

## The Constructive, Destructive, And Healing Power of Language

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### ABSTRACT

The dual nature of words as both a weapon and a wound show that they are capable of inflicting deep psychological harm and offering profound emotional healing, which was explored in this paper. The study illustrates how words influence identity, shape interpersonal dynamics, and leave lasting imprints on the human psyche. It explores how words construct, destroy, and heal an individual, shaping the human experience. Hawaiian ritual of Ho'oponopon beautifully illustrate that through phrases language hold restorative capacity that foster forgiveness and emotional alignment. On the contrary, self-worth can be eroded and perpetuate trauma through verbal aggression and toxic communication. In addition, the ethical and courageous use of words as a means of resistance and moral authority was demonstrated through the Zafarnama written by Guru Gobind Singh Ji. Words are not passive tools but active agents of transformation, as explored in this paper. Therefore, by synthesizing interdisciplinary perspectives, the mindful use of language becomes necessary in promoting psychological well-being and social responsibility.

**Keywords:** *Words, manifestation, emotions, identity, healing, affirmations, power*

### ***Beyond Silence: The Healing and Hurting Power of Words***

Words play a profound role in everyone's life. We are able to verbalize our inner self, our thoughts, and our overwhelmed emotions using words to describe them. Not knowing where words can heal one's soul, they can also wound it, which can be repaired through any other in this world. Words are something that stays with one person till eternity. As to feel someone better, to describe one that how beautiful they are inside out, and when our eyes limit our emotions, then words go beyond limits. On the other end, where some words describe beauty, there are some words that can pierce your heart like a sword pierce it whose impact can't be described, which leaves scars on your soul even after getting healed. For a normal person, words are just it, but when someone understands it, depth reaches the state of ecstasy, at which we start describing them as poets, writers, lyricists, and whatnot. Their transition from ordinary to extraordinary with the power of words is blissful. Wrong words at the right time can make things worse, while right words at the wrong time can make things better that are impossible to that right. The importance of words can be just described in a few sentences, as they hold immense power and surreal thoughts that can connect us with one another. In the chaos of this world, where we only focus on the worldly possessions, when one doesn't get the materialistic things they desire, they think there is nothing they should feel grateful for. This is this thing where we feel lacking, where we fail

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to recognize the things that seem smaller for us but, in reality, are bigger beyond description, such as the ability to speak using words. Like the one who is deaf and dumb, who is unable to verbalize themselves, knows the importance of words, unlike us, who have a blessing to express ourselves, and in the end, we all what should be grateful for? Instead of crying for the losses, start looking for the blessings we have. We see words are just simple, just able to see things with the naked eyes, but in reality, the depth of the meaning of the words is like the layers of the onion, which we can't see until we start going in its layer by peeling it, like we start understanding it's meaning, the emotions that are attuned with it. Were emotions in eyes shows us the authentic emotions, our real selves, which hold purity, which can't be denied, which we need to color our life canvas but fully complete into something surreal; we need words.

### ***From Letters to Loneliness: The Lost Art of Emotional Connection***

In earlier times when there were no facetimes, no telephones, the things that were present were letters to connect with our loved ones. Nobody can ever describe those feelings that woven words with the pure emotions that a letter holds. Those words were so powerful that those loved ones never know the feelings such as emptiness, insecurities, and disloyalty as those make the unbroken bonds that stay till eternity, not like the ones in this digital era where we, despite being connected with far ones through facetimes, still feel emptiness in the bonds, which is making all of us instead of us. When talking to our grandparents about the secret behind their successful loving relationships. They laugh and say, "Words.". They say when we see each other, we just do simple greetings such as Hello, how are you doing? Those were not just words that express our emotions; they just show that they connect us even in the busiest days. But now where words shorten into hashtags, which lack emotions, which also makes your relationships shorten into yourself only leaving you alone in the whole world, where not being able to verbalize leads to overwhelmed emotions ultimately feeling of isolation, anxiety, emptiness, frustration, and depression.

