

Golden Words

Golden Words

The
A *to* Z TOOLKIT
for
CHANGING YOUR LIFE
ONE WORD *at a* TIME

SALLY STONE, ED.D



WISDOM HEART, LLC

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The content of this book is for general instruction only. Each person's physical, mental, emotional, and spiritual condition is unique. The instruction in this book is not intended to replace or interrupt the reader's relationship with a physician or other professional. Please consult your doctor for matters pertaining to your specific health and diet.

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This book is dedicated to my mom and dad,
who gave me life and love,
to my stepdad, Bob,
who nourished me with words,
and to all the celestial and earth angels
who've inspired me to
stay the course on my journey.



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*Who is the most nurturing person you know?
Talk to yourself like that.*

ELENA KAISER

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THE SCIENCE OF GOLDEN WORDS,
MANTRAS, AND HYPNOSIS

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PREFACE

The Living Power of Words



*It is better to conquer yourself than to win
a thousand battles. Then the victory is yours.
It cannot be taken from you, not by angels
or by demons, not by heaven or by hell.*

BUDDHA

How do you speak to yourself throughout the day? Are you an architect of despair or a cheerleader of your own victory? Do you shrug your shoulders and wonder if any of it really matters, or do you guide yourself through challenges, calling on your intuition and trustworthy resources? How do you experience the words you say to yourself and hear from others? Do you feed yourself unhealthy words that cast shadows on you and your life, or do you nourish yourself with positive words?

I began learning techniques for mantra repetition, affirmations, and positive thinking in the mid 1980s. I believed these practices would help me lead a happier life, so I diligently practiced them—despite feeling skeptical about some of their effects. Certain aspects of my life, especially my career, unfolded magically and encouraged me to follow my intuition. In other areas, in particular relationships both personal and professional, my efforts sometimes ended in disappointment. These mixed experiences made me wonder if I should be disillusioned with myself or with positive thinking.

I kept my cynicism at arm's length, hidden from others, and dove deeper into meditation. Meditation offered insights, growing levels of awareness, and access to an independent source of happiness that offset my disappointments—it felt good. As for the parts of my life that weren't going so well, I distracted myself by keeping busy at work, at the gym, and with my friends. I enjoyed the life I'd created, and did my best to practice gracious acceptance by modifying some of my dreams and letting go of others.

Over the years, I built a successful career, eventually earning a doctoral degree in education, two teaching awards, and a wide variety of professional opportunities. I was in excellent physical condition thanks to hours spent at the gym and an organic, plant-based diet. But I had given up on finding a partner (one relationship had ended in violence), lost two children before they were born, and walked away from a number of youthful dreams, including working in complementary medicine, writing, and using intuition as a guide in *all* areas of my life.

I partitioned my life into what worked and what didn't. I loved working with children, especially in the areas of expertise I'd developed, which were process writing and interest-oriented, inquiry-based curriculum. At work, I enjoyed children's curious minds, honest emotions, and unique needs, which made the outside world disappear. I dove into work, where I felt blessed to be paid for a labor of love and in sync with my intuition and creativity. I continued to ignore other aspects of my life believing the sacrifices I'd made and the challenges, traumas, and disappointments I'd experienced were normal.

As the years went by, close friends and mentors urged me to pursue other activities, both professional and personal. One of them suggested, "You help all the children birth their dreams and talents. You should give some of your own a chance." These words struck a chord deep in my psyche and sparked many research, curriculum, and publication projects. But there was only so much I could juggle, and I didn't know how to

change a successful career midstream. I dismissed that notion as impractical and unwise, especially financially. I had built a fortress of security and planned to stay there.

Then, I was severely injured in a bicycle accident. Through the unlikely combination of an ecstatic, near-death experience and the grueling pain and long-winded healing journey that followed, I began to understand the living power of words and how I could use them to forge a more balanced, happier life.

The Accident: Meeting Angels and Ancestors

Four days before the accident, I had a dream that turned out to be prophetic. It was less a warning than a glimpse into the inevitable. My dream had four scenes.

