

AUDIO TRANSCRIPT – Perc-U-Lating Power – 08/21/1993

Original concept, written and delivered by Sheryl Roush, DTM

©1993 Sheryl L. Roush. All rights reserved.

Brought to you live from Toastmasters International's 62nd Annual Convention, August 16th through the 21st, 1993, in Toronto, Canada.

Our speaker is recognized as an experienced entrepreneur, author, speaker, and transformational trainer.

She has created five businesses since the age of 16, all in the field of communications.

Internationally recognized for her expertise in newsletters, she has authored two step-by-step workbooks.

She has also produced video and audio programs on self-empowerment and newsletters.

Seminars and training include keynotes and convention breakout workshops and inspirational public presentations.

Areas especially include newsletter workshops, communication skills, and transformational empowerment.

She is the speaking coach for U.S. Olympic athletes in San Diego, California.

Today, she shares with us *The Magic of Having Passion & Purpose in Life*.

The title of her presentation, **Perc-U-Lating Power**.

Please help me welcome Sheryl Roush.

* * * * *

Imagine if you will ... that this room is filled with energy.

As you breathe, you breathe in that energy.

Imagine that the energy flows from side to side right here – between you – and through you.

And imagine that this power percolates.

Imagine as if you were drinking a cup of coffee.

Some of us need it first day in the morning. (LOL)

< prop: Toastmasters coffee mug >

Then imagine that maybe this is where you get your power from.

But what if you were to choose that power from exactly working in this room?

And imagine that the power comes from deep within you. And instead, it's an inspiration.

Focus your energy. Bring all of your individual energies together right here.

Right here. And imagine it just coming right into this cup.

And imagine that the percolating power – that you have is right here before your eyes!

< prop: flame explodes from cup >

This is the type of power that you have within you!

I share with you a message today of passion and purpose.

How many of us in here would like more passion in our lives? Say “yes,” ... or “yes!”

I will share what passion has meant for me in my life and how I have discovered it so that you, too, will become more passionate in everything in your life.

I also believe that we have a purpose in life. And that purpose is like an inner guidance within us. When we tap in and we listen to it, that purpose rises up.

With that “percolating power” supporting it and it brings it out and gives us guidance in what we ought to do in our lives.

Think of the hobbies that you have – the things that give you personal fulfillment – like this organization.

The other hobbies that you might have – if there's any extra time. (LOL)

And the commitment that you have for it, the fulfillment that it gives you deep inside.

You see, when we live our life, our office, and we live with a passion deep down inside of us, magic happens in our lives.

Think of a time in your life when you felt fearless and all-powerful.

It might be when you charged into your boss's office that day and you said, “I deserve a raise.”

And he looked at you and said, “You're right. You do.”

And you knew that no matter what you asked for, that it was within your grasp, that it was yours.

Can you picture that in your mind? If not, make up one. (LOL)

You see, because you have the ability, that “percolating power: inside of you, to have whatever it is that you dream of, whatever it is that you want.

So what is “passion?”

What is passion? Tell me. What is passion? Shout it out.

< Audience responses >

Love.

Exuberance.

Excitement.

Doing something with your life.

Energy.

Configuration.

Life.

Energy.

Commitment.

Flow.

Enthusiasm.

Belief. It's believing yourself.

You see, a passion is like a charisma that we all have.

“Charisma” means that it is “inspired from the spirit.”

And each of us has that spirit inside of us.

We inspire that charismatic character in every person that we meet.

But what's interesting is that we can't see it in others unless we first see it in ourselves.

You see, everything in our experience is like a mirror. What we put out is reflected back to us.

If you want more love in your life, put more love out. Because it will come back in.

If you want more trusting relationships in your life, become more trusting.

And others will trust you, and you will trust others.

It's a beautiful process how this all works. And the “percolating power” from deep within you knows the truth. It knows your life's purpose.

