

THE POWER OF SPOKEN WORDS

"Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble."

Considering the 'powerful force' of the words we utter, we must discipline ourselves to speak in a way that conveys respect, gentleness and humility. One of the clearest sign of a moral life is right speech. Perfecting our speech is one of the keystones of mature people. Before speaking take a few moments to contemplate what you will say and how you will say it; while considering the impact they will have on the listener/s. Be kind to all and speak words that are beacons of inspiration, enthusiasm and encouragement to all. Kind and sweet words are always music to the ears of the listeners.



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Many people are compelled to give voice to any passing feeling, thought or impression they have. They randomly dump the contents of their mind without regard to the significance of what they are saying. When we talk about trivial matters as in gossiping about others, our attention is wasted on trivialities.

When we speak we should speak with mindfulness, in a way to solidify peace and compassion in our characters. Not only do our words matter, but also the tone which we use has a huge impact. There are certain rules that should guide all our communications with others. Always speak the truth, avoid exaggerations, be consistent in what you are saying, don't use double standards in addressing people, don't use your words to manipulate others, and most importantly do not use words to insult or belittle anyone.

Watch your words before you utter them.

MAKE YOUR DAY JOYFUL.

