



Words have life-force.

In life, we have an energetic appreciation for words and words in context.

Ideas such as “right speech”, and the phrase ‘said in good humour’ are examples of how the spoken word may operate, with an appreciation for the receiver and energy impact.

Words are a pledge and are considered based on principled understandings

(codes and intentions).

Let’s focus for this activity on the positive transaction of using wealthy word choices so that we may benefit.

Key identifiers

- Repetition
- Timing and speed
- Visibility & place

Activity: Create 50 small cards out of recycled paper or card. Each card needs to be big enough for a singular word or two to be written.

List 5 words for each of these categories:

1. Activity you would like to see occur in your week. Eg. dance, cleaning,..
2. Emotions you would like to experience in your week. Eg. joy, colour,..
3. Words that describe the level of productivity and energy Eg. relaxed, fast,..
4. People or focuses you would like to have on this week. Eg. son, aunty, DIY,..
5. Places you resonate with or would like to attend. Eg. beach, golf course,..
6. List the 4 elements on separate cards: earth, fire, wind, water.

Also write some of the following words down on separate cards:

Balance, grounding, free time, energy, good

Then complete the remaining blank ones with your own words.

Read the words in the pile twice a day, everyday for the whole week to begin a cycle of acquaintance with chosen words. You may like to increase your revisitation to the words more than twice a day.

Words can be for energy setting, to gear your orientations weekly or to remind you of your own energy. The words serve to reinforce values and correspondences that you want to maintain or increase/ develop in your world.

How Word Life-force operates:

- For Invocation
- Energy Setting
- Motivation
- Reinforce values

You may like to pull out 4 -5 words from the pile and write them down in a visible place to work with for any given day. By making them visible, they are seen, consciously in view and serve as energetic reminders for the day.

For more ideas on Invocation, see our *Colour Education Kit*.

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