



October 13, 2010

## **The Power of “Yes” and “No”**

A 'No' uttered from the deepest conviction is better than a 'Yes' merely uttered to please, or worse, to avoid trouble.

*Mohandas K. Gandhi*

---

The power of “Yes” can only be properly understood when the power of “No” is understood. “No” can be a declaration of positivity, just as “Yes” can be a statement of negativity.

This is not a Zen koan, a paradox, or a clever twist of the tongue. No. (FYI: that was a positive usage!) “Yes, I know that even now that I am healed,” is a positive usage. “No! Dis-ease has no power over me,” is a positive usage. “Yes, I realize that I have a long way to go on the path of awakening,” is negative in the sense that we don’t know exactly where we stand on the cosmic totem,” while “No, nothing can convince me that my true nature is not already enlightened” is positive.

The whole point is to realize that our words carry an energetic vibration that affects the circumstances of our lives, the lives of others, and the world. And it’s not enough to simply speak in the affirmative; it is vital that our inner conviction is equivalent to our spoken word. The energy of words clothes itself in form. We can’t fake it, because there are no loopholes in the laws governing the universe. However, the compassionate nature of Spirit, which I call “Grace,” comes to our aid. We can “neutralize” negative statements whenever we have an insight or get an intuitive hit which reveals a fresh, wisdom-guided grasp of Truth. Then, when speaking our word anew, we neutralize statements which were based on a less mature spiritual understanding.

So take heart! Go forth and multiply the All Good within you which is more potent than anything imaginable.

---

### **Affirmation:**

My understanding of the vibrational power of words enables me to clothe my speech in wisdom, compassion, peace, and clarity.

*Michael Bernard Beckwith*