First, I felt wet blood on my hand. The blood stood out against a dim, black and white scene. Next, I was lying in bed listening to screaming-loud rock music. The noise was so irritating to my nervous system, I felt like I'd been put through a shredder. Next to my bed I noticed a black box with a sliding volume control switch. When I slid the switch to zero, I was suddenly wrapped in complete silence, an invisible cocoon of sweet healing. In the last scene, I set the timer on a treadmill for 35 minutes. When I began to jog, and realized I could move and use both my arms, I was flooded with ecstasy and gratitude. Smiling, I raised my arms in victory.

I lay in bed with my eyes closed, drifting in the space between waking and sleeping so I could remember the dream. The blood felt real. Was it mine? What had happened to my nervous system? The silence had a

healing texture and sensation, like loving hands. The ecstasy of jogging puzzled me because I liked to run, but it didn't flood me with gratitude. And my arms and hands worked just fine. At the time, I worked out for about 15 hours a week and thought I was invincible. A victory celebration for running 35 minutes on the treadmill seemed extreme, not to mention silly.

By the time I set out on my bicycle on the day of my accident, I'd forgotten about the dream. I was mourning my dad, who three weeks earlier had been suddenly incapacitated by a stroke that robbed him of speech and mobility. Our relationship had always been difficult, with each of us struggling for control, but I always thought there'd be time to sort through those issues. Now it seemed impossible.

Throughout my life, I'd made many sacrifices to win his approval, but these decisions had always left me feeling conflicted and empty. Now that he couldn't speak, I wondered if I'd ever resolve my feelings. I planned to visit him later that day, when I felt more balanced, and decided to clear my head by taking a bike ride.

The weather was unseasonably warm for a Midwestern March—about 80° F. So I put on my khaki shorts and a black sports bra, which showed off my six-pack abs, before heading out. Pushing on the pedals and feeling the fresh air on my face was a welcome relief from standing around the hospital wishing my dad would recover. I headed for a trail that would take me through the woods and up to the beach, where I planned to sit by the water and let the waves wash away my grief. I would stare at my favorite shades of blue—in the sky and the water—and let their soothing colors relax my mind. My perspective and sense of wholeness would be restored for a little while.

I rode through town on the sidewalk, then came to a four-lane highway, where I rode along the sidewalk for about a half-mile. Cars buzzed by on my left, but the woods on my right fueled my anticipation of the trail ahead. I pedaled up the hilly sidewalk, then flew downhill to the

stoplight. Gliding down I felt carefree, forgetting my heavy heart and obligations for a few moments. I crossed another four-lane highway and pedaled up the bridge over the expressway, which I had to cross to reach the trail. On the other side of the highway, I'd get my quiet time in nature.

Up I went again, over the bridge, and downhill, pushing on the pedals for my next glide to freedom. But as I cruised down, it loomed before me: a construction site with no barriers to warn me of the gaping gravel pit where there used to be a sidewalk. Too late, and impossible to rewind, I had nowhere to go but down.

My Near-Death Experience: Forgiveness, Resolution, and Love

When I was a child, I experienced an interconnected energy that flowed through everything. It was this intuitive sense of God that led me to meditation, yoga, and prayer. But despite my experiences and beliefs, I was unprepared for the dramatic, dreamlike visions in my near-death experience. I honestly don't know if I was "clinically dead" for any length of time because I'd gone out riding alone. What transpired may have been an out-of-body experience. Either way, what happened next changed me forever.

I hit the ground and lifted out of my body. At first I felt disoriented, then I saw my own crumpled body sprawled on the ground. I panicked, wondering if I was dead, but when I realized how light and peaceful I felt floating around, I surrendered to being out of my body. I noticed a golden thread connecting me to my body, then I shifted up to a panoramic awareness of the landscape. It was like standing in the center of a carousel, where everything around me was moving with energy, but I was in the center of stillness. The trees glowed with light and pulsed with

1 might be in store if I could maintain my focus on their vibrations. I real-
2 ized that these words were more than just positive. When I'd activated
3 them in my life, they were golden.
4

5 Choosing Golden Words

6 As I progressed in this project, it became evident that I needed a method
7 for choosing golden words. I included all the words that described the
8 positive feelings I experienced *on the other side*. I included the words I'd
9 learned from my clients, and I wondered what, in fact, makes a word
10 *positive* or *golden* to people in general? I put on my research hat to con-
11 sider this question. We're all connected through a universal desire to
12 experience good health, love, freedom, connection, peace, kindness,
13 inspiration, compassion, significance, and upliftment. These are the most
14 obvious golden words, but they aren't the only kinds.
15

