

257. Be Positive

<https://teacherluke.co.uk/2015/02/10/257-be-positive/>

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Hello!

You're listening to Luke's English Podcast, and I hope that you're feeling good about yourself and feeling good about the world because that's the sort of mindset that you should have really in general. If possible, you should try and maintain a positive outlook. You should try to be an optimist, if you can. It's always good to look on the bright side, try to remember that the cup is half full, not half empty.

Do you know that expression? You know, the cup is half full or the cup is half empty, which is just another way of saying, you know, "if you believe that the cup is half full, then you are an optimist and if you see the cup and consider it to be half empty then you are a pessimist." To be honest, any cup, unless it's in some kind of vacuum, is always one hundred percent full. It may be fifty percent full of H₂O, of water but the remaining part of the cup is not empty I mean, there's always air in there, there's, you know, all the molecules or stuff that you get in there. So, it's completely full. Unless, somehow you manage to get the situation where you put that cup or that glass into a vacuum and you manage to find the exact fifty percent spot within that cup and you've managed to measure the surface area of the inside of that cup and then you manage to perfectly dripp, you know, tiny amounts of liquid until you reach the perfect fifty fifty ratio inside the cup, then, I suppose then, you can that it's half full because in a vacuum there's literally ... yes! OK.

I don't think we're supposed to think so in depth the mouth expressions like this: are the cup's half full or the cup's half empty, that kind... I don't think we're supposed to really think too much. But sometimes I can't help it to be honest.

Anyway, you are listening to LEP, I hope you're feeling positive. You should be because here's another episode of the podcast if that is reason to be positive and why not? If you need an excuse to feel good about yourself, then why not use this as that excuse?

Here it is, another episode of LEP for your listening pleasure brought to you by yours truly Luke Thompson and that's right, I'm the guy who does this podcast. If you're new to the podcast then welcome. I know that I've recently probably had a few new listeners coming on board, for example, maybe as a result of being entered into the Macmillan dictionary award competition again for the fourth year running. Usually when that happens, a few people come and check out the website. they click on the link from the Macmillan site and then they have a look for the first time so if you are brand new to this podcast then you're welcome. There are lots of things for you to check out in this free service. You can, well, I obviously, of course I recommend that you visit the website which is teacherluke.co.uk, I always say that but really because the website provides you with an accompanying service to this audio download.

You could just listen to this and just, you know, just listen to it. I think that's what most people do based on the statistics I get in terms of visits to the website and listens to the podcast, most people, I think, just listen to the podcast which is great but there is lots of stuff available for you as well on the Webpage including things like transcripts and little questionnaires and polls and other things like that and a whole archive of every single episode of the podcast so far as well as other stuff, lots of other content that you may not be aware of. If you go to the website and you click the "all episode" archive you'll see a big list of every episode that I've ever published along with some other extra bits and pieces including unique audio recordings that I've done for the website, videos, written blog posts and other stuff so you might want to check that out.

I did recently do an episode called "welcome to LEP" and "16 things you should know about LEP" that is number 251 and if you're new to the podcast, well, check it out. Have a listen to that and it will tell you most of the stuff that you need to know about being a listener to LEP.

It's pretty straightforward really. All you need to do is just listen to the show, listen to it regularly, just engage with it, try and follow what I'm saying and just... just let me take you on a little audio journey. Listen to every single episode from beginning to end, I recommend you do that, and also I recommend you listen to episode more than once because that's a good way of just getting the language deep inside you head.

You also need to activate the language as well, whenever you, you know, pick up new words and things, I mean, on one hand it's just engaging with me and listening to this and trying to focus on what I'm saying, that obviously will have a knock on effect which is that you'll acquire the language in a sort of general passive way, you should try and activate language that you're learning as well by doing speaking, doing writing and things like that. One of the ways you can do that is to write comments on the page and pretty much every single page of my website has a box at the bottom where you can add your comments and there are forums as well on the website where people are sharing information, sharing skype, contact details so that they can find their skype friends online and then, you know, get together and have conversations online. Skype is an incredible thing, the Internet, I mean, I don't need to say, it's an amazing thing and we should all be making the most of it as much as possible so, anyway, welcome to any new listeners. I hope that you explore this service and get the most out of it, I hope you manage to take advantage of everything that's available to you here.