### ***Borrowed Voices, Inner Echoes: Words That Ignite but Cannot Sustain***

Listening to TED talks and motivational speakers that suddenly make you feel motivated and enthusiastic, as in there is no mystery behind it, they are simply using the power of words by using the correct ones to trigger your impulse points, which you are unable to do so by yourself. This is their mastery of using words, which makes them put everyday words into such a sense that they help to energize or activate your motivational self, which makes you feel that you can conquer this world. The speaker, in an hour, engraves words in your head that its effect lets you feel that you should stand up and don't stay still; do everything that is impossible to do. But its effect is usually lessened when those words are not repeated routinely while not doing work along with reaching there. These motivational words won't let you conquer the world until those words come from yourself, not just cultivated by someone else. There should always be you who knows which words can destroy you or which can make you.

### ***Words That Weep and Heal: The Emotional Magic of Music and Shayari***

Everyone listens to songs. Songs are words that, when put into rhythm, touch our soul. Lyricists use words describing the emotions they are feeling, their overwhelmed selves, entangling themselves the blissful way by writing. Songs are something that we hear from our high days to days where we feel low. In every phase of one's life, make you feel the lyrics so intensely that every word used in the songs describes the way we are feeling, mostly in our low days, where sad songs make you feel that particular song is just for you, where you fall short for words, then the words of the songs complete you. Some songs hold

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so much purity that it makes you cry. Those were not just words; those were the emotions that can't make you stop from expressing the real you feeling. Same goes for shayari, poetry where poets, authors, and shayars describe the beauty of emotions, things that are so surreal that they are divine beyond description in a gentle, powerful way. Even though it consists of several layers that are tangled but make to entangle those with the beauty of the hidden meaning behind it, where words can kill, it can also hold the power to heal somebody.

### ***More Than Words: Language as a Tool for Healing, Identity, and Human Connection***

Language has immense power to construct social identities, social relationships, and even to shape cognitive configurations (Bloome, 2007). Language can empower and disempower, and it can demonstrate both collective identity and individual psychology (Bushardt, 2012). In the areas of work with patients (as opposed to clients) in settings like healthcare, language serves as a medium by establishing trust, developing open lines of communication, and creating productive relationships with patients (Bushardt, 2012). Words create identities, intellectual tools, histories, and institutions (Bloome, 2007). These constructions of word meanings are fluid, they can be retold and reworked (Bloome, 2007). For clinicians, words also can be used for bridging symptoms to diagnosis, as well as providing patients with emotional support, motivation, and treatment (Bushardt, 2012). Yet still, in a world of dynamic healthcare organizations and political discourse it is critical to separate fact from emotive discourse for the sake of the patient (Bushardt, 2012; Jesse, 2023).

Individuals are influenced immensely and often unconsciously by the language they speak in their mental wellbeing and life choices. Language is not only communication, it is part of self-awareness and the process of identity formation (Rahma et al., 2021). The words we decide to use will influence our mental functioning and feelings (Phillips, 2017). A word can motivate, hurt, and/or change a person's life (Rahma et al., 2021). Sometimes referred to as "talk therapy," psychotherapy involves a significant amount of verbal processing, which can result in a lasting structural and functional change to the brain (Spurio, 2015). Language use is relevant well beyond therapeutic contexts and can shape the quality and nature of any social interaction (Spurio, 2015). Therefore, having a deep awareness of our use of language is important, not simply to avoid misunderstandings, but as a potential avenue for personal change (Rahma et al., 2021). Words have the potential to become much more than just words, and while choosing words thoughtfully, they are likely to be very meaningful in nurturing mental health and emotional development (Phillips, 2017).

