

The Power of a Word

There can be tremendous power in a word. Words like war, love, hate, help, save, kill, despise, steal, give, pay and many more.

Can you imagine how you would feel if someone said they loved you? What if they said they hated you? They would save you? They would help you? They despised you? or They would kill you? Words can have tremendous power and create tremendous feelings. These feelings can cause people to do tremendous things like love and sacrifice or hate and go to war.

The linguistic scholars have found there are remote tribes that don't have many of the words we use commonly. Several tribes don't have a word for worry. How are you going to worry if you don't have a word for worry? What is Sam doing over there? It can't be worry. Some tribes don't have a word for steal. How do you steal if there is no word for it, when a tribe shares everything freely and they don't have a word for thief? Don't miss the point here, I am not saying it is impossible to do these things without the words, just that without the words the idea doesn't spread and as a result there is power in words.

There are tribes that don't have many of the words we use daily. If your language doesn't have the word hamburger how are you going to order a hamburger? How are you even going to make a hamburger? They have no words for modern things like hamburgers, cars, computers, trains, planes, college and even wealth and poverty. When we can't use words we can be at a tremendous handicap. Reality is closely connected to words. We think about something, we talk about and then we often do it.

There is a powerful word we seldom use, but it is one of the most powerful words known to mankind. This word is used in the English language, it is in Webster's dictionary, but it comes to us from the Greek through medieval Latin. The ancients valued this word much more than we value it today. You might say they used it habitually. I think it is safe to say this word was critical in creating our modern world, but how are you going to use it if you don't know what it is or the correct meaning of the word?

The word is PRAXIS. The word describes a peak performance state where achievement occurs. The most useful way to describe the word maybe to say it is when thinking, feeling and action are in alignment and agreement. It means not only to do, but to be able to do. It describes flow or habit, where something occurs without conflict and sometimes without out even your attention. There is even a word derived from it, praxeology, which means the study of human action and achievement.

In human achievement nothing is more powerful than connecting thoughts with the emotional power of feeling and then acting in agreement with the result. When our actions are the result of thoughts and emotions we are not in conflict with the attainment of our goal. This is the basis of habits and habits are very powerful forces that shape our lives. Health is the result of health habits. Wealth is the result of wealth habits. Good relationships are the result of practicing good relationship skills habitually.

Praxis is when our thoughts, feelings and actions agree as one to move us toward our goals without conflict or self sabotage. When we are not in agreement it is like we are in a tug of war, we pull against ourselves when we try to make positive changes. Where are your actions not in agreement with your goals? How is that working for you? Honesty is another powerful word. Maybe this is the year you get honest with yourself and your actions line up with your goals every day. What would that do?

Give it some thought and practice. You will soon see the power of the word praxis.