

Intelligent Use of Words

This is an excerpt of Joey O's 8th book, *Using Your Intelligence Intelligently*. Enjoy!

"What you put in your mind is more important than what you put in your mouth, because what you put into your mind comes out of your mouth." There's another Joey O-ism for you!

Be very mindful of the words that come from your lips. If you don't enjoy your life, intelligently change your verbal words until you believe them in totality. Your words are the fertilizer of your future growth. Choosing optimistic, positive words is a profound investment in your future.

If you speak of health woes or your bad golf game and nauseam will they improve or get worse: They'll get worse because you're using the law of cause and effect in a detrimental way. If you talk about and act on the negativity, you'll manifest that negativity in your world. Congrats for using enough word fertilizer to grow illness and a lousy golf game. That's being successful in an unsuccessful way.

Just think what could have happened if you'd spoken of health, happiness, well-being, and gratefulness to play golf. Your health situation and golf game would have at least created some smiles, and both likely would have improved a bit. Keep your negative words about your health and well-being for your doctor. Never put yourself down; always build up what you do and who you are. Here's another Joey O-ism: *"The words you choose determine whether you win or lose, and your thoughts determine whether you sink or swim?"*

When I started out in my chosen career I could not do the acrobatic golf shots. But in my mind, I saw myself doing the shots perfectly. As sore as my hands and body were from training 14 hours a day (every day!) the attitude and thoughts in my mind were creative, fresh, alert and alive with enthusiasm. Creativity flowed to me and through me, giving me a joyful attitude to find ways to improve daily with child-like excitement (which I still possess today). Hey, I'm only 63 years young. I still get excited to train and see how I can improve. It is awesome fun. Just point to your head and remind yourself and others of this Joey O-ism: *"Never let an old person move into your mind."*

Some people in their 40's seem old and tired while others are spry with a spring in their step at 85. Age means nothing. Get into the ballgame of life. Your verbal words create mental images in your mind. Use words that create the picture you want to manifest. See yourself in your mind's eye saying the words and then say them out loud. Do your best to patiently repeat this each day to improve.

Sometimes when I'm training or performing a show I'll say, "Gosh, I train several times a day for hours and I'm only 63 year young. Can you imagine how much better I'll be when I'm 100 years young?: People think I'm kidding, but I'm not. Now there is the possibility that I may not be better at 100 than I am today, but I might be! I'm certainly a better entertainer and golf ball striker at 63 than I was at 23 or 43.

Your mind only knows how to create. Your words and the intelligent use of your words determine everything you have created and will create. Your intelligence is the power that creates your personal growth in all areas of your life. Be mindful of every word you choose. Speak in the affirmative. Do you say, "Not bad" or "doing great"? "Don't let me forget", or "please remind me"? Always speak in the affirmative with a smile. Say to yourself, "Thank you for my awesome health. Thank you for the ability to move freely in comfort. Thank you for my awesome golf swing and the enjoyment of playing in the great outdoors. Thank you for humor and great friends to share it with."

You see our words create picture in our minds. We think in pictures. So paint the picture in your mind through your words and thoughts of what you desire. Then what you desire can move from your invisible imagination to your visible and physical world. That is how it works. So simple, so basic and so often misunderstood. People say, "Well Joey, easy for you ." It is only because I trained for hours every day, and used my words and visual abilities until my body could perform exactly the way I envisioned and told myself I could.

If you can't do something, ask yourself if your words and mental picturing of the task matches what you cannot do. Is it a mirror image? Be honest. The key is to keep the positive words flowing and the mental pictures of what you seek while you are learning the task. The fun part is growing the skills-not necessarily achieving the end result (although it is rewarding. The process of learning is great fun. By speaking in the affirmative as if you have already accomplished your desire is an intelligent key to success.

AFFIRMATION to say out loud enthusiastically many times daily: *"I am mindful of the words I choose. My words mirror my life of peace, success and joy. My words are filled with a happy expectation and knowledge that what I desire, I manifest. I speak knowing who I am, what I want and where I am going. And so it is."*

