

The Energy of Words & Language – How What You Say Literally Programs Your Reality

We've all heard the phrase “watch your words”. But what if that wasn't just a nice idea... what if it was a neurological directive?

Our language doesn't just describe our reality—it codes it.

And when you're in a season of reinvention—navigating postmenopausal changes, reclaiming your body, your identity, your energy—your words become even more important. Because the way you talk to yourself is the way you shape your next chapter.

Let's dig into the science of this—because it's not woo woo. It's wiring.

1. Your Brain Believes Your Voice First

Neuroscientists have shown that self-talk alters neural firing patterns, particularly in the prefrontal cortex, which is involved in planning, goal setting, and emotional regulation. Your brain responds to your internal narration as if it's receiving external instructions.

In other words: when you say “I'm so tired,” your nervous system doesn't argue. It obeys.

The same is true when you say “I’m stuck,” or “It’s too late for me.”

Over time, these phrases become identity statements, not just passing thoughts. And identity is the most powerful driver of behavior.

2. Words Carry Frequency (Yes, Literally)

Dr. Masaru Emoto’s work on water crystal formation showed that water molecules change structure based on the words spoken to them—“love” versus “hate” created dramatically different crystalline patterns. While controversial, it reflects a deeper truth: words carry vibrational energy.

Your body is 60% water. The words you habitually use might not just affect your mind—they may be informing your biology.

This isn’t metaphor—it’s somatic linguistics, a system that helps you raise awareness in yourself and take action based on that awareness.

3. Repetition Rewires—But Be Strategic

Affirmations are powerful, but only if they don’t trip your brain’s BS detector. Telling yourself “I’m wildly confident and full of energy” might feel fake if you’re exhausted and discouraged.

Instead, use bridge statements:

“I’m learning to support my energy.”

“I’m beginning to see new possibilities.”

“I’m rebuilding trust with my body.”

These build cognitive congruence and help your subconscious open instead of resist.



4. Language is a Nervous System Cue

Trauma expert Deb Dana explains that even the tone and rhythm of our words can either regulate or dysregulate the nervous system.

When we use frantic, extreme language like “always,” “never,” “everything’s falling apart,” our vagus nerve listens—and responds with stress.

But when we soften language—“This is hard, but I’m finding my way”—we downshift our physiology. Language literally becomes a lever for self-regulation.



5. Journaling to Deprogram & Rewire

Writing isn’t just emotional catharsis.

Expressive writing has been shown to improve immune function, reduce symptoms of depression, and increase working memory.

Try this 3-part journaling prompt:

What am I telling myself right now?

Is this helping me become who I want to be?

What would I rather believe—and say—instead?

It's not just “positive thinking.” This is neurolinguistic pruning—cutting old stories and planting new ones.

Try This Today

Replace default disempowering phrases with intentional ones. Here are a few swaps:

Instead of...

- “I’m so tired of this.”
- “I’ll never change.”
- “I don’t know how.”
- “It’s too late.”

Say...

- “I’m creating a new path.”
- “I’m still in process.”
- “I’m open to finding a way.”
- “Now is a powerful time to begin.”

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Final Thought: You're Listening

The voice in your head is the one you hear most often. You are listening—to every complaint, every compliment, every apology, every excuse.

That voice becomes your mindset. Your mindset becomes your behavior. Your behavior becomes your life.

If you want to rewrite your story, you don't start with action. You start with language.

What You Might Do Now:

Begin tracking your most common phrases—what patterns are there?

Reframe one disempowering phrase a day.

Try bridge statements instead of forced affirmations.

Read your journal entries aloud—and listen. What kind of energy do your words carry?

Practice speaking your goals, not just writing them.

Spoken language carries more intensity neurologically.

Remember: Language isn't just a tool—it's a blueprint.
And the most powerful reinvention you can ever
undertake begins with the words you say when no one
else is listening.