

# The Top Five Purpose-Full and Spirit-Syncing TED Talks

## 1

### Jill Bolte Taylor: My Stroke of Insight

[http://www.ted.com/talks/jill\\_bolte\\_taylor\\_s\\_powerful\\_stroke\\_of\\_insight](http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight)

Jill Bolte Taylor got a research opportunity few brain scientists would wish for: She had a massive stroke, and watched as her brain functions – motion, speech, self awareness – shut down one by one.

4:48 **"And in this moment we are perfect. We are whole, and we are beautiful."**

8:08 **"And I look down at my arm, and I realize that I can no longer define the boundaries of my body. I can't define where I begin and where I end, because the atoms and the molecules of my arm blended with the atoms and molecules of the wall. All I could detect was this energy. And I'm asking myself, "What is wrong with me? What is going on?" And in that moment my left hemisphere brain chatter went totally silent."**

14:50 **"I felt enormous and expansive, like a genie just liberated from her bottle. My spirit soared free like a whale gliding through a sea of silent euphoria. Nirvana. I had found Nirvana. And I remember thinking there's no way I would ever be able to squeeze the enormosity of myself back inside this tiny little body."**

## 2

### Brené Brown: Listening to Shame

[http://www.ted.com/talks/brene\\_brown\\_listening\\_to\\_shame](http://www.ted.com/talks/brene_brown_listening_to_shame)

Brené Brown is a Vulnerability Researcher discovering through study and her own personal breakdown, that vulnerability is the birthplace of innovation, creativity, and change.

3:37 **"I learned something hard about myself, and that was that, as much as I would be frustrated about not being able to get my work out to the world, there was a part of me that was working very hard to engineer staying small – staying right under the radar."**

4:41 **"Vulnerability is not weakness. I define vulnerability as emotional risk, exposure, uncertainty. It fuels our daily lives. And I've come to the belief – this is my 12th year doing this research – that vulnerability is our most accurate measure of courage – to be vulnerable, to let ourselves be seen, to be honest."**

19:19 **"If we're going to find our way back to each other, vulnerability is going to be that path ... And if even if you got as perfect as you could and as bulletproof as you could possibly muster, when you got in there – that's not what we want to see. We want you to go in. We want to be with YOU and across from YOU. And we just want, for ourselves, and the people we care about and the people we work with, to dare greatly."**

## 3

### Amanda Palmer: The Art of Asking

[http://www.ted.com/talks/amanda\\_palmer\\_the\\_art\\_of\\_asking](http://www.ted.com/talks/amanda_palmer_the_art_of_asking)

Musician Amanda Palmer explores abundance and fearlessly giving and receiving in a passionate talk about the lessons she learned as a street performer, including the connection and relationship between artist and audience.

- 1:26 **"So I had the most profound encounters with people, especially lonely people who looked like they hadn't talked to anyone in weeks, and we would get this beautiful moment of prolonged eye contact ... And my eyes would say, "Thank you. I see you." And their eyes would say, "Nobody ever sees me. Thank you."**
- 9:36 **"And through the very act of asking people, I'd connected with them, and when you connect with them, people want to help you. It's kind of counterintuitive for a lot of artists. They don't want to ask you for things. But it's not easy. It's not easy to ask. And a lot of artists have a problem with this. Asking makes you vulnerable."**
- 12:23 **"But the perfect tools aren't going to help us if we can't face each other and give and receive fearlessly, but more important, to ask without shame."**

## 4

### Benjamin Zander: The Transformative Power of Classical Music

[http://www.ted.com/talks/benjamin\\_zander\\_on\\_music\\_and\\_passion](http://www.ted.com/talks/benjamin_zander_on_music_and_passion)

Conductor Benjamin Zander has two infectious passions: classical music and helping us all realize our untapped love for it – and by extension, our untapped love for all new possibilities, new experiences, and new connections.

- 0:11 **"Probably a lot of you know the story of the two salesmen who went down to Africa in the 1900s. They were sent down to find if there was an opportunity for selling shoes, and they wrote telegrams back to Manchester. And one of them wrote, "Situation hopeless. Stop. They don't wear shoes." And the other one wrote, "Glorious opportunity. They don't have any shoes yet."**
- 17:05 **"If you thought, 3% of the population likes classical music, if only we could move it to 4% – how would you walk? How would you talk? How would you be? (But) If you thought everybody loves classical music – they just haven't found out about it yet. See? These are totally different worlds."**
- 17:53 **"I realized my job was to awaken possibility in other people. And of course I wanted to know whether I was doing that. And you know how you find out? You look at their eyes. If their eyes are shining, you know you're doing it ... if the eyes aren't shining, you get to ask a question. And this is the question, "Who am I being that my players' eyes aren't shining?"**

# 5

## Adam Leipzig: How to Know Your Life Purpose in Five Minutes

<http://tedxtalks.ted.com/video/How-to-Know-Your-Life-Purpose-i;search%3Aleipzig>

So what do you do? Adam Leipzig, movie producer and founder of the Los Angeles Theatre Center, looks at an easy and purposeful way to answer that sometimes difficult question.

- 1:10 " 'I feel as though I've wasted my life and I'm half-way through it.,' they said. 'I don't know what my life is all about.' ... and 80% of them were unhappy with their lives. Who WAS happy – the 20%? Well, we had studied literature and Renaissance rhetoric. We were the theater people and history geeks. We had studied classes for the joy of learning, not because we thought they were going to direct us to a specific job. We still got jobs. We were living our lives expansively ... and we did not feel that we'd wasted a single minute."
- 3:44 "I know some people who have spent their entire lives trying to learn their life purpose. And, look, we can all agree that the unexamined life is not worth living. But if all you're doing is examining, you're not living."
- 7:40 "One of the most difficult things that happens when you meet people for the first time is that they ask you this question, 'So what do you do?' And if you're like some of us, that's a really challenging question sometimes ... Here's what you do ... (explain) how what you do, changes the people you do it for."

**See the TED Talk videos at:**

**<http://jjthelifecoach.com/top-five-ted-talks>**