06:19

All of the old listeners, now I call you "old listeners", I mean, you may not be old, I know that some of you are really quite young but I say old, I mean, long term listeners, let's say hello! And welcome back to another episode. I wonder if you've been waiting for this one, I wonder if you have... I get the impression that some of you have, from comments I've read, things like "where's the next episode, we're waiting!" Well, here it is! It's actually happening right now! Of course it's a busy time, the university semester has begun again and I've loads of classes there and also up to my ears in my work which is coming from various different directions, I'm not complaining! no, no, no! of course I'm not complaining but I am saying that it means that I have to manage my time. I don't always get the opportunity to sit down and record podcasts whenever I want.

At the beginning of the year I had a bit more free time and therefore I was a bit more productive, I've said this already, I'm sure I have, in recent episodes, oh! that was my phone –I should put that on silent so it doesn't disturb us– yes, you know that I've got work and stuff like that which is great. It helps to put food on the table, you know, I'm sort of bringing some... I'm not the breadwinner in this household, let's not go into that but I'm certainly helping to put food on my table, paying the bills, all that kind of things, bringing the bread home, literally, I mean, I did that today, went to the bakery, "the boulangerie", and I picked my baguettes, walked home.

I'm living the Parisian dream, I really am, the Parisian dream, which is of course the fact that you can just walk around in very nice clothing, you can proudly go out in your best clothing, parade

yourself around the place, sit in cafes, discussing life, the universe, everything, drinking coffee and smoking cigarettes, that seems to be a Parisian person's hobby, it's to sit around smoking cigarettes, flicking the cigarette into the street which I think it's a sport that the French could try and get introduced into the olympic games, the cigarette flick because they would be very good at that, very accurate, they manage to flick the cigarette across the pavement into the gutter of the streets and the target of course is to flick the cigarette into the running water which sometimes runs down through the gutters of the streets here in Paris and it's a bull's eye if you manage to flick the cigarette into the water and then you can, you know, sit there while you watch the cigarette but get washed away by the water but it's perfect really. That's the Parisian dream, you sit there and you eat cheese and you drink wine and just look at other people walking around the city and you know, judge them, haha, that seems to be the way it goes, it's great, I'm getting used to it, I'm gradually becoming more and more accustomed to life here and it's very nice, very comfortable, you know, I'm settling in quite nicely, thanks very much. Some people ask me "how long are you going to be here?" and "when are you going to go home home Luke?" because we've had enough, we're tired of you", no! They don't say that of course, but they... but people do sometimes say... What are you doing? What are your plans? Are you going to stay here forever? No idea, at this point, no idea, who knows? We will just have to see but you know, who can account for the directions that life will take you in? To an extent I'm going with the flow here and who knows, I might end up in France for a long time, we might go back to London, it's something we talk about a lot, going back to London and finding a way to live in the city again, who knows we might live somewhere else, we might move to Australia, Canada or any number of countries, the future is, the future is open, is yet to be written, that's the beautiful thing about the future, we can make it, we can create the future ourselves, we can. We don't know what's going to happen but we can try, you know, push ourselves in certain directions, it's exciting, don't you think? Don't you think the possibilities, all the possibilities for the future are just almost endless, you can just... you know, if you put your mind to it you can pretty much achieve whatever you want, I believe that. I think that if you are driven enough and motivated and you work hard enough and you're organised, I think that you can do whatever you want to do, I told you, didn't I? At the beginning of this episode that you should be positive when listening to LEP and I'm just trying to, you know, inforce, reinforce that feeling because when you're learning English, when you're learning a language, and in fact when you're just moving through life in general it's very important to stay positive, don't let negative thoughts drag you down, life's too short, OK? Remember that, when you're just out and about doing your business, just, you know, responding to all the challenges that life throws at you in its various ways.

