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A JOURNEY INTO THE POWER  
OF WORDS AND THE IMPACT  
THEY HAVE ON ALL LIFE

## Liz McGrath

Do you know that an EMPOWERING word  
can SPARK IDEAS, open doors, change  
attitudes, and CREATE SOLUTIONS?

Words can do all these things and much more. They have the potency  
to redefine personalities, lives, and entire communities. Just think of  
some of the things words are used for every day:

- To communicate a message
- To express a feeling
- To interact with others
- To associate meaning, intention, and tone
- To record history
- To tell stories
- And so much more!

When used the right way, words can also enhance the power of the  
mind so that people can select what they process and what they do.

The selection of powerful words and images is conducive to a feeling of confidence in achieving personal mastery; however, one needs to understand their power to get the most out of them.

It's time to delve into words—their sound, their meaning, and their secrets. Only then will you truly be able to comprehend and harness *THE POWER OF OUR WORDS*.

**LIZ MCGRATH** began walking down a path of self-discovery at age nineteen. By implementing a few simple phrases made up of empowering, everyday words, she changed her life. She lives in Thornhill, Ontario, Canada, with her husband of forty-three years, Gerry. They have two daughters.

# The Power of Our Words:

A Journey into the Power of Words  
and the Impact They Have on All Life

Liz McGrath

iUniverse, Inc.

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**The Power of Our Words**

**A Journey into the Power of Words and  
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This book is dedicated to everyone.

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# Introduction

My quest for knowledge started at the age of fifteen when I made this statement to myself on the way to work one morning: There must be more to life than what I am living. I had a challenge thinking that my whole life would be the same, day in and day out.

At nineteen I enrolled in a yoga class and discovered viewpoints that definitely challenged mine. So before I took these on, I decided to investigate. This quest put me on a path of self-discovery.

From yoga I moved into the study of Chinese medicine—their philosophy and body movement such as tai chi and qigong. After a number of years studying the theory of Chinese medicine, I found that they devoted only one quarter of a page to emotions. I was quite confounded by this, as I felt that our emotions can trigger all sorts of things within us. I felt very strongly that emotions were the underlying cause for many things in our

lives. I realized that I had learned everything I needed from these systems.

I was introduced to a chiropractor who specialized in the Mitzvah Technique. Through this practice, I started to awaken to the idea that I was totally in charge of my body and what happened to it. I was introduced to the wave motion in the spine. When initiated properly, the wave motion set about certain body dynamics in which I felt that I was being walked. It's quite a unique sensation.

At the same time that I was learning this method, I was asked by a friend to check out a belly dance class with her. I discovered that this activity was a continuation of my journey of self-discovery. The dancers were doing an undulating movement,

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which creates a wave motion in the spine. I was delighted. This pursuit led me into the Western philosophers and the ancient mysteries of Egypt.

During my sixteen years as a student and teacher of this amazing art form, I found the secret to the power of the belly dance, which provided a great bodywork to process my changes because it is geometrically based. This fell in line with my other studies in the ancient mysteries and sciences, which led me into various arenas and mystery schools such as The Rosicrucian Order AMORC, The Traditional Martinist Order, and The Builders of the Adytum (BOTA), taking me into deeper studies, which is still ongoing.

During my time learning about the Middle Eastern Oriental Dance, I met Stephen Steiner—a hypnotherapist and an eloquent communicator. One of his specialties is the field of cognitive restructuring. I loved listening to him and wanted very much to be able to express myself in like manner. This is where I truly learned the power of our words and the effect they had on each of us.

In the time I spent with him, I learned to articulate my thoughts and ideas through the proper use of words to make myself understood. Hence, I became more confident in my ability to communicate effectively.

It became apparent after each session what needed work. I was using negative words to describe positive things as well as describing what something was by what it wasn't. The task then, for me, was to learn how to say what something is in positive words. I had to rethink everything I was going to say and basically had to learn to speak all over again.

In this process, I found that I had to speak a lot less to give myself a chance to reorganize my thoughts to express them positively and clearly. Learning to say what is by using empowering words that convey the intended meaning was a challenging task

to say the least.