You see, I believe that we each have a unique situation for us.
That we are given special talents and gifts.
An act for communicating. A message of leadership.
That each of us, while walking this planet, is destined to find that “life purpose.”

It's a pleasure to work with U.S. Olympians.
But you know what gives me an even greater pleasure today?
Is working with the AIDS Foundation – training their Speakers Bureau.

Four years ago I lost my best friend to AIDS. He was faithful to his wife. Never took drugs. He received the HIV virus through a blood transfusion when he had hepatitis. And he was in the military. It didn't seem fair. Patrick then went out into the churches and spoke from the pulpits. He went into the elementary schools to share the message of AIDS awareness. When Patrick died, he left his wife and four-year-old daughter behind him. And what touched my life about his purpose is that even when he could not walk, even when his body had deteriorated so much, he was still out speaking and making a difference.

I took a look at what was my purpose in every speech that I gave.
I believe that as thinkers and as communicators, we are messengers.
And that any time that we give a presentation, we're here to make a difference.
How can we make the planet better for the words that come out of our mouth?
How can we make something better, something different?
To inspire a child, to elevate their self-esteem, to make a difference in a senior citizen's life by being kind to them.

What I learned from Patrick was to stop, take a look at the words that were coming from my mouth, and instead to turn them around and to really make a difference. I thought, how can I do this? How can I make a difference?

Right about that time, a fellow member called and said, we need someone to train the Speakers Bureau.
“It’s volunteer .. would you be willing to do so?” I said, “You bet I will!”
Say yes to opportunities like that.

Think of an opportunity right now in your life that you want to say yes to. Grab it in your hands,
and on time three, we'll say “YES” to it.
Envision this, what you want to do. One, two, three. “Yes!”
It's as easy as that.
Dreams come true by the awareness of them, by determining what it is that we want to do with our lives.

What is passion?

You can take a look at the word and as it breaks down: P-A-S-S-I-O-N.

Basically, it means to “pass-I-on.”
To be who you are, to pass who you are to every person that you meet and greet.
In the elevators, in the hallways, standing in line at the lunch table. “Pass I on.”
To be who you are.

There are some natural characteristics in which we are passionate beings.

(visual aid)

P
A
S
S

I O N

The “**P**” stands for **playful**.

We are playful in nature. See, I believe that deep down inside of this adult body, we have an inner child. There's a kid inside that wants to get out and play.

The P in passionate stands for playful. To be more playful in our life experience.

Sometimes as adults, you know, we get a little serious. Time to lighten up!

The “**A**” stands for **artistic**.

You see, each of us is an artist in our own right, whether it be music or painting or singing.

We all have special gifts that are unique into ourselves.

The first “**S**” stands for **sensitive**.

We are very feeling, very caring people.

We are born with that sensitivity, and we learn more about how to be more sensitive as our life goes on.

We learn compassion. We have a true sense of giving.

Sensitive is also where our life purpose comes from in service, in serving others.

We put our egos aside and we can truly be there for someone else in their time of need or to help them celebrate a great experience that they've just had.

The second “**S**” for **secure**.

Remember how I used the example of trusting yourself and trusting others?

When you feel secure about yourself, there is nothing anyone can ever say to you to make you lose your power or to give up on yourself. When you are really, absolutely secure in yourself, you trust yourself to your core. That is feeling “secure.”

The “**I**” stands for **imagination**.

Think of a child.

How many of us have children in this room? How many of us are children in this room? (LOL)

We are taught that as children, imagination is powerful.

We see imaginary friends. We hear voices speaking to us.

Then as adults, they lock us away if we claim that we still do those things. (LOL)

But the imagination is so powerful.

The imagination is like your creative power in you to create whatever your dreams are.

What are your visions? What do you want in life?

We combine it with everything else here, and there's nothing that can stop us. Nothing at all.

The “**O**” stands for **originality**.

You know that the person sitting in your chair right now is the only one like it in the world?

