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Inspiration Education Transformation



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“In the  
beginning  
was the  
Word”

~ The Gospel of  
John 1:1

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Last month I introduced some concepts from the book, *The Four Agreements*, by don Miguel Ruiz. This month we'll focus on the first of the suggested agreements, or principles of living: *Be impeccable with your word*.

The author describes this principle as the most important because it provides a foundation for the others; and also as the most difficult. For me, the starting place in being impeccable with one's word is to recognize its power. The Gospel of John describes the creative power of God as *The Word*. Words have a force of their own. We use them to express our thoughts, our dreams, our feelings; to manifest externally what we carry internally. And as with all power, words represent a two-edged sword. They can be used impeccably or they can be misused. All of us have been on the receiving end of words used for hurt or harm. Like a hot stove, the burn may only be for a second, but the pain can stay with us for a long time. For good or ill, the words we are exposed to can become our beliefs and last a lifetime.

Don Miguel offers four guidelines for being impeccable with the word:

1. **Speak with integrity.** Integrity implies a state of being integrated or the quality of being undivided. It means that we represent ourselves consistently and honestly, no matter who we're communicating with.
2. **Say only what you mean,** not what you think people want to hear. This means that we say yes when we mean yes, and no when we mean no; that we communicate clearly and as concisely as possible.
3. **Avoid speaking against yourself or others (gossip).** The word has power even when it is used against ourselves. If I tell myself I am stupid often enough, it is likely to become a belief. The damage of gossip is too familiar to most of us. The use of words to pass information and judgment about others is like a computer virus creating distorted communication. Whether we use it as a pastime or to gain support for our point of view it is damaging.
4. **Use your word in the direction of truth and love.** To be impeccable with our words, is to consciously choose to only use their power to enhance life and creativity. This is the ultimate personal responsibility.

As with all efforts in conscious living, impeccability with our words is a goal requiring life-long practice, but the benefits of greater ease in relationships and peace of mind are well worth it. Next month we'll look at the 2nd Agreement.

## Mindful Connections

*A program devoted to your body, mind and spirit.*

I am pleased to host *Mindful Connections* with fellow psychotherapist, Tina Moody, every Saturday morning from 11-12:00 on our community radio station **KDRP, 99.9FM** in Dripping Springs and streaming live at [www.kdrplive.org](http://www.kdrplive.org). You can also listen to podcasts of recent shows on the website at your convenience. Just click on the link for **Saturday Talk Block**, and then **Mindful Connections**.

July's programs include **Let Freedom Ring; The Games People Play and Rescue Me!**