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I recognized that, in using cognitive restructuring, Stephen Steiner would resort to the use of repetitive phrases to help me get my mind on track. Sometimes he would ask me this question: If you are traveling between point A and point B, at what point can you take your eyes off the road or your hands off the wheel? The answer: With respect to taking your eyes off the road, hardly ever. Glancing in the rearview mirror to make a lane change or to pass someone was okay; however, we must always keep our eyes on the road ahead.

Here's another way of explaining this: It's all right to glance at the past; however, we need to be focused on the present in order to make the changes necessary to enhance our lives. The second part of the answer, referring to the point at which you take your hands off the wheel, is this: You take your hands off the wheel when you have parked the car and switched off the ignition.

After one of my sessions, I got the idea to make up a set of cards with the sayings and phrases Steiner used frequently, so that I would remember them. (I will share some of them with you further on in the book.) I then reinforced these phrases by daily repetition along with the practice of a mirror focus exercise he gave me to strengthen my mind. (This exercise will also be given to you later in this book.) This technique was most effective and beneficial. I highly recommend it.

One day the focus exercise became particularly challenging.

My mind was incessantly bombarded with thoughts. The more I tried to focus my mind, the stronger and faster the thoughts came. I decided at that point to stop and examine my thoughts. I discovered that most of them were related to the past and the future.

The alarming fact was that I observed only two thoughts that concerned the present. With this realization, I concluded that I am very seldom in the here and now. It was apparent that the significance of this focus exercise along with the repetition of these phrases assisted me greatly to live more and more in the present moment. This was vital to the quality of my existence.

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In just a short time, my life started to change. I felt as if I were coming out of a fog and into a new reality. I was more attuned to the here and now, simply observing what is. It became easier to speak about what is, because it was fact in evidence. This, in itself, was quite an awakening.

As my reasoning abilities were improving, I found myself questioning everything. This started an inner house cleaning and clearing. I questioned all of my thought patterns, belief systems, rules, clichés, and slogans in order to separate the wheat from the

chaff and therefore to arrive at their intrinsic value. I asked myself if, in fact, they worked at all for me and, for that matter, for the people I adopted them from. As soon as I put my thoughts to the light of reasoning and intuition, I soon realized what had to go. The letting-go process became easier and made room for me to upgrade my operating system, so to speak.

Thus began the true journey of re-creating myself as the self I truly wanted to be and living the life I truly came here to live. Perhaps the re-creation or reconditioning process was simply remembering how to manifest my Divine Self.

I realized that the power behind this process began with the desire to understand and know my self. Using word cards as an oracle and carefully worded phrases, I continually cultivated, developed, and strengthened my goals and aspirations when doing the mirror focus exercise. Truly, I believed I had found a formula for life-altering change.

I started looking at life a whole lot differently. I realized that my life was in my own hands and that, with the proper inner direction, it could be what it was truly designed to be.

When I came across anything that expressed a great deal of wisdom, I formulated that wisdom as new goals, using carefully worded statements. My truest desire was to manifest as a spiritualized human being. To achieve this, I first had to learn what it meant to be human and learn to be the best I could be as a responsible citizen of the universe.

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This particular goal is forever ongoing as I am always more than I was a moment ago. I am a being with a capacity to maximize an infinite potential, which is representative of the Divine Presence within.

When faced with a specific situation that placed me at a crossroads, I asked myself: What would the Divine Presence, or God, think, say, and do in this situation? As I thought about that, I then asked myself how I could begin to emulate the attributes of the Divine naturally? The answer came in the form of an intention that best fit my truest desire. It became the foundation and force behind the manifestation of everything in my life. It would govern all of my thoughts, words, actions, and deeds. This intention transformed my life and challenged my integrity, ethics, and motivations—in short, everything. It was a major uprooting.

The intention pointed to a desire to be in harmony with my true spiritual nature, to live in accordance with the cosmic intelligence and its laws for the highest good of all. This set the stage for learning to become a fully realized and spiritualized human being, becoming one with the All and being fully conscious of the process. A tall order I know, however, we all

have the realm of infinity to achieve this aim.

Such a desire set forces into play that began a quickening process. I was grateful to have found a most profound power for change. I realized that what I knew was minuscule and that there was much more to learn. My world became all encompassing. I saw that my inner and outer worlds were fully connected. I began to understand that this intelligence is constantly communicating with us. Therefore, to be receptive to the message, we must be in the here and now. This realization had a huge impact on my life and, in a sense, made it easier and comforting to know I was in good company.

