

Free Informative Speech Example

This is the text of what I actually said. See the notes accompanying the audio about why the actual speech differs from the detailed outline.

Note also that this is not an example of beautifully written text meant for reading- Mark Twain agrees (see his autobiography) that what reads well on the page may not sound good aloud, and vice versa.

This text and the rest of my 6 step process for writing an informative speech can be found at <http://pulsemad.org/public-speaking-help.htm>.

“Yin and Yang” (6-8 minutes)

(When I come up front, I’m wearing sunglasses that have yin yang symbols taped onto them. I put my visual aid up as I’m speaking, acting as if everything is normal) Thank you. Good evening everybody!

I’m going to tell you tonight about yin and yang. And the first thing you need to know is it is not [YAYng], it’s [yong] – that’s how Chinese people really pronounce it.

And you may be asking yourself, there’s something strange about this guy’s appearance- he’s pretty short! (pause) No, it’s his glasses- why is he wearing those weird glasses? Well, I came to tell you tonight that yin and yang are simply another pair of glasses to look at the world through.

Yin and yang- what I’m going to do tonight is teach you some things, but I’m also going to reward you with chocolate- Can anybody, without me even explaining anything to you, give me an example of yin?

Audience1: “Female.”

(distributing chocolate) How about yang?

Audience2: “Male!”

Ok we got female, male – what else?

Audience (Scott): “Black and white.”

(pause) Which is which?

Audience (Scott): “You choose.”

(laughter) Alright, I can see that we have some confusion, so I will teach you.

Audience (Scott): “Do I get any candy?”

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No. No. Maybe later. Try again. Yin is dark, female – there's nothing sexist about that, it's just the way they categorize it – dark, passive, no motion, no sound, this is yin, ok? Yang is your speaker who had too much Red Bull, driving fast, listening to death metal, running, most sports are yang... sitting and listening to an orchestra play- that's yin. Ok, can you think of any more examples of yin and yang?

Audience (Scott): "How bout an example of yang being a Porsche?"

Versus...?

Audience (Scott): "A Yugo."

Ok, I'll give that to you. It's not always the case the yang is cooler than yin, but in this case it is. And right now... usually when people speak, the speaker is more yang than the audience, but in this case, the audience is pretty yang, pretty active, pretty loud, that's good! That's good. We got 'energy' flowin'.

The next thing you need to know about yin and yang – (pointing to visual aid yin yang fish symbol) This is a tai chi tu... T-U... and the reason that it's made like these little fish sorta deals is that they can transform into one another. Extreme yin can transform into extreme yang, and extreme yang can turn into extreme yin. For example, when you overwork, what's going to happen?

Audience 4: (inaudible)

You'll burn out, and then what? You go to sleep. Yin. Extreme yang turns into extreme yin. You can't avoid it. You can't always work, you can't always stay awake –Here's a perfect example- my chemistry lab partner recently decided to stay up for 48 hours to do his homework, and what happened is he came to class to take an exam, and halfway through the exam he left the class, and I didn't even realize, I was focusing on my test. So I went after him after the test, and he was in the health clinic, and he didn't remember where he was, he didn't remember where he lived or anything - his brain wasn't working, his brain had become yin- there weren't even enough yang processes going on in his brain for him to even remember where he lived. Extreme yang can turn into extreme yin. Can anybody else think of any examples like that

"The ocean tides- they go in and out."

But how is one transforming into one another?

"They do."

Ok, I'll take that.

"The sun and the moon."

Yes, that is probably the most basic example. That was good, I think you get two. Basic is good in philosophy- in culture it's bad. If I speak too long, and I'm too yang and you're yin for too long because you need to do some more yang stuff, your mind will start to get restless – yang- you might yawn, and you'll want me to sit down and be yin- so that's why I'm involving you.

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Fine, we know what yin and yang are- we know that they can transform into one another. You sleep too long - that's yin - you're going to have to get up at some point - that's yang.

So how do we apply this to real life? This is like a macrocosm thing- you can get into the micro level and Western medicine does that really well. You can get out your microscope, you can look at the cellular level that's fine- but that doesn't tell you how you should live your day, how you should shape your week, and so on.

One of the most basic ways to apply this is to look at the seasons. In the summer, there's more yang, the days are longer, we're more active, you can take advantage of some of that yang and do more stuff, but you don't want to burn out, so you need to be conscious of that and if you do too much balance it out- relax, listen to some quiet music. We naturally do this- when it's hot out (yang) we turn on the air conditioning (yin), we drink iced drinks (yin)- we balance these things naturally- it's obviously an accurate concept.

Even organizations need to go back and forth with this- there's a time for growth, which is yang, and a time for consolidation which is yin relative to growth. And that's the other major thing you need to know about yin and yang, that they're relative.

Audience (Teresa): (sneeze)

Bless you. So right now Teresa has a virus in her nose, and her immune system has become active or yang in response to it, and she's got all this mucus produced, which is yin, and her body is using her lungs to force that yin mucus out into the napkin, so that's yang pushing yin mucus out – isn't that beautiful?

There's a yin and yang flux to our relationships as well. Sometimes there's sex, sometimes there's not. Sometimes you have sex, sometimes you snuggle. Snuggling is yin – What, Larry? You never snuggle? What do you think snuggling is, Larry, yin or yang?

Audience (Larry): Yin!

Ok. (giving chocolate) I got you- you're worried about Teresa's virus.

So these are natural cycles, yin and yang, we use them to balance ourselves, and now I have been yang long enough. It's time for me to be yin. Thank you for listening.

END