16 On the flipside of all these uplifting words are the so-called negative
17 emotions, but golden words don't eliminate emotions. In fact, the only
18 thing negative about our emotions is our judgment of them or the way
19 we act on them. Any type of positive thinking that doesn't address the
20 whole package of our human experience is going to fail. Positive think-
21 ing doesn't eliminate challenging life experiences either. What's hap-
22 pened can't be erased, but what we learn and how we manage it can be
23 positive. In fact, to me, that was one of the keys to turning positive words
24 into gold.

25 As my research continued, I discovered 10 types of golden words.
26 (These categories are discussed in Part Two's "From Serene to Silly:
27 What Makes a Word *Golden*.") Then I read the dictionary and chose the
28 words I wanted to include. Reading them was like eating gourmet choc-
29 olates—but without the calories. They're sweet and bring many surpris-
short /30 ing and delicious nutrients without the guilt of indulgent food. When I
full /31 had finished, I had collected over 2,000 golden words.

To help readers put these golden words to good use, I made the dictionary interactive to go a step beyond the typical book on the shelf. After all, putting positive words into action is what makes them golden in your life. With that in mind, Part One of this book is called “The Interactive Dictionary Toolkit: Golden Words You Can Use” because it’s designed to give you many positive and productive ways to interact with the words. (For even more ideas, see “How to Use This Book.”)

Part Two of this book shows you how to write effective mantras and affirmations (see “Eight Principles for Crafting Effective Mantras, Affirmations, and Autosuggestions”) and use relaxation and self-hypnosis to support your goals (see “Ten Steps to Relaxation and Self-Hypnosis”). It also explains the science and myths about hypnosis (see “Hypnosis: Fact and Fiction”). If you’re new to hypnosis and trance states, be sure to check out this section to learn about the powerful, positive aspects of hypnosis and liberate yourself from the cultural myths, most of which arise out of stage hypnosis and the media. The facts you’ll learn in this chapter will free you to enjoy the powerful techniques of trance, which can enhance mood, health, confidence, effectiveness, intuitive flow, and more.

I’d like to close this preface with a personal story about the beloved dictionary I used to find the golden words in this book. When I was 17, my mom remarried. My stepdad, Bob, impacted my life in many positive ways, foremost as a guidance counselor of the heart and mind. He also knew I loved to write and acted as my editor. One day he presented me with a gift: *The American Heritage Dictionary of the English Language*.¹ He advised me to, “Learn as many words as you can. Keep this by your side when you read and write. Words have the power to express exactly what you want to say.”

At the time, I wasn’t so interested in positive words per se, but I kept this four-pound, 1,491-page dictionary by my side while I read, pausing at unfamiliar words, and taking the time, despite my teenage impatience, to look them up. Sometimes I opened the dictionary to a random page and

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1 read through pages of words just for fun so I could use them in conversa-
2 tion with Bob. Forty years later, I found myself with this book in my lap
3 and opened it to the letter A. I could have used the Internet as my resource
4 but, because words feel alive to me, I wanted to hold them in my hands.

5 Learning words kept me close to my stepdad when distance and,
6 eventually, his death separated us. The cover from my dictionary has come
7 loose from so much use, but like the main character in Margery Williams'
8 *The Velveteen Rabbit*, some things only become real when they're old and
9 falling apart. Just as the Velveteen Rabbit eventually became real to the
10 little boy who owned him, the living quality of words becomes real when
11 you start to pay attention. When I fell apart and had to put myself back
12 together, a great many words and concepts became glue for my body,
13 mind, and spirit. This is the living power of words, which is accessible to
14 everyone.