### ***Said and Unsaid Words: The Psychological Impact of Words and Nonverbal Expression***

Human emotions, perceptions, and relationships are profoundly shaped by the words, whether spoken or unspoken, that are the carriers of meaning, as language plays a vital role in generating experiences that can uplift or wound, connect or alienate, and heal or harm, not only acting as mere information transmission but also the psychology of said and unsaid communication. Feelings of self-worth, boosting resilience, and strengthening bonds of trust through a simple affirmation like "*I believe in you*" are undeniable powers to validate, encourage, and nurture the human psyche, whereas criticism, insults, or rejection, which are harsh words, can result in triggering shame, anxiety, and long-lasting emotional scars, as all these said words explain the explicit verbal expression. On the contrary, it can leave a space of comfort or void of neglect, which are left withheld, left incomplete, or expressed indirectly through silence—those unsaid words that often carry an equally profound impact. The absence of words and the interpretation of meaning through tone, pauses, gestures, and nonverbal cues by humans demonstrate the concept of implicit communication. A child may be unintentionally left with enduring doubts about their worth when parents fail to say, "*I'm*

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*proud of you,*” while without words, it may speak volumes more than lengthy praise only with the teacher's encouraging smile. Realms of unsaid words include body language such as posture, eye contact, gestures, micro expressions, and physiological signals such as sighs or fidgeting, influencing interpersonal dynamics more powerfully than verbal speech alone.

7-38-55 The communication model of Mehrabian states that using words as communication constitutes 7%; tone is 38%, while body language is 55%, suggesting that emotional meaning is conveyed through body language and tone, outweighing literal words in interpretation. Based on the response, either deeper empathy or relational confusion, as demonstrated when *“I'm fine”* is said by a friend without eye contact, demonstrates unsaid distress as perceived by the listener, highlighting the duality between said and unsaid and creating psychological impacts.

Psychologically, a harsh inner critic is often internalized in children raised in environments where positive words are unsaid, while those with consistent affirmation develop stronger self-esteem and resilience. Psyche interpreting holistically showed when lack of explicit verbal support acts as a buffer in environments rich in nonverbal warmth, affectionate gestures, and open presence. Emotions, information, and intent are transmitted directly by spoken words. Self-esteem can be enhanced through phrases like *“I know you can do this”* and also igniting motivation and building resilience in an individual. On the contrary, shame, anxiety, or long-lasting self-doubt can be triggered through harsh expressions such as *“You are worthless.”* Words said by significant figures like parents, teachers, or leaders are internalized by an individual, which become their core belief and result in shaping one's worldview as suggested by cognitive-behavioral theories. Adaptive schemas can be reinforced through positive affirmations while distorting one's self-perception through negative or critical words. Invisible scars can be left by said or unsaid words. Harm cannot be done only by physical actions; it can also be done by verbal bullying and emotional abuse, which can cause the same damage. In moments of vulnerability, cognitive imprints that resurface are often created by hurtful words, which influence self-worth and interpersonal trust. For years, a single derogatory statement keeps on echoing in the mind, which reinforces the internal narratives of inadequacy. Even after leaving those contexts, Children may struggle with self-esteem and regulation of their emotions who are raised in verbally abusive environments.

Spoken words act as a catalyst of healing in powerful therapeutic settings. A safe therapeutic alliance can be created by the role of empathetic and validating words highlighted in Carl Rogers' humanistic approach. It helps an individual to endure suffering by giving them a sense of purpose when words are infused with meaning, as argued by Viktor Frankl, which demonstrates words are existential lifelines, not just a communicative tool. A tapestry of human communication, identity shaping, self-concept, and interpersonal health is formed when said and unsaid words weave together. Psychological imprints can be left deeper than language itself when liberation occurs when spoken words are authentic, can be imprisoned when withheld in moments of need, are amplified by body language, or contradict or replace speech. It requires both to live consciously, such as to validate and uplift, choosing words accordingly while aligning care and empathy, embodying the unsaid words. On the contrary, language is not merely way to thrive by human psyche but intentional communication that bridges the seen and the unseen reminding the need to acknowledge the power of said and unsaid words in every domain of our lives.

