5 Words that Control Your Life and what you can do about them
By Edward Jones

Language is probably mankind’s greatest invention. It is so great and powerful that over hundreds of thousands of years, language has actually acquired a life of its own. It has made slaves of us. Language has trapped us inside the words. Most of us have never even considered that we are trapped by words or that the language is already there with its set of meanings that are forced on us beginning with our birth. We are expected to live from the meaning of the words it has already acquired when we come into this world.

If you can catch these words we are discussing as you use them in your daily life, the discussion of these five words is of value. If you can manage them in your vocabulary, you will not be quite the robot that the corporate world wants you to be. Listening to yourself and others when these words used will allow you to see the manner in which we are manipulated by them. Most of us, however, don’t actually hear what we are saying. We use words automatically, like an automated machine. We say we hear what we are speaking, but we do not really hear. When words take on a life of their own, the energy we give to them takes over, and it is thinking that is doing the action. We think we are the one taking the action, but in reality, it is the word itself doing the action. That’s why I use the phrase, “thinking is thinking us.”

Words are the first thing that parents teach children—how to make sounds and have the sound mean something. We learn the word “mommy,” and we learn that word means a lot of things. This word points to the person who holds us, feeds us, talks to us, and scolds us. So, within the context of the word “mommy,” there lives a whole set of actions. The word itself elicits the action that “mommies” do. When we hear the word mommy, we think of the person and everything we have attached to that word. Therefore, psychologically, we are the result of thinking—thinking is thinking us.

Below is the list of five words that we use daily in our lives which bring forth the action that is implicit in them. These are five words that cause our relationships with others to be difficult or even impossible. If you can hear and catch yourself using these words and either remove or...
alter them in your vocabulary, you will almost instantly transform your relationship with yourself and others. You can eliminate arguments with yourself, your children, your spouse, your boss, and confrontations on all others.

The five words, including another form and opposite, are:

1. Want
2. Try
3. Believe / Belief
4. Should / Should not
5. Right / Wrong

1. **Want**

On this abbreviated list of words that control our lives, *want* gains the number one status here. The word *want* is an enormous trouble maker in our lives. Although this word is a huge problem in our adult lives, it is even a larger problem in our children's lives. One of the first words we teach our children is *want*. This introduces confusion into their live by forcing them to make a choice. Confusion is accomplished by asking them what they want: “Do you want to go with Daddy? What do you want for breakfast? Do you want Cheerios or toast and jelly? Do you want to go to the park”? We actually teach them the contextual action of *want*, and then for the rest of their lives, they drive us absolutely crazy with their wants.

By asking your children what they want, you are teaching them an action; you give them an action inside a word. The action inside the word *want* is want, and want is not something we need, or have to have, or is necessary for us to live. In other words, *want* is not imperative. It is a weak sister of need. Want is usually based on choice, not a need, and it has its own energy.

Marketing people in general have enough money to study what people do, what makes people move, and what makes them shake. We are robots because we can have our buttons pushed just by a word. A word by itself has its own energy, and once that word is elicited, the word
takes on the action of itself. We think we are taking the action, but the word has a life of its own, and each button pushed by a word will bring forth that action in the person. That is the reason you see banners in stores with a single word—Want—On them and commercials that say “call now.” The experts study people to see what words cause us to take action.

Also, as adults, once you live in the context of the energy called want, you can walk into a department store not having any idea of a particular item, and when you see an item on a shelf, immediately want pops up. When we learn to live from the context of want, our lives cannot be fulfilled. Want can only do one thing—want more.

As an alternative word for the word want, you might consider substituting the word care in its place. Care can cause the user to stop and say, “Do I care?” The word care has some warmth to it. If you first introduce this word to your children, it will be somewhat a shock to them because then they have to look a little more carefully. That word care elicits a somewhat careful looking. Even though at first it may sound a little out balance in your language, it will perhaps begin to extract you from the trap in which want places you. If you care to experiment with and use the word care in your language, it is possible to end the want syndrome.
2. Try

There are not many words I would recommend that we take out of our language completely, but *try* is one that I would suggest we remove from our vocabulary. *Try* is already an invitation to fail; it has the failure of the action already included in it. People use the word *try* as an excuse for not doing something. You can see what I am saying if you try to lift your foot off the ground or try to stand up or try to say the word *try*. In actuality, to try to do anything is impossible, yet it is a word we use to get our children to do something. You either do it or you don’t.