15 Realizing that words are alive and have golden properties has been
16 one of the many blessings of my bike accident. I've mourned many losses,
17 but am blessed to be alive, have a home, friends, the physical health to
18 exercise and walk in the beauty of nature, loving family support, and
19 work that I love. Golden words and the tools and mentors that help me
20 absorb them—angels, teachers, meditation, hypnosis, coaching, intu-
21 ition, and nurturing self-care—provide a guiding light. With continued
22 use, awareness of the power and life energy of words grows, and so does
23 the desire to choose them carefully—for their effect can be profound.
24 Once you know them, your knowledge can't be undone. I believe that
25 golden words and the tools I've shared here can light your way, too.
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Abundant A

Abecedarian, Ability, Able, Abound, About-face, Abracadabra,
 Absolute, Absolve, Absorbed, Abundant, Accept, Acclaim,
 Accommodate, Accomplish, Accountable, Accurate, Ace, Achieve,
 Acknowledge, Action, Activate, Active, Acupuncture, Adapt, Add,
 Adept, Admirable, Admire, Adorable, Adore, Advantage, Adventure,
 Aesthetic, Affection, Affectionate, Affirm, Affirmation, Aficionado,
 Afterglow, Afterlife, Aganippe, Agape, Ageless, Agile, Agleam,

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1 Agree, Agreeable, Ahimsa, Aid, Aim, Air, Ajna, Alacrity, Alchemy,
 2 Alert, Alight, Aliment, All-out, Allow, All Saints' Day, Ally, Alms,
 3 Aloha, Altruistic, Amaze, Ambition, Ambrosia, Amen, Amiable,
 4 Ample, Amuse, Anahata, Angel, Anger, Animated, Anthesis,
 5 Anticipate, Anticipation, Antidote, Appreciate, Aptitude, Archangel,
 6 Ardent, Armistice, Art, Artisan, Artist, Ascend, Asleep, Aspire,
 7 Assert, Assiduous, Assimilate, Assist, Assuage, Astonish, Astound,
 8 Astral, Astute, Athena, Athlete, Atman, Atonement, Attain, Attend,
 9 Attention, Attentive, Attract, Au Naturel, Aura, Aurora, Aurum,
 10 Auspice, Auspicious, Authentic, Author, Authority, Autograph,
 11 Autohypnosis, Autonomic, Autonomous, Autosuggestion, Autumn,
 12 Auxiliary, Avail, Avatar, Avocation, Awaken, Award, Awe, Awesome,
 13 Aye, Azure

ADD YOUR OWN GOLDEN **A** WORDS

ABECEDARIAN: A person who teaches or studies the alphabet;
a beginner or novice

ABILITY: The skill or talent to be able to do something

ABLE: Capable of doing something

ABOUND: Large in number

short /30
full /31

ABOUT-FACE: A reversal in attitude	1
ABRACADABRA: A magic word used to avert misfortune	2
ABSOLUTE: Perfect, complete	3
ABSOLVE: To clear of blame	4
ABSORBED: Engrossed, attentive	5
ABUNDANT: Plentiful, overflowing, full	6
ACCEPT: To receive gladly	7
ACCLAIM: Commendation, applause	8
ACCOMMODATE: To do a favor for	9
ACCOMPLISH: To succeed in something	10
ACCOUNTABLE: Responsible	11
ACCURATE: Correct	12
ACE: An expert; to do well	13
ACHIEVE: To accomplish successfully	14
ACKNOWLEDGE: To show recognition	15
ACTION: Movement	16
ACTIVATE: To initiate movement	17
ACTIVE: Busy, lively	18
ACUPUNCTURE: A therapeutic technique in traditional Chinese medicine used to facilitate healing	19 20
ADAPT: To adjust to circumstances	21
ADD: To join together	22
ADEPT: Someone who has gained a high degree of expertise	23
ADMIRABLE: Worthy of respect and appreciation	24
ADMIRE: To look upon with respect and appreciation	25
ADORABLE: Lovable, charming	26
ADORE: To love deeply	27
ADVANTAGE: Favorable for success	28
ADVENTURE: An unusual journey or experience	29
AESTHETIC: A sense of beauty	30 /short
AFFECTION: Tender feelings toward another person	31 / full