All this came about simply by implementing a few phrases made up of empowering words.

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In this book, I present a chronology of the words used to effect change. The chronology deals with the definition of the words and how an investigation into their meaning can contribute to a powerful and worthy intention. I look at the power of suggestion at every level of communication and explain how all the points presented so far impact our mind and therefore our lives.

Through a brief investigation of the mind and its components, I offer you a way to strengthen your mind, enhance your level of concentration, gain new insights, and reinforce your goals through visualization. This practice can guide you to live a more fulfilling life.

The purpose of this book is to share what I have come to understand about the power of our words. This has been put to a rigorous testing in my own life as our family faced what seemed at times to be insurmountable situations. This process taught me to trust the greater power within. Because of this, my life and the lives of my family members were transformed and continue to be transformed to this day.

Using everyday words as a way of reconditioning works. I sincerely hope this practice is as helpful for you as it is for me and many others. I strongly feel that this new awareness can promote and contribute to various ways that will serve the highest good of all.

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## Words

In the Gospel according to St. John, chapter 1, the first line begins with "In the beginning was the word."

Words are made up of letters from an alphabet that constitutes the building blocks for our words. Words are part of a universal language; therefore, they carry an energy vibration.

Words, along with the images they create, are a direct line



of communication with the subconscious mind. They are the template and prescription for the process of manifestation. Herein, as I understand it, is the true and full power of our words. This will be discussed further on.

Words can determine our feelings, our outlook on life, our perception of reality, and our thinking on a level of communication that propels us into action.

Words can completely uplift, delight, and catapult us into a desirable mental state that keeps us in the present moment, fully in charge and ready to act at a moment's notice.

Words are proactive in nature and can offer solutions.

When the words we use are empowering, we and others also feel empowered.

Here are just a few ways we use words:

- To describe our thoughts, images, and feelings
- To communicate a message.
- To express ourselves
- To communicate and interact with others
- To associate certain events in our lives
- To associate meaning, intention, and tone, to name only a few
- To keep a record of things

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- To write books, poetry, or exams, for example
- To inform
- To create advertising material
- To tell stories
- To create programs
- To set goals
- To create affirmations
- To counsel

The importance of words and their impact on ourselves, our environment and life itself is quite evident. Everything in our world came to be by the use of words and images.

The words we use every day are the means by which we program and/or condition our life. What we think, say, and do in this moment determines what we experience every day because we can only create in the present moment. So, for me, the power of our words and the images they create are utterly important.

The more powerful the words are, the more powerful the images and vice versa. The selection of powerful words and images is conducive to a feeling of confidence in achieving personal mastery. It allows us to live an extraordinary life in service to the universal intelligence for the highest good of all.

How we live, move, and have our being in this world depends on how we use our words and translate them into actions that are

beneficial for each and every one of us. We have a responsibility to be fully conscious of our thoughts, words, actions, and deeds. Individually as well as collectively, our words constitute a powerhouse.

In our communication, it is essential that our words convey the meaning we wish to impart. If we considered our words as elixirs, we would constantly be refining our communication skills. We would truly say what we mean and mean what we say. Our communication would be clear and pure and our words absolutely empowering.

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Confucius once said: “Put mind in gear, before putting tongue in motion.” This wisdom is noteworthy. How often have we heard the saying: “Think before you speak”? Putting this wisdom into practice translates into a more meaningful conversation as everyone who is listening receives the quality of our time, effort, and ingenuity. It also allows for a more captivating conversation and gives it a quintessential quality. Our conversation becomes the perfect embodiment of our breath because it expresses our essential truth. The breath we inhale, exhale, and use to communicate is Divine in nature.

Words have a powerful and transforming effect in that they can contribute to a more peaceful existence, optimal health, and well-being. They also enable us to become responsible citizens of the universe, thereby creating a much better environment in which to live, move, and have our being.

Accordingly, understanding the meaning of our words is paramount to making ourselves understood.