Remember to stay positive, you know, try and keep a happy outlook because, you know, it could be worse and I honestly believe that if you try to remain positive and try and see the good things in what's going on around you, actually you're more open to opportunities and you're more likely to get opportunities, to actually get the benefit of opportunities. If you walk through life all negative, assuming that everything is bad, then whatever you do will end in failure or embarrassment or something, then you're just going to miss so many things so I think really what you're going to try to do is be positive, don't worry about making mistakes, just consider that, consider that to be part of the learning process and remember that when you're older and you look back on the moments that you're having now you won't regret the things that you do I think, I mean, obviously it depends on what you do but generally it's the things that you don't do that you regret, you know? You regret the things that you didn't do, you know, you think "why didn't I talk to that girl? why didn't I give her my number? What's the worst that could've happened? Or why didn't I go for that job? Or why didn't I, you know, why didn't I do that risky thing that I stopped myself from doing? Because ultimately I think what we're scared of is making ourselves look stupid in front of other people. I've read somewhere that one of the things that people care about the most is the way that other people see them. Now, that might sound a little bit, I don't know, sort of selfish or self oriented or something but I believe that there's a lot of truth in it, if you think about yourself, be completely honest with yourself, what is it that stops you doing the things that you really want to do? 11:27 What is it that..what's that voice that tells you "no, you can't do that, no, you'd better not do that. I think it comes from within yourself, now you might try and say it comes from an outside source like it's always, you know, my family judging me or the restrictions that've been placed on me by other people but really I think those are just excuses that we make for ourselves and ultimately we are the ones who are driving our futures, we are the ones who are in control, we're in the driving seats, we are not passengers in our own lives, we are seating in the driver's seat so ultimately it comes down to you and the good thing about... I don't know why this has become a self... self help podcast, doesn't it, this episode? Just randomly but it has, this is what we're talking about so we're going to keep pressing on, what I say, you need to be in the driver's seat of your own life because on one hand, the risk is if you go out of your way, out of your comfort zone to do something and it doesn't work then you are going to feel bad because you feel responsible for yourself, you know that you can't blame it on anyone else but if you're sort of strong enough and you've got the mental determination, then even when things don't work out you don't beat yourself up about it, you know?, because you know you're giving yourself a chance. No one else really cares, it's all about the way you judge yourself so don't beat yourself up if things go wrong even though you

may be the one responsible for it you just have to try to see it as a learning opportunity and realise that ultimately, you know, you can determine your state of mind. I remember once realising something, I was just walking down the street and I realised something about the idea of regret, OK? Now, do you ever have those moments when you just sort of, I don't know, just like little moments in your life where a thought suddenly occurs to you, it could be when you're lying in bed trying to sleep or you know, getting in the bus or in the shower in the morning. Suddenly a thought just comes into your mind and makes you feel bad like it could be something you did or didn't do and you think "oh God! why did I do that? or "why didn't I do that?", that's that feeling of regret, of thinking "I wish that I hadn't done that". Now, regret is only something you have in hindsight, it's something you... you experience when you look back on something, OK? And... and I was thinking about this and I thought: "well, if I go through every moment in the present, now if I go through every moment thinking "I'm not going to regret this, I'm not going to regret whatever I do right now, I know that I'm doing the best I can and I have no reason to regret it" and in a sense you're... you're securing your future, you're preventing those moments when you look back with regret because when that does happen you realise "oh well, there's no reason to regret it because I was just doing my best and in fact I was just doing what was the right thing to do at that time. So for example if you spend the afternoon sitting on the sofa watching crap TV and eating ice cream and you feel bad about it, I would say "don't feel bad about it, just choose not to" and in fact say to yourself "I'm just giving myself a day off, I'm eating some ice cream, I'm watching a bit of telly, OK? Because that's what I've chosen to do at this point and I'm not going to regret this because I chose to do it." Do you see what I mean? It's a sort of a way of reassuring that you don't regret things in the future but also it just makes you try to... try to do things now that won't lead you to that moment of regret, yeah? Ok, alright. Now, I'm not one of these self help gurus, you get these professional people who kind of talk about this stuff forever, that just go on and on and on about all this self help stuff. I'm not a self help guru but that just suddenly occurred to me, I don't know how quit, I ended up at this point in LEP, this episode but it seems the overriding point here is that you should try to be positive, OK? This is the positive, optimistic introduction to this episode, I'd say the introduction's been seventeen minutes. Anyway, anyway, anyway, OK.