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### ***The Sacred Dialogue Between Words and Water: Energy, Intention, and Transformation***

It is way of manifesting desires, wishes, outcomes using water as a medium. In this individual uses positive affirmations to manifest their deepest desires with pure intentions. Words and manifesting through water show profound relationship. As water has the ability to absorb and also showing response to individual pure intentions, desires as it is highly sensitive to energy and vibrations.

Across these diverse traditions, water is consistently viewed as sacred, serving as a means of purification, rebirth, and restoration. Water has a spiritual significance that is both timeless and universal, connecting individuals across cultural and generations through a collective awareness of its sacredness (Deming, 2024).

Basically, in this person hold glass of water in his hand or place near themselves. Then after setting pure intentions, they start chanting positive affirmations related to their both personal and professional life (such as I am wealthy, I am happy, I love myself and many more). Due to water unique property of absorbing and responding to energy and vibrations, it ultimately absorbs and respond to positive affirmations. Now the water is “charged” with those affirmations, now the person drinks this charged water, which symbolizes that individual absorption of energy and vibration of set pure intentions got into the body through the medium of charged water.

Words holds immense power which cannot be denied. Words can shape the individual’s life both in constructive and destructive way if used in proper manner. To support this statement one experiment was conducted to show the immense power of words.

### ***The Hidden Messages in Water: Exploring the Power of Words Through Dr. Emoto’s Experiment***

*“Words are the vibrations of nature  
Therefore beautiful words create beautiful nature  
Ugly words create ugly nature  
This is the root of the universe.” ~Masaru Emoto*

A Japanese scientist, Dr. Masaru Emoto in 1994 conducted the experiment. The experiment involves he took water and placed in different in bottles labeled with different both positive and negative words while some are exposed to different kinds of music and ultimately froze the water and when later examined under the electric microscope, the results were mesmerizing.

The water exposed to positive words and good music formed the exquisite hexagonal crystals resembled with snowflakes whereas the water exposed to negative words had skewed and discordant forms.

### ***Whispers of Redemption: The Sacred Language of Ho’oponopono***

The Hawaiian practice of Ho’oponopono perfectly illustrates the redemptive and transformational qualities of language. Through four emotionally loaded phrases—“I’m sorry. Please forgive me. Thank you. I love you.”—Ho’oponopono rises out of indigenous spiritual knowledge to heal trauma and bring self-processes back into flow. These phrases go beyond apologies; they are tools of reconciliation - outwardly for others, but also inwardly for the self. Ho’oponopono demonstrates how language, when used with determination and honesty, can be a tool for healing rather than a pain device. Unlike the effects of verbal

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abuse, which carve psychological scars, this practice emphasizes that the words uttered can also soothe and release fractured emotions, or re-calibrate misaligned emotional processes. Psychologically, Ho'oponopono also resonates with self-forgiveness, emotional regulation, and cognitive reframing—common practices in trauma healing. It emphasizes that it doesn't always take a huge intervention to heal; sometimes when it is whispered it will create the most significant change. In a world often wounded by careless words, Ho'oponopono teaches us the sacred responsibility and quiet strength behind what we choose to say.

### *Zafarnama: A Letter Sharper Than a Sword*

Words create destinies, challenge empires, reach into the heart of the human being. They can heal, they can hurt, they can build, they can destroy and most importantly they can convey the weight of truth so profoundly that even the heaviest weapons are pale in comparison. The Zafarnama, the historic letter by Shri Guru Gobind Singh Ji to the Mughal Emperor Aurangzeb is the profound testament of extraordinary power of words. At a time when authority was exerted through force and violence Zafarnama is a brilliant representation of how the right, spirited and courageous words can challenge injustice with strength and integrity.