To be fully responsible for the words I use, I investigate what each word stands for in order to create a vocabulary that reflects my intention and the proper meaning I wish to convey. The following quote from an unknown author makes this point: “A word is the final expression of a thought on the physical plane and, in other words, a word is a final creative act; and the word that you or I use is really indicative of our state of consciousness.”

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## Investigation

To understand the true meaning of the words we use, I have found it useful to investigate their derivation. The three sources I use are these:

1. The Random House Dictionary of the English Language, Second Edition (Unabridged)
2. The Synonym Finder by J.I. Rodale and Nancy LaRoche
3. Roget's International Thesaurus, Fourth Edition by Robert

L. Chapman

By doing this, I have learned that there are many ways in which to express a certain word depending on the context or idea I wish to convey. The art of communication can be very artistic and powerful. It opens the doorway to a mutually beneficial experience. As an example, let's see what our sources have to say about the definition of the word word.

From The Random House Dictionary a word is defined as follows:

A unit of language, consisting of one or more spoken sounds or their written representations that function as a principal carrier of meaning.

From The Synonym Finder a word is defined as

A term

A name

An expression

An ideogram

A hieroglyphic

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From Roget's Thesaurus a word is

An affirmation

An account

A command

An information

A unit of meaning

If we were to look up each word on the list, we would see that there are many more meanings. It would certainly be an education, some of which could be quite surprising. It was discovered that certain words show up where you least expect them to be.

When we understand the meaning behind words, they have much more power. The energy projected will be true to form and credible.

This may seem like a lot of work; however, I assure you it is a worthwhile endeavor. Like any formula, the more we use it, the faster we become familiar with it as we know exactly what we're looking for. Sometimes it helps to affirm the choice of the words we wish to use, much like creating a masterpiece if that is what we want to achieve.

Someone once said we only get out of life what we put in, or what we put out comes back. So it is best to know what we are putting out, to know what will come back. The meaning and intent of our words will be reflected in what comes back. It is important that we are clear in our communication at all times.

Looking at definitions can also assist us in determining an intention, which is the subject of our next word.

# Intention

An intention according to The Random House Dictionary as defined as this: “An act or instance of determining mentally upon some action or result.”

The intention behind the use of a word determines the cause and the emotions we invest, which propel us into action. Quality words and images, along with the intention, are the ingredients needed to set us on a path to acquiring the skill and knowledge necessary to manifest our objectives.

When we are in a creative mode, we are actually fully present utilizing our emotional energy properly. Our emotional energy is the fuel we apply to propel an action. The Divine Presence supplies the aspiration to activate the emotional response necessary that will lead us into action. We usually feel excited, pumped up, confident, and daring. We feel alive and connected with the Divine Presence that is expressing through us. In essence, we are fulfilling our purpose as agents of the Divine Consciousness.

Our ability to use high-quality words and intentions produces high-quality imagery. This reflects the excellence and ingenuity that is being expressed to the degree that we understand the aspiration originally transmitted.

Whatever the result, we will know the cause and source of what we’ve put into play, how it was organized, and the strategy used in mapping the big picture, which ultimately produces the end result. The buck starts and stops with us, so to speak, as we will be the recipient at some point in time of what we have put into play.

If we like the end result of the formula we used, we know that we have made an appropriate choice and have impressed properly

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upon our subconscious mind (more on this later). In that case, we can say that the inner and outer pictures are in harmony and congruent in nature.

Our intention creates an intonation pattern and the sound produced through our voice, which is the subject of our next word.

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# Intonation

We are all very aware of the tone in which something is expressed. This tone can have such a profound effect on us and this tone can make or break our day. It tells us a great deal about whom

we're communicating with, what frame of mind they are in, and whether we will even participate in the conversation.

Words produce a sound; therefore, the tone of the person speaking to us helps or affects greatly our ability to listen, hear, and interact with that person. We want our words to produce a melody enjoyed by our listeners.

Just think of all the music produced today. What makes us buy a certain song? Is it the wording that stirs us? Is it the images that come to mind by the words being sung?

I have observed many singers who are so attuned to the words and the music they produce that it feels as if they have reached a rapturous state. Perhaps we buy their records because deep emotions are touched within us, which we enjoy and want to recapture.

