

# DO YOU HAVE WHAT IT TAKES?

(To Jumpstart your Brain with Endless Energy)

*Monthly Series - October 2017*

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## “YOUR VOCAL VARIETY”



“Watch your tone”, you often heard as child.

Those were the words of a wise parent or grandparent who had learned from life’s experience that a positive tone will open doors of opportunity while a negative tone of impatience, anger, or arrogance will close that same door.

I have learned that It’s not “what” you say but “how” you say it that touches the heart and minds of others.

Following an inspirational seminar, a young participant asked an internationally known speaker how did he develop the ability to express his thoughts in a variety of tones and pauses with great emphasis on key words that inspire his audiences over and over again. The passionate speaker replied “I don’t have an answer for you. I have never thought about it.”

In the next moment I found myself speaking up because the internationally known speaker had inspired me as well. His voice spoke to the depths of my heart, soul, and mind.

My inner voice would not allow me to be silent and urged me to share what I felt and observed.

“You see”, I began, based on research and studies, I believe it all begins in your amazing brain (your 100 billion neurons). Your amazing brain has the ability to store decades of memories. It not only stores your memories with descriptive actions and images, it stores your emotions at the time as well.

Therefore, when you recall an event or person that impacted your life, your various emotions of joy, jealousy, excitement, disappointment, acknowledgment, relief, regret, happiness, sadness, fear, encouragement, anger, gratefulness, depression, nervousness, confidence, anxiousness, paranoia, and many more of the 300 universal emotions are recalled to make your memory complete. Your emotions (stored in the limbic system of your amazing brain) then connect to your memory of the tone associated with your emotion at the time of the event. As you share your story or make a statement, you subconsciously recall your event as well as your tone and any background noise or music when describing your meaningful experience. Your amazing brain does an excellent job of replaying your memory, pleasant or unpleasant. Remember your first dance or date (the place, images, and your favorite song). Remember, the song and images of a home going service for a loved one?

With events that impact your heart, soul, and mind come the images and the emotions which create voice variety when sharing your story or making a statement which connects you to a past experience.

I encourage you this month to remember it’s not “what” you say but “how” you say it that creates vocal variety in your story or statement of request.

Your vocal variety can inspire or discourage. Your vocal variety can open or close doors of opportunity.

The choice is yours. I encourage you to learn from your past memories and responses. It's not "what" you say, but "how" you say it!

To learn more about your amazing brain, read "How the Brain Learns" (David A. Sousa), "The New Science of Learning" (Terry Doyle and Todd Zakrajsek) as well as the "Good Book" which discusses the power of the tongue and a reminder that there is nothing new under the sun.

Have a great month of change!

Contact Marcia today to share your story and encourage others!

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