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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

SPEAKING FROM THE HEART

By Lee Wise

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I'm sitting in chapel listening to an older man speak.

He's a seasoned pastor. The kind you would like to be by your bedside shortly after the doctor has informed you that your time on earth is limited.

Very limited.

"Doc," they call him. I listen closely to what Doc is saying. No one would call him an orator. And he certainly isn't energetic!

But he is real. As real as you can get.

As I'm listening intently to what Doc is saying, I notice something else: the other members of our audience are listening in exactly the same manner.

Older ones.
Younger ones.
It doesn't matter.
All are listening.

Intently.

WHY?

SPEAKING FROM THE HEART

I think, "Why? Why are we listening so attentively to what this man is sharing?"

I answer myself by saying,

"Because he is speaking from his heart."

He and his God have walked a long time on this earth together. He is sincere and all of us in the room can sense it.

A SIMPLE POINT

My point is simple: speaking and living from the heart is, to me, what it's all about. I can learn what to say, how to say it, how to "read" my audience, and a thousand other success tips on the art of public speaking.

But sharing with an audience — even if only an audience of one — from deep within and sharing what I hold dear to my heart is something I don't do because I listened to a taped series on the art of speaking well.

ALLOWING MY LIFE TO MOLD MY WORDS

I share that way because I'm striving to live well. I speak that way because I allow what I'm learning and value in life to mold my words.

That's great speaking — speaking from the heart!!

Reflecting on Doc's message, I say to myself: "God, give me the grace to speak like that in my life. Let my words come from a life well lived and a heart well trained in the art of loving You and others."

Speaking from the heart — a good heart — helps us in at least three important ways:

1. It helps us "connect" with people
2. It gives us credibility as we share
3. It protects us from motives which take advantage of people

THANKS, DOC!

SPEAKING FROM THE HEART

In my opinion we all need to learn from the "Docs" of the world. They are valuable people.

Thanks, Doc. I'm still trying to listen and learn. Your message got through today. My challenge will be making sure it "hits home" tomorrow and the next day.

And the next.

Lee is a Seminary administrator, has a part-time home business, and writes his own motivational mailing. You may contact him at lfwise@aol.com or by visiting <http://www.retirequickly.com/89863>.

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A Quick Tip for Delivering a Great Speech

By V. Berba Velasco Jr., Ph.D.

Does speaking in public leave you tongue-tied? Do you stumble over your words? Do you want to learn how to speak more eloquently in front of a crowd?

Here's a simple tip for getting started: Talk about something that you're passionate about.

Have you ever noticed how people sound more eloquent when they're talking about something that's dear to their heart? They speak more fluidly, and they're less likely to grasp for the right words. They also speak with more confidence, emotion and conviction. And why not? They've probably delivered great orations to themselves many times before, in the privacy of their own minds.

Speak about what matters to you. Speak about what's dear to your heart.

Of course, this isn't a magic formula for becoming a great speaker. That sort of thing must come with experience. However, if you start out by speaking about things for which you feel passion, that can help you refine your technique and develop confidence.

As with most skills, the secret is to practice, practice and practice. If you speak from the heart, then practicing becomes easier and more effective—and a lot more enjoyable to boot.

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SPEAKING FROM THE HEART

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