When we attend a lecture and the intonation of the speaker is a monotone, we stop paying attention. On the contrary, when a lecturer is animated, we feel enlivened, inspired, and fully captivated.

The meaning and intent behind our words create a tone that produces a feeling. For example, the word love is tossed around a great deal. Let's look at the meaning and intent behind the word love.

If the meaning of love for some is blind as in the cliché, "Love is blind," what would the sound of this person's voice reflecting this cliché produce within us? What would we experience upon

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hearing that love is sublime if the meaning and intent were exaltation, nobility, and inspiration?

When people are fully attuned to what love means for them, their behavior is animated when they speak the word, and the sound and meaning of love will most likely reverberate more deeply within the listener as well as within the speaker.

If meaning, intention, and intonation can have a profound effect on us, what will the power of suggestion do? We explore this in our next word.

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## Suggestion

We are always subjected to the power of suggestion. To give a short example: A friend gives you a recipe for a delicious cake. You're excited about tasting this cake because your friend is so ecstatic in her description of its taste that you want to get started right away to have the same experience. In the next breath, your friend says: "Be careful about doing this; watch out for that and if you do this, this will happen; if you do that, the result will be different."

All of a sudden, something diminishes your enthusiasm because the suggestion implanted intimates that success is questionable. So your initial desire to try the recipe has suddenly faded. The image and mind-set we have determine our level of success. The more we reinforce a successful outcome, the more confident we are of experiencing this delicious cake with absolute delight. With such a frame of mind, we are better prepared to reach the desired intention.

If there was ever any question about the power of suggestion, just look at the advertising industry, the news industry, the magazine industry, and the number of books written, bought, and sold. The combinations of words and pictures are used strategically to capture our attention with the hopes that we will purchase what is offered. We are made to feel that we need what is being advertised or expounded upon to improve the quality of our life.

In the same way, I am hoping that you will consider the ideas I am presenting useful enough to apply and, hence, improve the quality of your life.

What about the power of subliminal messages? On that subject, here's what The Random House Dictionary says: "adj. Psychol. Existing or operating below the threshold of  
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consciousness: being or employing stimuli insufficiently intense to produce a discrete sensation but often designed to be intense enough to influence the mental process or the behavior of the individual."

Whether the suggestion is overt or subliminal, the power is the same. It employs stimuli to influence the mental process and/or behavior of the individual. Just watch a hypnotist in action. They employ the power of suggestion brilliantly.

The power of suggestion can govern how we think, feel, and act. Being conscious of what we take in requires diligence on our part to maintain a state of equilibrium.

Think about the power of suggestion in the language used to describe the following ideas about learning to control your mind and pay particular attention to how you think and feel afterward. (This excerpt is taken from How To with Self-Hypnosis, by Stephen Steiner).

"By learning to control your mind, you can find the power to deal with whatever situation arises, rather than allowing yourself to be thrown by it. Are you facing a problem that seems overwhelming and insurmountable? Tell yourself that impossibility is the escape of a small man's mind. Don't let anxiety paralyze your thinking processes, but instead think carefully and consider the problem. Assess the situation. Think about how best to handle it and make

your decision. It's far better to take a chance on being wrong than to do nothing at all."

Now, let's look at this, written differently. Focus on how the present moment could be and, as I mentioned earlier, pay particular attention to how you think and feel afterward.

By learning to control your mind, you have the power to deal with whatever situation arises. Assess the situation and think carefully considering what is before you. Ask yourself the best way to handle it to make your decision. It is better to go for it and see what wisdom you gain from the experience to add to your wealth of knowledge.

Which option do you think will work best for you?

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How can anyone feel confident about the resolution of a situation while concerned about being thrown by something that is overwhelming and insurmountable with the possibility of having a small man's mind experiencing anxiety?

I have come to understand that my experience may differ from someone else's. If we both do the same thing, we can attain different results. The reason for this is that our inner programming is made up of the words and the images we focus on along with the intention behind it all.

We are the only ones who truly know what is right for us. Our conditioning determines how we think, feel, and act.

The words and images we use are the tools used to express that conditioning.

If the result is other than desirable, change the words and images communicated to the subconscious mind to produce a more desirable result, which is the subject of our next word.

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# Communication

## Thoughts

To articulate our thoughts and images, we need to use words as the impact our words have is determined by everything we have discussed thus far.

