

## Member's Quarterly

## Winter 2026 Edition

### Feature

## The Power of Words

### *Action Verbs and the Gift of Imagination*

Your imagination is a powerful tool to shift your energies in the direction of creating what you want rather than what you don't want. When you imagine positive experiences, this 'gift' provides your body and mind with this outcome.

In order to activate your shift, it's very important to use this language of creation, by using **verbs of action**.

A partial list of action verbs include: I am, I can, I will, I choose, I love, I have, I create, I enjoy.

These action verbs propel you forward while you also imagine positive outcomes in your life.

If you use negative verbs that lack the power of creation, you'll stay stuck in old patterns.

Disempowering verbs include: I can't, I won't, I don't, and even I try.

Trying isn't doing – it's just trying to do.

I AM is a very powerful statement for defining ourselves, therefore it's important to watch what comes after this phrase.

If you say things like: "I am sick and tired," you'll be calling up an outcome of being sick and tired. This is fully described in the book "Your Body Believes Every Word You Say," by Barbara Hoberman Levine.

You can say, instead, for example, that "I feel sick and tired." This is a temporary state. It doesn't describe who you really are.

Another common I AM phrase is: "I am sorry." It's better to say, "I apologize" or "I regret."

Once you choose and then imagine something that you aspire to, you can then attract the results you want.

For example, if you are worried about exams that are coming up, you can instead choose - in your imagination - to feel relief and joy about the excellent grades that you've achieved. In your imagination, you can experience 'being in the outcome' - feeling happy that things worked out better than you could have hoped for.

Dutch resistance fighter Corrie Ten Boon was an example of overcoming worry. During WWII, she worked with the Dutch resistance movement and saved many Jews. She was captured and then deported to a concentration camp, living there through to the war's end. She was a very strong manager of her belief systems and was quoted as saying, "Worry does not empty tomorrow of its sorrows. It empties today of its strength." She helped many prisoners stay strong and endure. She survived the camps and died many years later.

In his book *The Power of Awareness*, the writer, speaker and mystic Neville Goddard wrote, "Imagination



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is the very gateway of reality...By imagination we have the power to be anything we desire to be."

In *The Power of Your Subconscious Mind*, Joseph Murphy shares how to make our imagination even more powerful, "Make the picture vivid and real. Hear the voices, see the gestures and feel the reality of it all. Continue to do this frequently, and through frequent occupancy of your mind, you will experience the joy of the answered prayer."

In *As You Think: Becoming the Master of Your Own Destiny*, James Allen reminds us, "We imagine that our thought can be kept secret, but it cannot – it rapidly crystallized into habit, and habit solidifies into circumstance...Thought allied fearlessly to purpose becomes creative force."

We are powerful creators when we make conscious choices. Let us activate our imagination to experience our desired outcomes right now. With your positive imagination, you'll then attract positive results.

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