And we have a grand organization here, and you are still absolutely original.

Absolutely. Every speech that you give is yours. Every time you open your mouth, the words are yours.

It's your message. It's your life. You are original in every... form, shape, thought, and energy pattern.

The “**N**” stands for **now**.

As the child in you knows to live life in the present, perhaps we can awaken the adult to that.

To have the playfulness, the passionate self, the limitless self, to be here and now.

Instead, we look at our watch, we think, okay, what time is this going to be over?

What time is lunch? What's for dinner? How do you change the diapers? Whatever. We forget to be here now.

Instead of changing the diapers, pick up that precious child and acknowledge how beautiful that child is.

You see, remember that the life reflects everything that we put out.

It's reflected back. When we see beauty in a child in our arms, we identify with that little child inside of each of us that never grew up. And it's a good thing he or she didn't. We tend to take life a little bit seriously.

Remember the story of “Pinocchio?” *Pinocchio*? It's a Walt Disney Fantasy. There was a woodcarver by the name of Geppetto, and he created a little marionette that he named Pinocchio. Now, Pinocchio had a challenge in life. You see, the blue fairy appeared one night. Geppetto had wished upon a star, and he wished that his little marionette would become a real boy. Geppetto didn't have any children.

He wished upon the star, and overnight, the blue fairy appeared and said, “Your wish has come true,” and Pinocchio turned into a real boy. Well, almost a real boy.

He needed to prove himself to be trustworthy, brave, and unselfish.

Isn't this what we teach our children today?

That was his challenge. To become a real boy, he needed to prove that.

Well, as the story goes along, you know that there were challenges for both Geppetto and Pinocchio, especially in the whale of the mouth at the bottom of the ocean.

Well, when they combined their teamwork, and they realized that they were unselfish, then the Blue Fairy had granted the wish, and Pinocchio became a real boy.

Another story that I'll share with you, any Star Trekkies here, any Trekkers?

Yes, *Star Trek: The Next Generation* is so powerful for the messages that it brings.

For those of you not familiar, there's an android in the program.

His name is “Commander Data.”

Now, Data... being an android he's very pale and skinned and kind of yellowish, greenish kind of eyes.

Extraordinary, intense physical strength, intelligent.

He can hook up into any computer and things are just coming up on the screen faster and faster and faster and he's telling the computer “Faster, faster, faster,” he wants more “Input, input, input.”

Well, Data can hold all of that.

But you see, Data's wish, like Pinocchio's, was to become a real human being.

Data couldn't feel... feel what other people are feeling. He's very logical.

So he walks through the process in a left-brain fashion.

Now, in the observation from the other members of the crew, they realize that that's probably one of Data's greatest strengths. Is it because he's not a real human being and he needs to take a look at different things that he looks at life with a “childlike curiosity and wonderment?”

Just like the children in our lives and the little kid inside, perhaps being more present in the now, that we can have the curiosity of that child and start asking why.

Why does the wind blow the leaf across the field?

Stop and watch the daisy as it opens first thing in the day.

That child-like curiosity and wonderment is the PASSION of the child inside of you.

Unlike Pinocchio and like Data, we are real.

You see, in our dreams and their dreams, their wishes do come true.

And each of us has that “percolating power” inside of us.

And when we listen to the purpose in our lives and that inner guidance, and we put together with it the feeling, the emotion, the joy, the happiness of the past and inside, MAGIC occurs.

Use that “percolating power” inside of you...

Capture the essence of passion -- with the playfulness the sensitivity -- and be who you are -- be the real person inside

and hold on to those wishes ... wish unto the star ... because wishes do come true!

(singing)

When you wish upon a star ...
it makes no difference who you are...

when you wish upon a star

your dreams come true

When you wish with hope and joy
dreams come true for little girls and boys
just like little child inside of you...

Let the magic of your dreams come true..

Let the PASSION in your life shine through!