

# The Vibrational Energy of Speakers as leaders, teachers and speakers

What is Energy? Energy cannot be destroyed or created, it can only be transformed. Energy is the vibrational frequency at which we resonate. Our vibrational frequency can be felt from a distance, over a Zoom platform & without even saying a word. In traditional Chinese culture Chi is regarded as “life force” or energy flow.

It is vital for us as speakers to understand how vibrational frequency works, prior to an event i.e. the preparation period, just before commencing speaking, during speaking & afterwards. When these elements are all aligned they result in a greater personal alignment that increases our influence and expands our brand – what we stand for.

## Preparation

When working on a keynote, it is important to look firstly at what the group needs & what solutions can you provide. By finding out more about the audience's needs, their demographic, their culturescape, their expectation, you can then dig deeper into your intuition by using stream of consciousness thinking, plotting out some basic thoughts & insights which can be structured into a framework that will be relevant, appropriate, insightful, practical & energy-shifting (for the energy of that particular group.) Many speakers have established keynotes that they repeat and there is a danger that this can result in a ritualized performance rather than a customized, current & relevant interactive experience which provides real value for the participants.

When preparing for a facilitation or speaking experience, it is important to GO WITHIN. To tap into your own energy, your own lived life experience. To do so, requires a quiet mind and not a rushed content driven creation. Sonia Choquette, author of 29 books & a remarkable global speaker says "Intuition doesn't tell you what you want to hear, it tells you what you need to hear."

"Synchronicities are not flukes or random events – they're intentional reflections of our intuition working with the perfect order of all things in the unseen world. It's why fish swim upstream, birds fly south, and bears hibernate. Everything in nature intuitively gravitates toward what best serves its growth, and that includes the human race. The only difference is that we have the choice to follow our intuition or not. So if you want your sixth sense to work, stop resisting your vibes, and change the rules you live by instead."

Because to truly create something unique & personal requires an inner journey, not just an outward research. Meditation & breathing, even for just 15 – 20 minutes, creates a re-alignment of purpose & a shift in consciousness. It is helpful to start with some questions – why is this message important to me & why will it be important for the participants. How can I make this information / knowledge really impactful? How can I shift my audience and propel them to action?

Duality in energy work is a combination of creating from the material world and creating from within our essence, our spirit energy – Jeffrey Allen, author of 4 books.

When you tap into the energy of manifestation, you tap into the energy of abundance and that is when ideas flow in a more free form. It encourages creativity & out-of-the-box thinking. This results in a uniquely personal & fresh perspective which in turn allows your participants or audience to engage in a new way of thinking. When you pivot your presentational context from customer service to customer experience at a deep energy level it allows for a unique collective experience.

ENERGY creates manifestation. In the preparation phase one can sometimes get overwhelmed by the enormity of your own big goals versus the established content in that field. But when one chooses the middle path of achievable goals aligned with big picture thinking it helps build intuitive creative thought energy.

When one taps into the energy field of what you FEEL you would like to achieve FOR your participants, you can go into a deeper level of consciousness than a more predictable cognitive process.

When you can FEEL how you want to move people, ignite understanding & build trust & insight, you start to work at a deeper level.

Sometimes this requires letting go of blockages & of fears & limiting self-beliefs (i.e. I am not worthy / "expert" enough) to step into your intuitive power & purpose. When intuition, abundance & synchronicity align, you connect deeply with your inner guide or what some psychologists & thought leaders call your "animal spirit". Once you have prepared the framework for your presentation, trial it out, see how it "fits", like a piece of clothing you like. Is it too tight, too baggy or does it "feel right."

## Before you speak

Before you speak it is important, not to just prepare your voice as many established speakers do, but to get into what athletes call "the zone" & many thought leaders on energy, such as Steve Kotler, author of 9 books, call a state of FLOW. Flow follows focus. Passion matters because that's where we pay attention & Flow drives performance & creativity. That means tapping into your essence, your source – whatever that may mean to you. For some people it is science, God, Buddha, Jesus, Source. But in neuroscience it encompasses tapping into a divine intelligence that is beyond words or phrases, that operates at a level of frequency and not vocabulary. When you go to source, you experience every event as a unique opportunity to impact the world. When you enter a state of flow, you know that there will be – as Dr Joe Dispenza, author of 3 books, a world-renowned neuroscientist says, no mistakes, only learnings.