1	AFFECTIONATE: Loving, caring
2	AFFIRM: Confirm, support, encourage
3	AFFIRMATION: To declare something to be true
4	AFICIONADO: An enthusiastic admirer
5	AFTERGLOW: The pleasant feeling after a good experience
6	AFTERLIFE: Life after death
7	AGANIPPE: A spring on the legendary Mount Helicon that
8	is sacred to the muses and provides inspiration
9	AGAPE: A state of wonder or amazement
10	AGELESS: Eternal
11	AGILE: Mentally alert
12	AGLEAM: Brightly shining
13	AGREE: To give consent
14	AGREEABLE: Friendly, pleasant
15	AHIMSA: An Indian doctrine stating the sacredness of all life
16	AID: Assistance
17	AIM: A goal, intention, or purpose
18	AIR: What we breathe that allows us to live on Earth
19	AJNA: The third eye chakra, located between the eyebrows,
20	corresponds to wisdom, clarity, intuition, and imagination
21	ALACRITY: Eager willingness
22	ALCHEMY: The ability to transmute base metals into gold
23	ALERT: Attentive, observant
24	ALIGHT: Lit up
25	ALIMENT: Food, nourishment
26	ALL-OUT: Complete, without reservation
27	ALLOW: Permit
28	ALL SAINTS' DAY: A November 1st festival in honor of saints
29	ALLY: A friend
short /30	ALMS: Charity given to the poor
full /31	ALOHA: Love, affection; hello; farewell

AUTOHYPNOSIS: The act of hypnotizing oneself 1

AUTONOMIC: Independent 2

AUTONOMOUS: Self-governing 3

AUTOSUGGESTION: The act of subconsciously accepting an idea 4
 through repetition in order to change one’s own behavior 5

AUTUMN: The season of the year when the weather cools, 6
 the leaves turn colors and fall off the trees, and animals 7
 begin to migrate or find places to hibernate for the winter 8

AUXILIARY: Giving additional support 9

AVAIL: Take advantage of an opportunity; to be of value 10

AVATAR: An exemplar; a deity in human or animal form 11

AVOCATION: An activity done for enjoyment outside 12
 one’s profession 13

AWAKEN: To become aware, awake, stir up interest 14

AWARD: A prize or recognition for quality or performance 15

AWE: Wonder, reverence inspired by something grand, 16
 majestic, divine, sublime 17

AWESOME: Inspiring awe 18

AYE: Yes, affirmative 19

AZURE: Bright blue (this author’s favorite color) 20

WRITE YOUR FAVORITE GOLDEN A WORDS HERE

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NOW USE YOUR FAVORITE GOLDEN **A** WORDS
TO CREATE YOUR OWN MANTRA OR AFFIRMATION

Tool 1: Ready, Aim, Fire

Do you ever find yourself unfocused, with your attention wandering away from your goals? Take heart in the story of Arjuna, a great archer in the Indian epic *The Mahabharata*, who demonstrates the value of taking aim before letting your arrows fly.¹ This excellent advice applies to goals in general and the tools in the rest of this book.

Arjuna's fellow students were jealous because they perceived Arjuna, the great archer, to be the teacher's pet. Their teacher, Dronacharya, brought them together to dispel their resentment and illustrate how Arjuna had earned his admiration.

Dronacharya started by setting up a wooden target in the shape of a bird on a distant tree. He asked the warriors, one at a time, to take aim at the target with their bows and arrows and hit the eye of the bird. The first student up was Yudhishtira. After he took aim, Dronacharya stopped him and asked, "Yudhishtira, what do you see?"

Yudhishtira replied, "I see the bird, the tree, the fruit, and more birds."

Dronacharya told him not to fire his arrow. Next up was Duryodhana. After he took aim, Dronacharya stopped him, too, and asked the same question, "Duryodhana, what do you see?"

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Duryodhana answered, “I also see the bird, the tree, leaves on the tree, the fruit, and other birds.”

Dronacharya asked him not to fire his arrow either. Two more students drew their bows to fire their arrows, but Dronacharya stopped them, too, when they told him what they saw. Finally, it was Arjuna’s turn. When Dronacharya asked Arjuna what he saw, Arjuna answered simply, “I see the eye of the bird.”

“Fire,” replied Dronacharya.

Arjuna’s arrow pierced the bird’s eye with complete accuracy, silencing his fellow students. Now his classmates understood why Arjuna was considered the best student. When you aim for something, everything else must disappear. Only then can the goal be attained.

I wish you all the best in reaching your goals using the principle from this story, the other tools and principles in this book, and helpers along the way who line up to support your goal.