Children are huge perpetrators of the word *try*. When they fail to do something or don’t care to do something, they’ll say, “I tried,” or “I tried my best.” Children frequently use that word as an excuse for not completing anything.

If I were to tell a child to do something, and the child told me he would “try,” I would stop him or her right there and tell that child I did not suggest that he *try* to do anything. I would suggest again that he do what I asked him to do and not use the word *try*. “Discover what it takes to do it.” That gives a clear distinct action you care for the child to take. You are actually asking them to fail when you ask them to try. When you use the word *try*, the possibility for failure is huge. When you use the word *do*, the probability of success is huge. Take the word *try* away from children, and you will take away their excuses and most of their failure.

Our language has gotten so lazy that it has lulled us to sleep. We allow words like *try* into our vocabulary so that people who can’t seem to do something have an excuse for why they can’t do it. If you take away the word *try* from us, we will end up simply doing it. I sound like the Nike commercial sometimes. I say, “Just do it.”

The power of the word is much easier to see in children, and that’s why I keep bringing up children. What happens the minute some children want something and you don’t give it to them? They want it more and more, and they’ll start screaming or begging. And we taught them to do that. So if you can manage that word *want* (I’m back to that word want again) and this word *try* in your language, either by substitution or removing them completely, a whole lot of your burdens, worry, and stress will disappear from your daily life.
3. Belief/Believe

We hear the two words believe and belief from all walks life — TV, movies, politicians, churches, etc. These two words can make us incredibly stupid. Again, I don’t recommend many words be removed from our vocabulary, but here is another exception. This one word, belief, removed from our language would solve most of the world’s problems. It is probably the greatest trap we can fall into – this simple word called belief.

Out of belief comes many, many murders, every war, killings, and maiming; they all come from one form of belief or another—belief in a deity, a flag, in patriotism, belief in this, or belief in that. We are tremendously trapped inside this word called belief. Belief is larger than all of the religions on the planet put together. It is larger than God, if there is a god, because without belief there isn’t one. Or better said, without the word, there is either a God or there isn’t. Belief has nothing to do with it. In fact, if there were a God, belief is the very thing that would block you from seeing God — all you would see is your belief.

Belief takes over our lives, and once we fall asleep inside that belief, we don’t move out of its comfort unless someone comes around and challenges our beliefs. They bother us inside that dream, and we wake up a bit to argue, but then we go right back to sleep. The surest way to start an argument is to question or say something against someone’s belief. Belief is a word of huge massive energy. We are forced into belief early in our lives by a world caught in belief. Then we live our lives following the belief we accepted and all that it brings with it.

Our government uses the word patriotism to have us believe that we should die for our country. We are told to believe in the flag or the war. We are taught to believe we have to fight for our freedom. All we will get to do when we have to fight for our freedom is fight for our freedom. The belief is that we cannot have freedom if we don’t fight for our freedom. Actually, the only freedom there will ever be is when we cease fighting. Because of belief, we have killed millions upon millions of people and allowed our own children to be killed.

Children are taught by their parents, the schools, the churches, and the government to believe in words such as duty, patriotism, gods, and wars. We teach them to accept these beliefs
because we ourselves have accepted them without question. We are willing to die for belief. Therefore, we are willing to fight with our husbands, our in-laws, our children, and all others to prove that we are right in our beliefs. All war begins inside the person who has accepted belief.

4. Should/Should Not

The words should and should not are two more words that could easily be removed from our vocabulary to make our lives much lighter. We need to look at the manner in which we use these two words. We use them as linguistic whips. They are used as a manner of beating up on ourselves. We also use them to beat up on our children. We say things like, “You should not have done that,” or “You should have done this.” You can NOT should not have done something. It is already done. These two words bring forth guilt, regret, remorse, and feelings of unworthiness.