That allows one to enter the material world prepared & open to working at a heart level, prepared to NOT be attached to outcome but only to the manifestation of an opportunity and a curiosity to learn & grow.

## As a Speaker

Before you commence speaking, PAUSE & breathe. Absorb the energy of your audience, of each participant & their collective energy. In doing so, you will be aligning with the group energy but you will also be getting their attention. Look at the audience in the eyes as a collective & look at the eyes of a few of the audience to resonate with their vibrational frequency, to be aware of it rather than absorbed by it. Your role may be to raise the vibrational frequency of the group. That means you have to keep vibrating at your own frequency in alignment of purpose, yet being aware of the shifting energy in the room or on the screen. First impressions do count. You only get 3-5 seconds to make a first impression so professionalism & credibility are important and the first thing an audience will pick up on is a calm preparedness. However, when you wear something that makes you feel professional, comfortable, something that captures your unique identity, it aligns with your own self-perception & that builds courage & clarity. You know that you are there for a reason & that you as the messenger have something valuable to share.

The most impactful speakers often start with a personal story that creates resonance with the audience. The late Judith Glaser, author of 5 books, a thought

leader on Conversational Intelligence, unlocks that there is a dashboard of trust that needs to be built with your audience. When you share something of yourself, something vulnerable, something honest, you unlock permission in them to feel, not just to hear.



When you reveal a personal journey, you position yourself as a human being, a fellow spirit at the same level as them. Beyond man or woman, beyond job title, beyond degrees. It is that heart energy rather than cognitive expert knowledge that moves an audience.

An academic can be informed by charts & graphs, but they are moved by the emotion and the symbolism & the meaning that you extrapolate for them. When you translate that meaning and that symbolism into an interaction, a co-collaboration with their hearts & minds takes place. That is when real shifts in learning take place.

True Learning does not come from listening but from doing. Manifestation does not come from "wishful thinking" but from taking action in alignment with vision but without attachment to outcome.

When you take your audience on a journey of the soul you arrive at a very different destination. When you engage with your audience using all of your senses, not just your voice, you engage at a deeper level.

So when you pause and engage with the audience in a facilitated conversation with their heart & where they are at, you elevate yourself from a speaker to an agent of change.

When you challenge your audience to engage with themselves in a playful, curious, engaging way you allow them to speak to themselves. You create courage to drive action & change, whether it be self-belief or an intended activity that is different to past programming or patterns.

Because as Jim Rohn, author of 27 books, says “Motivation is what gets you started. Habit is what keeps you going.”

When we step onto the stage of speaking, we are stepping onto the stage of LIFE. Our spirit is not in our body, our body is in our spirit. It is merely the manifestation of who we are.

That is why participants will easily FEEL who is “performing” and who is “being.” Being themselves, being a medium for the message.

As Dr Michael Beckwith, author of 17 books, often says “Life happens:

- TO YOU
- FOR YOU
- THROUGH YOU; or
- AS YOU

When you are integrated in your masculine & feminine energies, you operate at a higher level of consciousness as is shown in David Hawkins', Map of Consciousness. That alters our vibrational frequency.

## Map of Consciousness

Developed by David R. Hawkins

The Map of Consciousness is based on a logarithmic scale that spans from 0 to 1000.

Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Carl Jung spoke of the power of the masculine and feminine and even holds that the soul of a man is feminine (Anima) and the soul of a woman is masculine (Animus), suggesting that to become whole, one is required to embody the opposite. Each wisdom tradition, throughout the ages, values this integration, the coming together, the unification of the masculine and feminine, and suggests that if we are too far in either end of the polarity, something in us gets disconnected. If we move too far toward the masculine, we often do damage, are over aggressive, and don't listen. Our expression becomes dominant, excessive and rigid. We become over controlling.

In leadership, as in speaking, a healthy masculine and a healthy feminine are both needed. A healthy masculine embodies enough of the feminine such that it can express the beauty or upsides of the masculine. The masculine is the impulse of change, evolution and freedom. It is constantly looking for movement and to achieve something meaningful. It can be firm without being rigid; provide direction without control, and be direct and clear without being closed.