Our thoughts can be expressed in written form and conveyed through various mediums such as advertising, news, magazines, books, songs, paintings, and poetry, to name a few.

## Words In Print

Being mindful of the written word is primary to us as the power of suggestion is very strong. Our truth may differ from someone else's because truth is always subject to our own perspective on life and how we think it works. So it is wise to pay

attention to the suggestive power of our words.

### Words We Hear

What about the words we hear? There is always a possibility that we might have a different understanding of the meaning that someone else wants to convey and therefore would miss what is being said. If that is the case, it is best to ask for clarification to make sure we understand the intended meaning.

When the tone of voice is less than desirable, our listening ability is often turned off. We may be able to smile and nod at

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the most precise times during the course of such a conversation. In doing so, we make the speaker feel that we've been involved in the conversation the whole time when, in fact, we have been everywhere else except present.

### Transposition of Words

During the course of my own restructuring, I had to learn how to transpose in my mind certain words or phrases spoken by others, in order to stay focused and present in a conversation. There is an association we have to words that can transport us out of the present moment and into memory. Our mental attitude can be changed immediately if we allow ourselves to follow these associations thereby changing our receptivity to the conversation we are in at the time. There are many opportunities to practice the art of transposition as you will see from the following.

### What Is and What Isn't

I have become exceptionally aware of how explanations of what something is can usually be described by what it isn't. As an example, let us look at the definition of the word and color red. According to Wikipedia on the Internet: "Red is any of a number of similar colors evoked by light consisting predominantly of the longest wavelengths of light discernible by the human eye, in the wavelength range of roughly 625–740 nm. [This is what is.] Red is also one of the subtractive primary colors of RYB color space [This is what is.] but not CMYK color space." [This is what isn't.] "The RYB color space is RYB (an abbreviation of red-yellow-blue) and a historical set of subtractive primary colors. It is primarily used in art and design education, particularly painting. It predates modern scientific color theory." [What is.]

From what is and what isn't, the power of suggestion is at play. I would now have to investigate the CMYK color space to find out what that is. While this may add to my wealth of

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knowledge, it is a hindrance to me right now as it is taking me off track.

Here's what Wikipedia says about CMYK color space.



“CMYK (short for cyan, magenta, yellow, and key (black) and often referred to as process color or four color) is a subtractive color model used in color printing also used to describe the printing process itself. Though it varies by print house, press operator, press manufacturer and press run, ink is typically applied in the order of the abbreviation.

“The CMYK model works by partially or entirely masking certain colors on the typically white background (that is, absorbing particular wavelengths of light). Such a model is called subtractive because inks ‘subtract’ brightness from white.”

Now that we’ve taken the route of learning what red is and isn’t, I ask, what possible relevance does the CMYK color space have to do with red? Red is a subtractive primary color, and CMYK is a subtractive color model. Their only connection is that they are both of a subtractive nature. Their functions are totally different. If I were writing about subtractive elements, then all of this has relevance.

To stay focused on the original subject, which is red, is to write about what is relevant to red. Look at the time I could have saved if I did just that. In order to reacquaint myself with the original intent, I would have to reread it to get back on track.

On that note, I offer the following:

“Red is any of a number of similar colors evoked by light consisting predominantly of the longest wavelengths of light discernible by the human eye, in the wavelength range of roughly 625–740 nm. Red is also one of the subtractive primary colors of RYB color space. The RYB color space is RYB (an abbreviation of red-yellow-blue) and a historical set of subtractive primary colors. It is primarily used in art and design education, particularly painting. It predates modern scientific color theory.”

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Writing about what red is took thirty-four words to describe instead of the nearly one hundred words it took to write about what red is and isn’t.

Now that you have read through what is and isn’t, how did that process make you feel now? I know I was affected by this and had to clear my mind to continue writing.

What isn’t takes me away from my primary focus, which is describing what is. Something else has been added to the mix, which in most cases can cause a change of interest.

What is, has to do with what’s happening right here, right now. Expressing what is, keeps us fully present. Everyone’s interpretation of what is may differ. However, this is a method in which we can learn that there are many ways something can be expressed or presented, which expands our knowledge and which is positive in nature.

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