

# How Does the Mind Work?

## Public Speakers, Reach and Teach an Audience Mind

### Speak Your Mind

Are you working with half a brain? If you are not using both sides it is like working with half your brain tied behind your back. Learn to use both sides to master your personal gray box.

**If you understand the mind you will better be able to reach out and touch those in the audience when you speak**

Most people are aware of the split brain concept and separate functions of the left and right hemisphere. This means we have two separate and unique computers that are networked together.

There is actually a new theory in pop psychology called the 3D-Mind. It delineates the processes through three dimensions rather than the two of left to right.

We will consider

### Memory Basics

#### Are you a Left or Right Brain Thinking Dominant?

#### Keeping up with Reading

#### Comprehending What You Read

In addition to how mental processes work, there are the mental processes like listening.

#### Listening, Does the Audience Hear What You Mean?

#### Are You Speaking to the Listening Styles of the brain?

#### Dream Management

#### Practice Safe Stress

#### When Public Speaking, Never Forget to Remember This.

Taking a look at how the mind of man works will enhance the ability to reach it when speaking. Take a short look at short term memory, both yours and the audience you will speak to. In addition to remembering, look at how the brain takes a coffee break in Suspenders and Dreaming.

**Memorable Public Speaking** To improve your memory or increase the ability for your audience to remember you will need to get the information into the short term memory. Learn some of the ways to enhance your ability to do this.

**Suspenders** These are not to keep your pants up rather to allow the listener to mentally suspend or rest. Everyone uses at least two and possibly more. They fall into two categories. This is where you will learn more about mental suspenders, what they are and how to benefit from them.

[Manage Your Dreams](#). Manage the ultimate mental suspender. Yes, dream management is not only possible, it is a fascinating way to prepare, problem solve, and enhance learning.

[Hack into Your Dreams Tonight](#). Learn the seven things to do to have total recall of tonight's dreams.

[Change Your Brain](#) This is some news you can use...Check out this blog post about the mind from **August 2006** what you can do.

### **Are You In Your Right Mind?**

Our **Left brain** is concerned or manages speaking, language, analytical, math processes, sequential order, logical order, reading, debate, linear, explicit, rational, active, goal oriented and positive thoughts and mental processes.

Our **Right brain** is concerned with motor skills, emotions, love music, problem solving, intuition, spontaneous, nonverbal, visual, artistic, symbolic, physical and playful mental processes.

People tend to have a **preferred or dominant side**. They can shift if the need arises to master the needed skills to maintain balance due to a change in circumstances.

**Men tend to be more lateralized** in the use of each hemisphere where as **women tend to perform tasks using both hemispheres**.

This is important when speaking to an audience and recognizing needs both in listening style and motivators. These two working in concert make up our mental process.

### **Minding the Storehouse of Your Knowledge**

Some areas of study to better understand the harmonious inner workings of the brain are...

#### **Reading**

[Read and Still Have a Life for Non-readers](#) How can you tap into the power of the mind in order to **keep up with required reading?** Use this simple trick I learned from comedian Bill Cosby. With this you can keep up with your reading and still have a life.

[Learn Reading Comprehension](#) This is a **Must Read** for college students and public speakers who want to keep current with their public speaking knowledge.

Reading Comprehension is an essential function of the of our mental processes. How can it be improved? This simple technique will require hard work to learn. If you invest the time you will shorten the time you take to read and increase your comprehension.

### **How the Mind Hears**

#### [Learn the Art of Listening](#)

[Are They Listening?](#) Unlike hearing voices associated with mental illness, we have inner voices. Learning to make good use of them can improve our mental function. Recognizing these voices come from two different sides of the brain can enhance our ability to turn down the sound from one side and turn up the other.

#### [Are you speaking to their listening style?](#)

[Listening Skill](#) can be learned and improved. Learn more here.

[Active Listening](#) will enhance your ability to understand and communicate. This is for speaking to one or public speaking to an audience.

[The Listening Test](#) So You Think Your a Good Listener. I Bet You Will Fail This Listening Test.

### **Practice Safe Stress**

Stress is a necessary part of life. Not that we need it to appreciate not having it. Rather it actually can help maintain and even improve health.

Getting a ticket is stressful. So is passionately kissing a lover. The increase in heart rate and respirations are the body's reaction to stress in both instances. One is fun, the other only feels better when it's finally done.

By learning what kind of stress is draining and destructive and learning to manage it will enable continued growth and development. How well you cope with it will determine your effectiveness.

As a speaker, it is important to learn to manage stress because you will some day be faced with a stressful situation. I know from experience. At my very first paid speaking engagement someone inadvertently took my outline. I had to give my entire hour long speech and demonstration from memory.

[Do you know what the basic Stress Reducers are?](#) You will have your most stressful situation some day too. It will be easier to handle if you learn how to manage stress. Learn about basic foods, exercises, and thought processes to manage stress.

We are putting together a guide of many different ways to manage stress. It is a guide to help you practice safe stress. [The Ultimate Stress Reducer](#) get the preview.

[White Noise and peace of mind.](#) One way to help with stress management is managing noise. Some people cannot help where they live. People will say that you get used to the noise of near by streets or industry.

Unfortunately noise can interfere with your thinking and memory. There is a solution. It is called white noise.

This is only some of the basics on the mind and its relationship to persuasive, motivational and informational speaking. Make it a goal to constantly feed the mind. Make it a goal to constantly grow.