A healthy feminine embodies enough of the masculine such that it can manifest its beauty. The feminine feels at home in a relational context and in fact grows through inclusion and connection. Intuition is a spontaneous emergence of this energy. It can be open without being flaccid, yielding without acquiescing, and fluid and flowing with enough intention as to facilitate transformation. Both a healthy masculine and a healthy feminine are crucial to effective leadership and can come in many forms and expressions. Whatever the form or manner, together they embody the best of leadership.

You will know when you have moved people & when you have moved people to action. Some of the most powerful global speakers seldom use slides. They are more than their content. They facilitate their audience to dig deep & to come out the other side a different person.

They embrace their vulnerability, their wisdom can be felt. "Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage" – Brené Brown, Professor & author of 6 books.

Robin Roberts, author of 13 books, says "Make your mess your message." Vulnerability allows people to move from fear to destiny. As Lisa Nicols, a powerful global speaker & author of 6 books, says "The true essence of life is living in duality – simultaneously embracing your magnificence & your dysfunction or shadow."

When we as speakers allow the world to see both our light & our shadow, we give others permission to step into their light AND embrace their shadow. As Mira Nair, the famous film producer & author of 3 books, says "Educate yourself with humility. Create a space of trust. Every scene has to open the wonders of the heart. If you don't tell your own story, no-one will."

Finally, the deepest level of trust between a speaker and their audience is built through collaboration & interaction.

When we speak to uncover the collective spirit of the audience & to unlock the individual collaboration of both mind & heart, we shift something in the collective energy of the room. We transform from speakers to curious listeners, from performers to engagers & in doing so, we will forever be remembered.

If we prime for interactions, we prime for trust. That is the magic of facilitative speaking.

That is where the magic begins.

## INBETWEEN SPEAKING

When we present as speakers, we present ourselves to the world in a calculated, prepared way, even when we speak from the heart.

However, when we LIVE IN FLOW, we merely see our speaking as an extension of who we are and how we live.

Everyone has known the feeling of being present. Babies and toddlers live there almost constantly. Great performers work in this state. Great athletes win in it. Great teachers teach in it. Every great communicator speaks from this place.

It is when fully present that we do our best work and make our deepest impression on others. In her years as an acting coach Patsy Rodenburg, a New York theatre coach & the author of 8 books including "The Right to Speak" and "The Need for Words," has discovered the secrets to the elusive quality actors call "it".

There are three basic ways human energy moves between people and you can be in any one of the 'three circles' in any situation. In the first, your focus is purely inward – you can come across as bored, dismissive or self-absorbed. In the third, all your energy is moving outward – you can come across as performing, aloof, theatrical or staged. In the second you are utterly focused and in the moment, you give energy out and you receive it. You communicate spontaneously and listen well, you are generous and people are generous in return. And by working on your breath, posture, voice, language, listening skills, focus, courage and trust you can access the second circle on a daily basis. Your work, relationships, spirituality and passions will all benefit.

## Three Circles of Energy

As part of her work, Patsy devised the three circles of energy when it comes to presence



- Focused on self
- Voice falls back and becomes quiet or monosyllabic
- Focused on the past
- Low Energy
- Can feel victimised (Not my fault)



- Focused on self
- Takes up energy in the room – very commanding
- Focused on the future
- Controlling
- Attention on themselves
- High Energy



- Focused on the other person
- Connection
- The give and the take
- Intimacy
- Social

Mihaly Csikszentmihalyi, Professor of Psychology & author of 26 books, talks about when you fully express who you are, you are calmed by the river of passion & of peace. That may sound simplistic, but the neural pathways & the chemistry of the brain proves to be utterly altered in this flow state.

When Sky Nelson-Isaacs, a physicist, writer and speaker talks about synchronicity, the theory of a LORRAX process (Listen, open your heart, reflect, release expectations, act, repeat) is made far more powerful by his personal story-telling of a camping trip with his daughter than any theoretical analysis.

“Your own words are the bricks and mortar of the dreams you want to realize. Your words are the greatest power you have. The words you choose and their use establish the life you experience.”

The challenge for us as speakers, is therefore not only to speak from a state of flow but to live in a state of flow.

To know that we have a purpose that is bigger than who we are, a voice that is greater than that which is in our throat and in our body, and to live a life in which we live our brand every day, not just on the stage of an event, but on the stage of life.

**Reference Material:**

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Mihaly Csikszentmihalyi - <https://www.authentic happiness.sas.upenn.edu/faculty-profile/mihaly-csikszentmihalyi-phd>

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