Tool 2: The Art of Autosuggestion

As discussed in Part Two, an autosuggestion is a suggestion one makes to oneself. Since we talk to ourselves (silently or audibly) a great deal of the time, we’re often giving ourselves autosuggestions. Therefore it’s wise to think about what we say to ourselves and make that self-talk deliberate and positive.

Please read all the directions before proceeding.

1. Write Your Autosuggestion

The first step is to decide what you’d like to suggest to yourself. If you’re not sure how to put your idea into words, please review the “Eight Principles for Crafting Effective Mantras, Affirmations, and Autosuggestions” from Part Two. If you’re not sure what to focus on, flip through

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1 The Interactive Dictionary Toolkit and see which words and ideas stand
2 out to you. The words are here as a resource for just that reason. You can
3 always start with Émile Coué’s famous autosuggestion, “Every day, in
4 every respect, I’m getting better and better,” and see how that works for
5 you. Coué’s autosuggestion is general enough to be applied to many situ-
6 ations. You can also modify Coué’s phrase to suit your own needs by
7 changing the word “better” to happier, calmer, and so forth.

9 10 2. Relax

11 Find a place to lie down, like your bed, your yoga mat, or on a recliner.
12 If you’re concerned about getting too relaxed because you have an
13 appointment, set a timer. If you do this before taking a nap or going to
14 bed, then set your intention to fall into a deep sleep when you’re done.

15 If you have time, use the “Ten Steps to Relaxation and Self-Hypnosis”
16 in Part Two to bring yourself into a gentle trance. Please note that this
17 isn’t necessary, but would be helpful.

18 A quick way to relax is by taking a deep breath in and holding it for a
19 few seconds. Allow your breath to flow through your whole body. Then
20 let it go. Release any anxiety through your breath and let it float away.
21 Repeat two more times. On the third breath, breathe in light of any color
22 and let it flow through your body, allowing you to fall into a deep state of
23 relaxation. Then close your eyes, and let your body sink into your bed,
24 mat, or recliner, fully supported.

25 26 27 3. Repeat Your Autosuggestion

28 Slowly breathe in and out with each repetition as you use your fingers to
29 keep count. Repeat your autosuggestion with feeling, as well as silently
short /30 and slowly enough for confirming or opposing images, thoughts, or feel-
full /31 ings to arise. Continue until you’ve repeated the autosuggestion 10 times,

once for each finger. If you'd like to continue repeating the autosuggestion because you're receiving important insights and it feels good, please do so. If you drift off, that's alright. Just relax and breathe.

4. Come Back

Finally, come back from your experience slowly so you can remember the subtle images, ideas, and feelings that emerged for you. Write down each positive, affirming notion that arose. If negative ones came up, take note of how you plan to address them. For example, if you have a health issue and were able to see many ways you're improving, write that down. If you also saw all the ways you're still not well, write that down and reflect on what you're going to do about it. If you saw how your confidence is improving, write that down, and reflect on what changes that can bring.

5. Move On

Continue on with your day fueled by the insights and relaxation you acquired during your autosuggestion session—or go to sleep and sleep well.

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From Serene to Silly: What Makes a Word *Golden*?



*Better than a thousand words,
is one word that brings peace.*

BUDDHA

In writing a book about golden words, I assure you I'm not making a case for excluding words from the English language. For better or for worse, we need all our words to express the range of human experience from calamity to miracle. Even though I've left out violent, disempowering, and unpleasant words, I don't deny the existence of those experiences.

The truth is, it's often *because* of our challenging experiences that we change for the better and seek ways to improve our own lives and the lives of others. In fact, no matter what may have happened to us, whether from our own free will or that of circumstances and people outside our control, an improved state of mind is always possible. *Life* happens, and flowers can grow in it when they're planted and cared for.

What's a Golden Word?

When I posed this question to clients and friends to get their points of view, I asked for their thoughts about positive words, since that's the

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1 term people use to talk about what I'm calling *golden* words. The main
2 difference, I believe, is in the application. A word can be positive, but it
3 becomes golden when used intentionally to create positive change. With
4 this in mind, I posed the following questions:

- 5
- 6 • What makes a word positive—to you?
- 7 • What do you think about emotion words?
- 8 • What are *your* positive words?
- 9

10 What their answers had in common were uplifting words like ten-
11 derness, harmony, joyful, blessed, loved, peaceful, free, and empowered.
12 Everyone also agreed that emotions, though uncomfortable at times, are
13 important parts of being human because they're necessary to experience
14 in order to move toward a more positive perspective.

