

# So, What Do You Say?

By Julie Cordova



Photo courtesy of Molly Yamanaka

*Words do not label things already there.*

*Words are like the knife of a carver: they free the idea, the thing, from the general formlessness of the outside. As a person speaks, not only is their language in the state of birth, but also the very thing about which they are talking.*

~ Inuit Wisdom

“I’m going to college.” As students of The Women’s College we’ve all said this at some point. Before we made this statement, we probably said, “I want to go to college, but . . . , or I have always wanted to go, but . . . .” Of course, the difference between wishing to be a college student and actually being a college student is in knowing *where* we want to be instead of wishing we could be there.

A few years ago, Wayne Dyer and Deepak Chopra made an audio series together entitled *How To Get What You Really, Really, Really, Really Want*. According to Dyer and Chopra, there are times we see something that we think we might like, and we say to ourselves, “oh that would be nice,” and then nothing happens, and we don’t worry too much about it.

Other things haunt us. We wonder what it would be like to actually do a certain thing, or have it, or live with it. This constant thinking about what might be separates the stuff we want from the stuff we *really* want, and this constant thinking—my own private thoughts—is where I have left some of my own desires: in Dyer and Chopra’s first “really.” Safely tucked away from the judgment of others. Safely tucked away from failure. Safely tucked away from excuses until safety isn’t enough, and I want or need more.

Taking what we really want and making it something we really, really want is easier than we think. The transference happens when we use our voice. Until we take this vital step our dream will always remain a dream. It can’t become reality until it is turned into spoken language.

The fifth chakra in our body is located in the throat. Louise Hay, author of *You Can Heal Your Life*, calls this our personal power center because we find power in life when we speak out. When we begin telling everyone what our dreams are we begin to make them real. But wait, it is more than that.

It is also how we say what we say that brings about change. Say something in fear and the dream won’t manifest into reality. In other words, when I said, “I wish I could go to college, but I just don’t have the time,” the fear of losing something as precious as time prohibited me from getting what I really, really wanted. Then one day I stopped speaking with fear and said, “I am going to college at The Women’s College of the University of Denver, and my first class is. . . .” At this point, the dream or desire couldn’t be held back because my voice, my words, were made strong.

In *The Soul of Money*, author Lynne Twist writes, “[w]e think we live in the world. We think we live in a set of circumstances, but we don’t. We live in our conversations about the world and our conversations about the circumstances . . . ; it is also true that the words we say create our thoughts and our experiences and even our world.”

Of course, the power of the four *really*’s formula and the power of voice doesn’t just create positive things in our lives. The same four *really*’s formula creates negative things as well. In *Speaking Out Using Your Voice*, the authors, Carol Zak-Dance and Frank Dance, remind us that “Adolph Hitler . . . considered the spoken word his most powerful weapon. Using the spoken word . . . [he] talked more than 12 million human beings into their graves.”

This summer at The Women’s College’s first Career Conference for students held on July 16, motivational speaker and comic Karyn Ruth White had the audience in stitches as she spoke about the power of negative words while flogging herself. Imagine a tall blonde woman holding a toy ball and chain, hitting herself on the backside yelling, “You idiot! You’re so dumb! Why did you say that!”

You get the picture. Voice matters. Vocal thoughts are conduits of change; good or bad, it’s up to us, which calls for some interesting questions. What conversations are you having? What are your words creating in your life? What do you really, really, really, really want?

Once we make powerful positive or negative statements, we have to take action. In other words, when we really want it, we think about having it. When we really, really want it, we speak about having it. And, when we

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# The Short, Short Story

Manageable in length and do-able in terms of time commitment, the short, short story has captured the creative imaginations of many student contributors to The Weekender. The 55-word, short, short story may be fictional or non-fictional and should contain the four elements of **setting, character (or characters), conflict, and resolution**. A short, short story may be any subject; the story title should be not included in word length; hyphenated words are not counted as one word; contractions, initials, acronyms, and numerals such as 55 count as one word. Stories cannot be longer than 55 words. Send submissions to Margo Espenlaub at [mespenla@du.edu](mailto:mespenla@du.edu).

## Custody 101

By Julie Cordova

Fifty kids breached the door leaving quiet voices and pencils behind while entering the world of gleeful shouts, hopscotch, jungle gyms, and laughter. Jenny huddled in a circle taking turns with the rubber ball and the metal stars while her brother, Kyle, played tag until, making good on his promise, Papa fired the first shots.

## I Wish I May, I Wish I Might

By Debra Graham

I think I have a sister. I know I have a mother; I'm here, isn't that proof enough? I could have a father. I probably have a father. Do sperm donors count?

I dream of my family. Will they want me when we meet? Will I want them? I hope I have my wish tonight.

## One September 15<sup>th</sup>

By Patricia Harris

Sunshine, clear blue skies, and leaves turned gold rustled in wind that signaled fall in New York. It was a perfect day to celebrate life. If only I had not been standing at my brother's grave, marking the end of his years, and adding one more to mine. That happened long ago, one September 15<sup>th</sup>.

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really, really, really want it, we physically do something to demonstrate we want it. We take action and things happen.

So what's the last "really?" When we were two years old, if we saw a cookie jar and decided we wanted a cookie, we asked for it. It didn't matter to us what the response was. Whether the answer was "yes" or "not now, wait for dinner," we took action and reached for the jar, opened it up, and took out a cookie. If the answer was "no, not now," the adult in the room probably tried to take the cookie away from us. But if we really, really, really, really wanted it, we showed our determination and resolve the only way we knew how: we kicked and screamed and yelled. Now, when we want to show others our resolve, we can't kick, scream, and yell, which is why our parents trained us to stop at the third really.

The trick is to figure out how to demonstrate this unadulterated determination in other ways. As adult students we can show our determination and resolve to earn our degrees by scheduling homework sessions on our calendars and by turning off our cell phones and ringers and

televisions for uninterrupted homework time, or by driving to The Women's College to use the Pioneer Resource Center as our study area. We can show our determination by explaining to a family member or friend that we would love to attend their candle party, but we have a class to attend, or we have a paper to write. We can show our resolve every time we get online and sign up for those classes in the upcoming quarter.

More importantly, we can show our resolve every time someone asks how we do it and we say "quitting is not an option." We show our determination every time we say, "I will be a college graduate," or "I will get my degree." Because our words create our dream, our words create our reality. Our words come from our own personal power center. And, for each of us, our voice is our power. ■

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