

Subliminal Illness: The Unseen Power of Words in Shaping Our Health

By Dr. Yolanda Dukes, Mhyp.D., Ph.D. (PsyThD.)

Perspective Metaphysics Publishing | Article 018 | June 2025

Introduction: The Subtle Language of Illness

We all know the impact of **positive thinking** and **affirmations** on our well-being, but what about the **negative words** we hear, both from others and from ourselves? In the world of **subliminal messaging**, the language we encounter shapes much more than just our thoughts—it can directly influence our **physical** and **emotional health**.

Subliminal illness isn't just about what's explicitly said; it's about the **unseen, hidden messages** that **program the subconscious mind**. These messages can create **limiting beliefs**, **trauma responses**, or even **disease**, manifesting in the form of **physical ailments**. This article explores the power of **words**—whether negative or fearful—and their potential to create illness by programming the subconscious mind to align with negative outcomes.

1. The Power of Words: Subliminal Influence on the Subconscious Mind

- **The Subconscious Mind's Role in Health:** The subconscious mind is a **powerful** force that shapes our **reality**, often without our conscious awareness. It **takes in information** from all sources—whether we are aware of it or not—and then programs our **beliefs**, **thoughts**, and ultimately our **physical health** based on that input.
 - **Subliminal Messaging:** Subliminal messages are **hidden** or **indirect signals** that the brain processes below the level of **conscious awareness**. These can be embedded in everyday speech, media, or even self-talk. The brain doesn't reject these messages—it **accepts them** as truth, particularly when they **align with existing beliefs** or fears.
 - **The Influence of Fear-based Language:** Words that convey **fear**, **helplessness**, or **victimhood** can program the mind to align with illness. Statements like "This is inevitable," "I'm always getting sick," or "I'm not strong enough to fight this" create mental **resonance** with disease. Even the **use of adjectives** like "pain," "suffering," and "weakness" can subtly condition the mind to align with those experiences.
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2. How Words Create the Environment for Illness

- **The Frequency of Words:** Just like **thoughts**, words carry a **frequency**. Words associated with negative emotions (fear, anxiety, etc.) tend to lower our **vibration**, leaving us more vulnerable to **disease**. The **frequency of negativity** can lower the immune system's ability to fight off illness, creating an **energetic imbalance** in the body that facilitates disease.
 - **Social and Environmental Influences:** We are constantly bombarded with language, whether it's from the media, our peers, or our own thoughts. For example, **news stories** that focus on **death, disaster, or pandemics** send subconscious messages that we are **vulnerable** to those outcomes. Over time, this can affect our mental health and create a **mental association** with illness. The constant **mention of symptoms or diseases** in media programming can program the brain to **anticipate** those very conditions.
 - **Self-Talk and Internalized Beliefs:** The language we use with ourselves can have just as much of an impact. Repeating phrases like "I'm not good enough," "I always feel tired," or "I'm getting old and sick" **informs the subconscious** that those conditions are inevitable. The mind, unaware of the distinction between **truth** and **programming**, accepts these affirmations and starts to shape **reality** accordingly.
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3. Words That Create a Foundation for Illness: Common Phrases to Avoid

- **"I'm always tired":** Repetition of this phrase can make the body **accept fatigue** as a normal state. **Fatigue** is often a precursor to illness, as the body's systems begin to slow down, lowering immune function and increasing susceptibility to disease.
 - **"This is too much for me":** Feelings of **helplessness** and **overwhelm** trigger the **stress response**, which, if chronic, leads to a **weakened immune system** and various **stress-related illnesses**.
 - **"This runs in my family":** While genetic predispositions are real, this language can become a **self-fulfilling prophecy**. The belief that **illness is inevitable** due to family history can actually make it more likely that the illness will manifest.
 - **"I can't handle this":** The words of **defeat** and **incapacity** can create mental states that are more prone to stress-related health issues and chronic illnesses. **Giving up** emotionally often triggers the body to follow suit.
 - **"This always happens to me":** **Pessimistic** language reinforces the idea of being a **victim**, keeping you stuck in a cycle of **disempowerment**, making it harder to fight off illness or take control of your health.
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4. Reprogramming Language for Healing and Well-being