15 Some word preferences are subjective, based on personal experiences.
16 For instance, people who love ice cream might consider the word “ice
17 cream” to be positive, while those who are lactose-intolerant or struggle
18 with food cravings have negative associations with the same phrase.
19 Unlike actual ice cream, true golden words like the ones in Part One of
20 this book, have a universality that is not so easily undermined by indi-
21 vidual subjectivities.

22 The contrast between uplifting words and uncomfortable emotions
23 creates tension. Getting to the joy may require feeling vulnerable, walk-
24 ing through sadness, cultivating a healthy way to release frustration, hik-
25 ing in the woods, eating healthy foods, going for a run, or learning
26 emotional patience through meditation, mindfulness, or self-hypnosis.
27 Addressing fear may require figuring out how to take a calculated risk.
28 Experiencing the wonder of a rainbow may mean suspending cynicism
29 and remembering a time of innocence. Moving into a positive place of
short /30 hope could mean experiencing memories that feel uncomfortable and
full /31 taking a step forward in trust. That's what it means to be human. Being

positive isn't about fencing out human experiences, but rather embracing all that's human about our life and figuring out how to navigate it.

With this in mind, I developed 10 categories for choosing golden words using resources I'd gathered during 25 years in varied roles as educator, educational and health coach, hypnotist, children's yoga teacher, meditator, friend, daughter, sister, and partner. My sources, which include materials from education, hypnosis, coaching, meditation, psychology, and neuroscience, provide information you can use to shift into positive states.

Ten Kinds of Golden Words

In the rest of this chapter, I've identified and discussed 10 types of golden words. I've provided examples to show how these types of words can guide us to increasingly positive states. The words I've included in The Interactive Dictionary Toolkit were chosen based on these categories. If at first glance you don't agree that a word I've included is golden, I invite you to dig deeper into the meaning of that word and your personal association with it. You may just find a bridge to a positive state of mind, either through reflection or by using one of the tools I've provided with each letter of the alphabet.

TEN KINDS OF GOLDEN WORDS

1. Human emotion words
2. Happiness and acceptance words
3. Taking control and mastery words
4. Physical health words
5. Social words
6. Life purpose words
7. Uplifting words
8. Ways of knowing words

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1 9. Metaphors, imagery, stories, and play words

2 10. Laughter words

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5 1. Human Emotion Words

6 How many core emotions do humans have? In the 1980s, Paul Ekman's
7 cross-cultural research on facial expressions identified six universal emo-
8 tions: sadness, anger, fear, happiness, surprise, and disgust.¹ Later on, he
9 added a seventh: contempt.² His final human emotions map was the
10 result of considering 250 research studies.³

11 At the University of Glasgow, scientists who study emotions using
12 technology to read dynamic facial expressions believe we have four basic
13 categories of emotion including: fear/surprise (possibly from approaching
14 danger), anger/disgust (possibly from stationary danger), happiness, and
15 sadness.⁴ The lead author of the study, Rachael Jack, says that fear and
16 surprise share an initial facial expression, but subtle changes in the devel-
17 opment of the facial expression enable us to tell the difference. Anger and
18 disgust also share the same initial expression but develop differently. The
19 slight differences between the shared expressions of fear/surprise and
20 anger/disgust may indicate different types of danger.⁵ Our other emo-
21 tions are thought to be spinoffs from these four categories, possibly devel-
22 oped in social or cultural situations. The Glasgow team's five-minute
23 YouTube presentation shows how they used technology to read dynamic
24 facial expressions and gives a summary of their research.⁶

25 We sometimes feel multiple emotions at once, something that can be
26 described as having *mixed feelings*, but we can think about them sepa-
27 rately. Fear calls for an immediate response such as fight, flight, or freeze.
28 Anger occurs when our boundaries have been crossed, and we have to
29 stand up for ourselves. Sadness signals a loss, which you grieve before
short /30 moving on to replace what's gone or to learn to live without it. Happiness
full /31 lets you know that everything is okay—you're safe and sound.