

How Can You Inspire When Public Speaking?

What is Inspiration? How Can Speaking Inspire?

The word inspire can be defined literally as breathe in. A secondary definition means a stimulation of the intellect or emotions. Inspiration in the latter sense could result in action of some sort. We would normally think of the creation of a work of art or a solution to a problem in this sense.

So **if you can breath**, you can create inspirational words and thoughts that can move others.

To create an inspirational speech, use timely topics along with things close to peoples hearts. This formula has helped me be successful both in my speaking and in creating my art. Can it work for you?

[Two elements needed to inspire](#) in a speech. Use these and your speeches will be inspirational.

[Are you using the inspirational elements in your public speaking?](#)

Our life force is sustained by inspiration

What's interesting about the use is the history of the word inspiration. The ancient Hebrew and Greek words for spirit were the root word that meant breath. In other words, our spirit or life is sustained by breathing or inspiration.

In the same sense, the ideas and motivations stimulated within the intellect can be in a sense breathed in, we inspire them. They are a by product resulting from our life force.

Speech has the power to accomplish this stimulation of both intellect and emotions. Used wisely and judiciously, it is a powerful tool to accomplish much good.

It is in this broad definition that the greatest potential for our speech lies. The ability to ethically stimulate the intellect and emotions to bring about positive changes in the way we think. This is a process where we in part use speech to re-write the programming in our brain or the grey matter of our listeners.

[Conversaton Starters](#) can be used to get a conversation with one or a group. You can use these to inspire your listeners. Here is an example you can use to prime your audience for further inspiration.

[A Smile](#) is communication with out speech.

It is also a primary form of inspiration. What happens when you smile at someone. They often will smile back. Why? That is the power of showing your pearly whites as a form of communication.

To appreciate the importance of smiling and how it can affect you and your audience, read more about the benefits of sharing a beautiful smile. Did you know there are different kinds of smiles? Read on.

[Anger Management](#) is possible using just words. It is even possible to help a person eliminate anger from their personality. It is done by inspiring your listener.

Where Can Inspiration Be Found?

Where do you start to write and give an a speech that will inspire. Mostly within your own life. Each of us have a compelling story about something in our life that could speak to or breath into the emotions of an audience. Inspirational words and songs are around us. Look on walls, listen to the radio.

All around you will find the material to stimulate the intellect and emotions of others.

[**Bone Sigh Arts**](#) is a look at how the art of healing is reflected in a woman's journey to find "real" as she combines watercolor and inspirational poetry. Teri creates "bone sighs" art to touch your heart and perhaps your funny bone.

[**Inspirational Quotes Cafe**](#) is the place to go if you're looking for inspiration in the thoughts and words of famous others.