

## I Speak Too FAST!!!

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By Jade Joddle

Hey guys! Speaking too fast. This is actually one of the most common questions I get asked: “What to do about speaking too fast? Help me, I’m like, nobody understands me.”

So first I want to make a difference between two kinds of speaking fast. The first kind of speaking fast is articulate, eloquent, quick, clever, mercurial—of the planet Mercury. And this kind of person comes across as...very well, is perceived to be intelligent, in command of language. It’s a good thing; they need to do nothing about speaking quickly.

The other kind of person who speaks fast is like: “Oh my God! Did I tell you about that? Oh, what was I doing? Um, yeah, so anyway, like, do you know that? Oh my God, bla-bla-bla-bla-bla blah.” Like, just speaking fast, disconnected, jumping from one point to the next and plus, if they’re speaking a second language—for example, they’re not a native speaker of English—they’re going to be really hard

to understand, because they're jumping from one thing to the next, so they're hard to follow, anyway; plus pronunciation might not be that precise, because they're just like...their tongue is going like: bla-bla-bla-bla-bla blah...a million miles an hour.

So this video's really tips for the second kind of person. And that describes an ungrounded person. What is an ungrounded person? It's someone who's energetically not in their body; they're up there and they're flying around with the faeries. So the ways for you to get back into your body, if you are an ungrounded person, you're probably not going to like, and you're probably going to say, "I haven't got time for that!" And these are the kind of things you avoid doing, because, without realising it, you like that ungrounded feeling, because it feels fun and, to you, it feels exciting and, you know, you just don't have THE TIME!...to be grounded. So, yeah, it's not something you give time to.

But if you were to give time to it, you might find that you didn't start so many projects and then not finish them; you might find that you didn't live in such a messy, chaotic environment; and you might find that you weren't losing things all the time. Some ways that people get ungrounded are to be on...to be dieting a lot makes you ungrounded. Also, just say, generally, just being out of touch with

your physical body, being out of touch with nature and the rhythms of nature, are the main things that make you ungrounded. But certain people have a tendency to be ungrounded anyway.

I do have a tendency to be ungrounded. But, for the last...at least the last two years, I've been making a conscious effort to bring more and more grounding into my life, because I need it. Because if I'm not grounded, then I'm just like moving there, moving there, moving there, moving there, and it causes a lot of disruption; and it's like actually quite hard to be living through constant ungroundedness.

So, I'm just going to give you some suggestions of things you can do. In summer, it's a lot easier to stay grounded, because basically it means just get out into nature, get your shoes off, walk on the grass barefoot, walk on the beach barefoot, and swim in the sea or in the river whenever you can. Just get out there and be touching nature, touch trees, spend time just sitting in nature.

In winter, it's not so pleasant to take your shoes off and walk around on the grass, depending where you live. So you have to do other things. What I mainly do in winter is use my stones. I've got this big stone here. It doesn't really matter what stone it is. Mmmm....actually, it can matter what stone it is. So just pick

a...just pick a heavy-looking nice bit of stone from somewhere in nature nice that you go to: use that as your grounding stone. And give some time in your day to just sort of laying down or sitting down relaxing, having, just holding that stone. And you can keep your attention on the stone, if you want. Don't have to do anything, just sit there with your stone.

Another thing you can do is have salt baths with like some nice rock salt, or, if it's not too expensive where you live, Himalayan salt would be the best: and just relax there in the bath for a while.

Generally speaking as well, just tidy up your house. Keep your house as tidy, as clean, as you can.

Cook soup regularly. So if you can have soup with potato or lentils in, or...vegetables like carrots, vegetables that come from the ground. These are going to be earthy for you. And better if you don't mix up the soup: you just have, eat the soup with some chunks in it. Not as all your food, but just as, you know, have something in there a day. And if you can make that soup yourself: cut up the vegetables, be practical with your hands: that also helps a lot for grounding.

What else? I just want to be sure that I've covered the things that I do... Oh yeah, one nice thing that I do—I think this is probably the best thing for outside grounding—is make fires in the winter. So if you can go to a natural place and make a fire and just sit around the fire, that's great. What we have is a...we have like a barbecue thing that we take out, and we make a fire in the barbecue. So we're not starting the fire on the floor. And we sit outside. Because in winter, it's not always pleasant to actually be outside and stay there, because it's too cold. But when you've got a fire, you just, you don't feel uncomfortable, so you can stay for a long time.

One last point: unfortunately, I'm not able to do it here, but taking saunas is very grounding. Here, it's not so easy to go for a sauna. But if you can take a sauna, that's really, really good for you.

So if you think about this, the things I've said, you might say, "Oh, I haven't got time to do that." Well, the thing is: if you give time to grounding, you somehow create more time in the rest of your life. You're not rushing around so much; things get done without wasting time. So I think it's really important, and you should give it a try for your life. Come back down; stop floating around up there;

come back down into your body. It's good for you; it's good for your voice; it slows you down and it makes you more coherent.

So thank you for watching! What you can do now is have a click on these similar kind of videos that you might like. So until next time, see ya later! Bye-bye!

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