

Make NO Declarations

Let's explore why **not making declarations** — especially negative or limiting ones — has such a profound effect on your internal state and the world you experience.

1. The Science of Declarations: Attention Creates Amplification

When you make a declaration — “It’s freezing!” “This is miserable!” — your brain doesn’t just describe reality; it *broadcasts a command* to the body and nervous system.

Here’s what happens in real time:

1. **Language cues emotion.**

The word “cold” or “miserable” triggers neural networks associated with discomfort and aversion.

2. **Emotion cues physiology.**

Your body releases stress-related neurochemicals (like cortisol and norepinephrine) that tighten muscles and heighten sensitivity.

You literally *feel colder*.

3. **Perception narrows.**

The brain’s predictive system filters for confirmation — it looks for more evidence that “it’s cold,” ignoring subtle warmth, sunlight, or comfort.

4. **The loop locks in.**

Attention + emotion = reinforcement. Each repetition strengthens that network.

So, when you declare something unpleasant, you *magnify* it neurobiologically.

Your nervous system aligns with the declaration as though it’s an order.

2. The Metaphysical Layer: Declarations as Vibrational Anchors

Words are vibrations that direct energy.

When you label an experience too quickly — “cold,” “annoying,” “difficult” — you collapse infinite possibilities into a single frequency.

The moment you define something, you limit your relationship with it.

If instead you make **no declaration**, you remain *open*.

You allow the moment to reveal its textures:

the crispness of the air, the stillness of breath, the clarity of the sky.

Discomfort dissolves into *sensation*, and sensation becomes presence.

The absence of declaration is the presence of observation.

And observation is freedom from unconscious creation.

The Nervous System Perspective: Labels Trigger States

Every declaration acts as a *switch* that tells your nervous system how to respond.

Type of Declaration	Nervous System Response	Effect
"It's cold, I hate this."	Activates sympathetic (fight/flight)	Constriction, discomfort
Silent awareness ("Ah, cold air...")	Activates parasympathetic (calm presence)	Openness, sensory richness
Neutral acknowledgment ("Cool breeze, wakeful air.")	Balanced vagal tone	Alert relaxation, gratitude

The moment we *name* an experience judgmentally, we stop feeling it directly and start reacting *to our idea of it*.

Making no declaration keeps the system flexible, allowing natural regulation and adaptation.

4. The Energetic Shift: From Control to Communion

Declarations often arise from the mind's need to control or define — to orient itself by saying "this is good," "that is bad."

But this labeling separates you from the living energy of the moment.

When you refrain from declaring, you *merge with what is*.

You experience unity rather than duality.

Cold becomes a form of aliveness.

Rain becomes texture.

Noise becomes rhythm.

This is how sages and mystics remain peaceful in all conditions — they meet life without labeling it.

5. How to Practice Non-Declaration in Daily Life

Here's a simple practice you can use to experience this shift:

1. **Pause Before Speaking or Thinking.**

When a strong impulse to label arises ("Ugh, traffic," "This is hard"), pause. Feel the raw sensation beneath the thought.

2. **Breathe Through the Sensation.**

Bring attention to the body. Where do you feel the "cold," "anger," or "discomfort"? Let breath soften it instead of judging it.

3. **Observe Without Labeling.**

Replace description with curiosity: "Interesting." "Alive." "This, too."
Or stay entirely silent — just *feel*.

4. **Let Meaning Arise Naturally.**

If you do speak, let the words come from presence, not reflex:

“The air feels sharp and clear.” — a description, not a complaint.

The vibration of neutrality carries calm energy.

5. **Notice the Ripple Effect.**

Your day feels smoother, interactions softer, and your body lighter.

You start realizing that every declaration is a seed — and silence is the fertile ground where wisdom grows.

6. The Heartfelt View

When you stop declaring how things are, you begin *feeling* how life is.

And you discover that reality, when unlabeled, is inherently peaceful.

Cold becomes clarity.

Pain becomes presence.

Everything returns to its natural harmony when we stop insisting what it should be.

“In silence, the world becomes new again.”

By making no declaration, you reclaim the energy that was bound up in judgment — and that energy becomes awareness, love, and strength.