

# THE POWER OF SPEAKING YOUR INTENT



by Altazar Rossiter

I have a friend who says that we're not going to change very much in the world by sitting around in vegetarian cafes and sending love and light. Whilst I don't agree entirely, I think he has a point, and so I am always looking for practical ways to make *Spirit* real in my life. My intent with this article is to make a contribution to the expression of *Spirit* in the physical realm, which I believe is part of the mission for all of us who have incarnated at this time.

Quantum physics<sup>1</sup> is now telling us that there is an infinite field of consciousness from which all things arise, a field of consciousness that comprises all of the energy in existence. This information is still not common currency in the everyday world, much as we would like it to be, even though quantum physics has been with us for something like a hundred years. However, it is a very familiar concept to anyone who has questioned and explored the mystery of their own self-presence.

This field is known by many names. In recent times it has been identified as The Zero Point Field or just The Field. In shamanic terms it is The Web, The Weyrd or Great Spirit. It is also called The Source, *The All That Is* and *The All*. I like to call it The Infinite Living Mind Of Spirit. I like to call it just *Spirit*.

The *Field* possesses its own intelligence, evidenced by its self-organisational ability to create coherent entities at all levels of existence. Outside the rigour of 'science', this intelligence is known by various names including Universal Mind, Higher Intelligence, Divine Will and **Spiritual Intelligence**. At some point along the way this intelligence has informed all religions and spiritual practices known to man. It also seeks to inform us, and when we allow it to do so, miracles occur. The fundamental instrument for engaging with Spiritual Intelligence is *INTENT*.

What is often overlooked in our enthusiasm for *Spirit*, however is the fact that we inhabit physical bodies. There are many of us who find this difficult, but the physical body offers us some unique facilities for expressing intent. One of the most important of these is the voice.

It is not widely acknowledged, but speech is a tool that we use to move between dimensions. It is one of the fundamental processes by which thought manifests into a consciously shared reality.

Much has been written on the power of thought and I'm going to leave that subject alone as most readers will have a broad understanding of the principles involved here. Where thought resides, however, is still a matter of scientific debate. All we really know is that thought exists somewhere else. This somewhere else is generally known as the mind - the mind being the place where thoughts exist. But where is the mind? The notion that the mind is

simply lodged somewhere in the brain is still to be proven.

Wherever it is that thoughts exist, it lies outside the space-time continuum of what we consider to be normal reality. So it may not even be a place at all, in the way we understand the term place. Yet there is no doubt that thoughts are a part of the reality we inhabit. They exist, but they are abstract, or non-physical. We perceive them inwardly, we respond to them and we express them.

What we mainly use for this expression is words. Words do exist within the space-time continuum. Words are a part of our physical reality. And broadly speaking we experience them in one of two ways. One is through the speech process, talking and listening. The other is through reading and writing. Whichever way we choose to explore the phenomenon of words we inevitably find that words have power.

For now it is the speaking process that interests us. The physics of speech roots us firmly in the physical world. Sound is a physical phenomenon. It may not be something that we can grab hold of with our hands, but neither is it abstract. It is a pressure wave, something that has a physical presence. It is also a vibration that we can feel with our bodies, our skin and bones - this is how we detect it. In this respect it is time based - vibrations have a frequency; and it has magnitude, which requires space.

Although we might think of our voices as the source of sound within us, the voice is activated with the breath. The breath is the carrier of the life-force into our bodies, this means our speech is imbued with the living energy of our being. When considered like this it is no surprise that the spoken tradition is widely regarded as the primary manner in which knowledge is passed down through the generations. Speech is alive.

Underneath this truth is the fact that when you speak it's your energy that produces the meaning, so it is your meaning. It's your creation!

One of the major difficulties we run into with words is that the words we use could have quite a different meaning for another person. However, we like to believe that meaning remains fixed. We expect the meaning of our words to be understood by another in *exactly* the same way that we understand it. This is neither likely nor sensible as the way we create meaning is dependent of the way we interpret the universe with all our prejudices and beliefs, and any dysfunction remaining to be healed. Yet we can be very attached to the idea of a fixed or an absolute meaning as a principle of the lives we lead. This is what provides the legal profession with a very good living, but it is really a strong indicator of unhealed trauma somewhere in the background.

It is by this very process of attachment and expectation that we transfer our power to external sources. We give our power

away without realising what's happening. It is an everyday process endemic to the culture we live in. We do it with objects, and we do it with people.