- **Positive Affirmations and Rewiring:** To counteract the **subliminal programming** of negative language, it's important to practice **positive affirmations** and **healing words**. Statements like "I am strong and healthy," "My body heals with ease," and "I am full of energy and vitality" help reprogram the mind and body to align with **well-being**.
 - **The Power of Gratitude:** Gratitude is one of the highest vibrational energies. Words of **thankfulness** and **appreciation** open the **energy channels**, increasing healing potential and improving overall health.
 - **Healing Self-Talk:** Replace words like "weak" and "sick" with empowering language like "I am resilient" or "I am in the process of healing." This practice helps **shift the subconscious mind** into alignment with **wellness** and **empowerment**.
 - **Mindful Media Consumption:** Be mindful of the media you consume. Avoid content that focuses on **fear, violence, or sickness**. Instead, immerse yourself in content that promotes **peace, joy, and positive change**. This helps **maintain a high vibrational state**, reducing the subconscious influence of harmful messages.
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5. The Science of Words: Masaru Emoto's Water Crystals and the Power of Language

Dr. **Masaru Emoto**, a Japanese researcher and author, conducted a series of experiments that demonstrated how **words** and **thoughts** affect the **structure of water**. His work serves as a **compelling example** of how language—whether spoken, written, or even thought—can shape **physical matter**.

- **The Impact of Words on Water Crystals:** Dr. Emoto's experiments involved exposing **water** to different words, phrases, and emotions. He found that when **positive words** like "love", "gratitude", and "peace" were spoken to water, the resulting crystals formed **beautiful, symmetrical shapes**, while **negative words** like "hate", "anger", and "fear" caused the water crystals to appear **disordered and chaotic**.
- **The Connection Between Words and Health:** Since the human body is made up of approximately **60-70% water**, the implications of Emoto's work are profound. If words can affect the **structure of water**, then it stands to reason that the language we use—whether spoken to ourselves or others—can affect our **own cellular structure** and **overall well-being**. Just as the **water crystals** responded to **positive and negative language**, our bodies may similarly respond to the vibrations of **positive or negative speech**.

- **Language as Energy:** Emoto's findings show that **words** are not simply sounds or symbols—they are **vibrational frequencies** that carry energy. These vibrations interact with the **energy fields** of living organisms, influencing their **health** and **well-being**. Negative words create a **disharmonious** vibration, while positive words create a **harmonious** one. This can help explain how **subliminal illness** may manifest in the body through **repeated exposure to harmful language**—whether through media, self-talk, or external sources.
 - **The Healing Power of Positive Language:** By consciously using **positive language**, we can influence the **energy field** of our own body and those around us. Just as water reacts to words, we can “reprogram” our minds and bodies by shifting our vocabulary from **negative to positive**, creating a **healing** and **empowering** environment both internally and externally.
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Conclusion: Words Shape the Fabric of Reality

Dr. Masaru Emoto’s research on the effects of words on water molecules underscores the profound impact that language has on our physical and spiritual health. Whether through spoken words, thoughts, or written language, the vibrations we emit can either harm or heal. These vibrations are **not just sounds**—they are **energy** that shapes our reality on a fundamental level.

The study of subliminal illness shows us that the language we use—not just what we say but also what we think and feel—can deeply influence our physical reality. **Emoto’s work** reminds us that, just like the water crystals, we can restructure our internal environment by choosing to speak words that **empower**, **heal**, and **align us** with our highest potential.

So, **what is your body listening to?** What words are you exposing it to unknowingly? Consider the language you encounter daily—from **the media you consume**, to the **conversations you engage in**, to the **thoughts you think**. Are they building harmony, or are they creating chaos within you?

As you reflect on this, ask yourself: **How can you choose words that nourish and heal?** How can you consciously shift your language to align with the life you truly want to manifest? It is not just the words of others that affect us—it is the **words we choose for ourselves** that have the greatest power to create our reality.

References:

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APA Citation:

Dukes, Y. (2025). *Subliminal Illness: The Unseen Power of Words in Shaping Our Health*. Perspective Metaphysics. Retrieved from <https://perspectivemetaphysics.net/articles/subliminal-illness-the-unseen-power-of-words-in-shaping-our-health>

MLA Citation:

Dukes, Yolanda. "Subliminal Illness: The Unseen Power of Words in Shaping Our Health." *Perspective Metaphysics*, 2025, <https://perspectivemetaphysics.net/articles/subliminal-illness-the-unseen-power-of-words-in-shaping-our-health>.

Chicago Citation:

Dukes, Yolanda. 2025. "Subliminal Illness: The Unseen Power of Words in Shaping Our Health." *Perspective Metaphysics*. Accessed February 13, 2025. <https://perspectivemetaphysics.net/articles/subliminal-illness-the-unseen-power-of-words-in-shaping-our-health>.