These two imply that we are wrong, and if we are not wrong we cannot beat upon ourselves. I would guess that if you listen to a thousand people who get depressed often and listen to the manner in which they speak, they will have the words should and should not ingrained in their linguistic actions. They probably use should and should not on a daily basis either in thought or speaking. Without realizing it, it is possible to beat ourselves mentally, and where we can, beat others with words. This is another example of words having their own energy. These two words beat us. Actually, they only have energy because we give it to them, and while that is true, the problem is that words have been given energy even before we are born. We were born into them and were taught to use them.

Even though the word is dead looking on a piece of paper it still has its own energy that we allow it to have. The spoken language is much more powerful. Somebody can tell a girl that she is ugly or that she is awkward, and those words have the ability to hurt. As crazy and as insane as it, we are such robotic people that words can actually hurt us. People get into fights and hit each other. Words can actually injure us. People can kill or be killed because of the energy of the word.
When you use the word *should* and *should not*, you need to have an image of a whip in your hand with which you are beating yourself mentally. If you did that several times a day, how long do you think it would be before you end up in bed or the hospital depressed and unable to face the world?

Imagine yourself standing over children with a whip, whipping them every time you tell them they *should not* or *should* do it differently. When we see our children doing things they do not need to be doing or that we don’t care for them to do, we have the possibility of using the word *need* instead of *should* and *need not* instead of *should not*. Instead of saying, “You shouldn’t hit little Johnny,” or “You should share your toys,” you could say, “There is no *need* for you to hit Johnny. There is no *need* for you to trip other children. There is no need for you to hit or fight. When they are doing something you don’t care for them to do, you could tell them, “You *need* to stop running through the house. You could fall and hurt yourself.”

Instead of using these whips on our children, just substitute the word *need*. You can take the violent whip out of your hand by removing the words *shouldn’t* or *should*. You can relieve yourself and your children of a life of guilt and regret by eliminating these word from your vocabulary. There is no *need* for you to use those two words.
5. Right/Wrong

In actuality, there is no such thing as right or wrong. Right and wrong are words that we use to make sure the other person is always wrong. We don’t use these words to make ourselves wrong; we use them to make the other person wrong.

I can’t seem to stress enough that these two words are used in a way to make sure the entire world or the person we are in relationship with is wrong. Most fights are started with the belief or idea that the other person is wrong.

If we were to look at each action, no matter what the activity is, we could discover that we can make that action both right and wrong. Those two words are a huge manipulative set of words—right and wrong. The rightness or the wrongness of things is beat into our heads while we are still just learning to talk.

Right and wrong can be used as a punishment. We can make a child wrong and punish it because it is wrong. Then we can congratulate the child because it is right. We tell the child we are proud of him or her, instilling both the belief in right and wrong and a sense of pride. We can do the same with ourselves. We feel pride when we think we are right. This is all an egotistical action and another example of being trapped in words.

The words right and wrong need to be replaced with the word consequence because consequence is real. Consequence is the result of an action, no matter what the action is. If we take the time to explain consequences to our children, we could take the sting out of the words right and wrong. They could see that the consequence of a hug is a hug. The consequence of a slap is a slap. The consequence of a lie is that you must hide. The consequence of speaking the truth is that you are in the open. There is no need for you to ever hide or to be right or wrong.

Internally we can have the feelings that the words right and wrong bring forth. That is what allows for words to have a life of their own. Words, by themselves, can cause a person to feel a certain way. In actuality, these are judgment words and we need to monitory them extremely close in our vocabulary.
Schools perpetuate the use of the words discussed here and so do the churches; so does the government, and we have accepted them without question. However, if you, in your daily life, can begin to drop or alter the use of just these five words, you will see a shift at the least and a transformation at most in yourself and your relationships.

Observation of self linguistically in relationship with others is a perfect mind-sharpening experience. You can begin to see the relationship at work by listening to the words you use in it. You will begin to see what is causing the difficulties you are having in communicating with others by listening for just these five words. If you can discover the manner in which this alteration of relationships can be done with words, you will have discovered a gold mine.

Please do look at the words you use and the manner in which you them because otherwise, you will remain trapped in words. There is the possibility for you to extract yourself from a trap that perhaps you don’t even know you are in. We are 6.8 billion robots, trapped in language. If we are ever to be free, it will come through extracting ourselves from the trap of words—the thought that is thinking us.

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