

Inspirational Speaking Exercise - Psyche

Inspirational Speaking

Three Words, One Message

Introduction

This exercise introduces the basic principles of inspirational speaking. It is suitable for beginners and those wishing to build confidence in receiving and delivering spontaneous spirit-inspired messages.

Purpose

The aim is to help you trust in the inspirational flow of thought, learn to speak from the spirit within, and develop a connection to universal themes that uplift and heal.

Learning Outcomes

- Understand the foundations of inspirational speaking.
- Develop confidence in spontaneous spiritual speaking.
- Learn to structure a short message using minimal prompts.
- Deepen trust in spiritual guidance and higher thought.

Procedure

1. Prepare slips of paper with single random words (e.g., light, tree, sorrow, joy, water, courage).
2. Select three slips without looking.
3. Take 1-2 minutes to reflect silently on the words and allow an inspirational message to form.
4. Deliver a 2-3 minute message incorporating all three words, focusing on spiritual or uplifting themes.
5. Receive constructive feedback from your tutor or peers on flow, relevance, and delivery.
6. Reflect afterwards on what felt inspired and what could improve.

Reflection

This exercise builds confidence and opens the channel to higher inspiration. Use regularly and keep notes in a speaking journal to track growth.