Zafarnama, which translates into "The Epistle of Victory," is not merely a letter; it is a proclamation of moral courage or spiritual supremacy. With four sons gunned down in cold blood and countless Sikhs massacred by the armies of Aurangzeb, rather than to take up arms for retaliation, Guru Gobind Singh Ji chose to fight Aurangzeb through his pens that pierced through hypocrisy and held the emperor accountable. His words were crisp and unwavering. They were imbued with unshakable truth. They crashed like thunder from the mouth of a heart wounded beyond imagination, yet in all their fierce agony, they represented thrusts from an iron will. This brings forth that sometimes we do not need a sword to fight; a truthful word said or written with strong conviction can leave a deeper scar than the deepest cut from a blade.

The Zafarnama exemplifies how words can often be the greatest weapons against oppression. Guru Gobind Singh Ji never accepted injustice and instead took the pen as his sword, piercing through falsehood under the heavy weight of truth and reason. It challenged Aurangzeb with exemplary courage in condemning him for religious intolerance, political betrayal and moral cowardice. It demanded an answer far greater than any war ever has. The power invoked by these words is not in them being threatening, but merely in them being honest, straightforward and righteous.

Zafarnama also shows us the political and spiritual features of words. Regarding politics, it is a clear condemnation of the Aurangzeb's legitimacy as a ruler by demonstrating his abandonment of Islamic moral principles and his personal moral decay. In terms of spirituality - it affirmed Sikh virtues of justice, courage, and fidelity to truth. The letter was more than a critique, it was educative, it invited reflection, and showed power its own mirror. Guru Gobind Singh Ji took it to another level of sophistication in discussing the legitimacy of resisting oppression, not with further oppression but by rising above oppression with dignity and clarity.

Zafarnama will be seen as one of the most powerful historic demonstrations of how words can be tools of resistance, vehicles of truth, and agents of change. Guru Gobind Singh Ji raised his voice - not despite the violence - but to demonstrate injustice, expose hypocrisy, and demonstrate power through moral and spiritual conviction.

### CONCLUSION

Words hold immense power, as they can construct identities, dismantle dignity, and heal invisible wounds. Words carry the ability to act as both destructive and redemptive forces, showing their multidimensional power. Dr. Masaru Emoto's experiments on water give a scientific insight, exploring how even seemingly intangible expressions can affect matter and emotions at a subtle, cellular level. Ho'oponopono, which is the Hawaiian healing practice, exemplifies that words, when used with intention, accountability, and emotional resonance, lead to cleansing internal wounds and fostering reconciliation. This demonstrates how verbal expression becomes a tool for emotional regulation, cognitive reframing, and spiritual alignment using its core phrases- "I'm sorry. Please forgive me. Thank you. I love you." The letter of moral resistance penned by Guru Gobind Singh Ji, Zafarnama, illustrated the dignified power of language in the face of violence and betrayal. He responded with words that carried centuries of wisdom, ethics, and courage as he chose to respond with words rather than weapons. Notably, this paper explores that words are instrumental to change, not just mere sounds or symbols. This exploration underscores the powerful truth of words: that in a world fractured by careless speech, the mindful use of language becomes an ethical act and a path to psychological restoration.

### Future Recommendations

By integrating psychological, cultural, and neuroscientific perspectives, how language constructs, destroys, and heals should be deepened in future research. Across diverse cultural contexts, the effects of affirmations, apologies, and forgiveness on resilience can be investigated through empirical studies, while how intergenerational imprints are left through destructive communication can be examined by longitudinal research. Studying that healing power is universal or context-dependent through cross-cultural comparisons of traditions such as Ho'oponopono and Zafarnama. How neural pathways of stress, empathy, and healing contribute to language-based therapeutic models can further be clarified by a neuroscientific approach. In applied contexts, to foster empathy, accountability, and conflict resolution can be embedded by therapy, leadership training, and media communication through mindful language practices. Ethical and transformative use of words can provide timeless lessons by interdisciplinary engagement with literature, poetry, and religious texts. For psychological well-being and social harmony, harnessed responsibility is ensured through language.

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