For example when you read something aloud, and you say, 'It says here in this book, the paper, this magazine, etc ...' you immediately surrender our power to an external agency - what you're reading. The book, magazine or newspaper CAN NOT SAY ANYTHING! YOU DO IT.

Similarly, whenever we say somebody means something we assume (make an *ass* out of *u* and *me*) that our interpretation is the same as theirs. Then we identify any reaction we have as being their fault. What they said made us angry, sad, laugh, sorry, happy, and so on. We have made them responsible for our experience. We have *projected* our power onto an external agency. But we don't understand it in these terms, mostly we see ourselves as innocent observers which the world has just kicked in the face. This is something we do all the time because we learned it very early on in our earthly existence, and everyone else here does it.

**Projection self-programmes you to believe that the source of your power is outside yourself - but it is only there because that's where you have placed it.**

In energy terms, projection reverses the flow of our life force - interesting that if you reverse the word *live* you get *evil*. Projection is self-sustaining, it inverts the truth and underwrites victim consciousness. It sustains the illusion that someone else is responsible, and it undermines your confidence and self-trust. And we all like to think we don't do it, yet it's inherent in the way most of us speak.

The way through this is to think in terms of what something means for you, and to own any meaning as your interpretation - because that's what it is. When you do this you retain your energy.

It can be very interesting to try this out and see how it actually feels inside when you do it. You will be reclaiming your power, which can trigger a lot of fear. So if you find yourself resistant to the idea of changing your thought process - and how you express it in words - you might want to consider what you could be afraid of, and what is the pay-off for giving your power away. Becoming conscious of this is in itself a significant step.

What I'm getting at with all of this is that we demonstrate the kind of reality created by our unconscious use of words all the time, creating our reality unconsciously without engaging our intent. When we fail to consider our intent in speaking, the words we utter carry the intent they were programmed with when we learned them, and it's our energy being used to perpetuate this. Fortunately the converse is also true. When we consider our intent, and express with this in mind we are being consciously creative.

Always remember when you turn thoughts into speech, or speech into thoughts, you are moving your *consciousness* between dimensions. You are moving between a subtle reality and a physical reality.

**When we speak aloud we bridge dimensions and engage the creativity of the universal energy of our life force.**



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Words may have power, but if they do it's worth asking 'Where does that power come from?' The answer is that, if you are speaking, the power comes from you. It is your power that is being expressed. And if this is the case then it's a good idea to ensure that any energy you put into the speaking venture affirms and supports your life process.

When you speak (when you articulate your thoughts) you are actually contributing to the creation of the physical reality you inhabit with your body. This makes the combination of your words and intent a potent tool for healing and transformation. When you speak your intent aloud it is heard not just by your ears but by every cell in your body and every particle that makes up your cells. It conditions your entire energy field and opens up a channel for the creative energy of the universe to flow. What you say is fundamental to the way you exist in the world, because your word is quite literally your bond.

<sup>1</sup> Amit Goswami professor of physics at the University of Oregon, author of five books, including 'The Self-Aware Universe', Putnam Pub Group March 1995.



The principles outlined in this article are greatly expanded in Altazar's forthcoming book, *DEVELOPING SPIRITUAL INTELLIGENCE: The Power of You*, which will be published by O-Books in September 2006 (see [www.o-books.net](http://www.o-books.net))

Altazar practices as a personal empowerment coach from his home in North London. He works primarily with facilitators, managers, coaches, trainers and therapists who feel and express the call to be world servers in their professional environment, and who are searching beyond their established professional competencies. He also leads the Conscious Empowerment Initiative facilitator training programme for the Shapers of Education Foundation in the Netherlands which focuses on the healing of the deep emotional and psychological wounds held in the collective unconscious of humanity.

He now has more than twelve years experience working as a facilitator in the field of personal transformation. He is accredited as a facilitator of Louise Hay's *You Can Heal Your Life*® workshop and has received training in a wide range of modalities including: Buddhist Meditation, Autogenics, Reiki Master/Teacher, Energy/Spiritual Healing Techniques, NLP, Spiritual/Transpersonal Psychology and emotional transformation, Life Coaching

Contact details: Dr Altazar Rossiter PhD, 12B Falkland Avenue,  
Finchley, London. N3 1QR. 020 8349 1668.  
[www.altazarrossiter.com](http://www.altazarrossiter.com). [support@altazarrossiter.com](mailto:support@altazarrossiter.com)