address system? It would be quite revealing, wouldn't it? And yet, spiritually, that is exactly what happens. Though others may not actually HEAR the words we say to ourselves, and though we may think that because we have kept it to ourselves no one will ever know what we are actually saying to ourselves. The effects of those words cannot be hidden. (Wendy S. Craig)  
Radio is opening up a new field of activity in the use of the spoken word. If the spoken word can be mechanically intensified a hundred million times, how much greater will be its power when energized by Spirit! (Charles Fillmore)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*You were taught to read without moving your lips, were you not? One school of thought suspects that may be a mistake. Lab tests show you remember better what you read aloud. Pronouncing words tends to make them stick in your memory. (L. M. Boyd)**

**“It’s the single most important thing parents can do to help their kids read,” says Korn. Start as early as possible. Studies have shown the soothing sound of a parent’s voice can calm fussy babies and entertain quiet ones. And reading together fosters a special closeness. *(Margery D. Rosen, in Reader’s Digest)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Former President Reagan will receive $1,000 a minute for a one-hour talk to owners of Hardee’s franchises meeting in Orlando. Florida, next month. (Rocky Mountain News, January 27, 1990)**

**The nine most terrifying words in the English language are: “I’m from the government and I’m here to help.” (Ronald Reagan)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**What people want is to have their boss recognize their worth and abilities. Many bosses recognize worth and ability but just don’t tell anyone. The real problem is lack of communication. (Bits & Pieces)**

**The most useful and least expensive household repair tool is the telephone. (Wes Smith)**

**The most powerful phrase in that verse is “it shall not return to me void.” The words we speak, whether aloud to another or silently to ourselves, are not passive. As soon as they take up residence in our minds, they begin working, forming, shaping, creating. Like it or not, as Jesus indicated, there are no idle words. (Wendy S. Craig)**

**My 16-year-old would be getting his learner’s permit soon, and I never missed an opportunity to remind him about seat-belt safety. Riding in the car one day, I started my lecture: “When you or your friends are in your car, do not start driving until everyone is strapped in! Understand?” Instead of giving me the usual “I know,” he said, “Mom, say that again.” So I offered my warning again: “Whenever you’re in your car, don’t start driving . . .” He asked me to repeat it three more times, until I finally asked what was wrong. “Nothing,” he said. “I just love hearing you say, ‘your car.’” *(Anita Robbins, in Reader’s Digest)***

**The only dependable fortune-teller I have known is the life-insurance man. He tells you what is going to happen and it does. (Theodore Roosevelt)**

**My earliest recollection of drawing and being complimented on it is from kindergarten. I think it was my first day, and the teacher gave us large sheets of white paper, large black crayons, and told us to draw a man shoveling snow, and she came around during the project, looked at my picture, and said, “Someday, Charles, you’re going to be an artist.” *(Charles M. Schulz, in Peanuts: A Golden Celebration)***

**Participation also means community. Isolation is crippling; sharing is healthful. In the case of David Spiegel’s research, the only thing his patients did differently from other cancer patients was talk. And that sharing created changes that led to positive results for their health. Spiegel cites numerous studies showing that people with many social ties live longer than those who aren't connected to other human beings. Married cancer patients survive longer than unmarried patients. Why? They share. (Bill Moyers, in USA Weekend)**

**Eight-year-old Judy was going to summer camp for the first time -- the same camp her 13-year-old brother Jim was attending. The family worried about Judy becoming homesick, and immediately upon her return they asked if she'd had any problems. “Oh, occasionally I would get a little homesick,” she said. “But I would just go over and stand by Jim's tent and pretty soon he would come out and yell, ‘GET OUT OF HERE!’ and then I'd feel okay again.” (Phyllis Lewis, in Reader's Digest)**

**An emaciated beggar stopped Count Leo Tolstoy, who was out for an evening stroll. The great author, perceiving that the man was hungry, groped through his pockets for some money to give him, but found not a single cent. Tolstoy was distraught at his inability to help the man. He took the beggar's worn and dirty hands in his, lamenting, “Forgive me brother. I have nothing with me to give you.” The pale, tired face of the beggar lit up. “Oh, but you have just given me a great gift,” he smiled. “You called me brother.”(Richard & Mary-Alice Jafolla, in The Quest , p. 82)**

**Stressing the value of a large vocabulary, the college instructor told the class, “Use a word ten times and it will be yours for life.” In the back of the room, a brunette looked out the window and chanted softly, “Tom, Tom, Tom, Tom, Tom, Tom, Tom, Tom, Tom, Tom.” (Al Batt)**

**Gunther Gebel-Williams can command 18 tigers at once and direct a herd of 32 elephants by his voice alone. He has trained horses, leopards, pumas, zebras, even a giraffe. He is a phenomenally gifted trainer who has been seen and applauded by over 100 million people and has almost singlehandedly changed the way Americans think about wild-animal circus acts. (John Culhane, in Reader's Digest)**

**Mark Twain remarked that he could live for two months on one good compliment. (Mark R. Littleton, in Reader's Digest)**

**Singer Frankie Valli was hypnotized as a kid when he saw Frank Sinatra sing at the Paramount in New York. “Someday I’m going to be up there too,” he said. Valli made it just in time, playing the Paramount years later, just before it was torn down. *(Bob Fenster, They Did What!?, p. 29)***

**When my wife gets a little upset, sometimes a simple “Calm down” in a soothing voice is all it takes to gets her a lot upset. *(@The Nardvark, in Reader’s Digest)***

**Whether you say you can, or whether you say you can’t; either way, you’re right. *(Quoted by Loretta Ivory)***

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*