So I started recording this episode today because I knew that some of my listeners might be waiting for another episode to appear and I had a little bit of time so I thought "ok, I'll switch on the recording equipment and I'll start saying some stuff. I don't really have a specific agenda for this episode so this is all kind of just coming from the top of my head really, which is fine because I think some of those episodes are very popular ones, the ones where I don't prepare

anything, are usually quite... quite popular, aren't they? Now, I could've done... I've got a lot of episodes lined up, things, ideas that I've had that are half formed, slightly like partially prepared episodes which I could tell you about but actually I'm not going to but I've got some half prepared stuff but I didn't have time to go into those and like, work on, you know, preparing them and everything and then recording and I didn't have time so I thought that I would just switch on the microphone and just record some stuff and I've, you know, I have made a very quick list of things that I'm going to mention but this is rather random and unplanned episode which does happen on LEP from time to time because of my working and schedule, that's right! I did say schedule, not sketch, I've been through that before. Sketch, American English, schedule, British English, yeah, there you go, so, of course, of course it's schedule, although many people in the UK say schedule as well so... more people say sketch to be honest but I'm staying true to my roots and I'm saying schedule. Ok, so I'm going to go through this list of general stuff, first item of the list: be positive! Ok? I've just added that in there now, be positive, don't worry, be happy, look on the bright side, always look on the bright side of life, the cup is half full, in fact, the cup is one hundred percent full, either with a liquid, probably water or just air, OK? Because we're t hand, if you don't see it or hear it, how can you be absolutely certain that is happening? Well, to be honest, how can you be certain that anything is happening? Because, I men, we trust our eyes and ears and our senses, we trust them to be telling us the truth about what's going on in the world not... the cup is not in a vacuum. You know those... you know lots of these questions and sayings like the cup is half full or the cup is half empty, "If a tree falls in the forest and there's nobody there, does it make a sound?", which is meant to be one of those sort of conundrums which is impossible to answer and you know, the logic being, well if there's no one there to hear the tree, how can we say for certain if the tree made a noise?, I mean, if you don't experience something empirically, you know, first hand. What is it that..what's that voice that tells you "no, you can't do that, no, you'd better not do that. I think it comes from within yourself, now you might try and say it comes from an outside source like it's always, you know, my family judging me or the restrictions that've been placed on me by other people but really I think those are just excuses that we make for ourselves and ultimately we are the ones who are driving our futures, we are the ones who are in control, we're in the driving seats, we are not passengers in our own lives, we are seating in the driver's seat so ultimately it comes down to you and the good thing about... I don't know why this has become a self... self help podcast, doesn't it, this episode? Just randomly but it has, this is what we're talking about so we're going to keep pressing on, what I say, you need to be in the driver's seat of your own life because on one hand, the risk is if you go out of your way, out of your comfort zone to do something and it

doesn't work then you are going to feel bad because you feel responsible for yourself, you know that you can't blame it on anyone else but if you're sort of strong enough and you've got the mental determination, then even when things don't work out you don't beat yourself up about it, you know?, because you know you're giving yourself a chance. No one else really cares, it's all about the way you judge yourself so don't beat yourself up if things go wrong even though you may be the one responsible for it you just have to try to see it as a learning opportunity and realise that ultimately, you know, you can determine your state of mind. I remember once realising something, I was just walking down the street and I realised something about the idea of regret,OK? Now, do you ever have those moments when you just sort of, I don't know, just like little moments in your life where a thought suddenly occurs to you, it could be when you're lying in bed trying to sleep or you know, getting bus or in the shower in the morning. Suddenly a thought just comes into your mind and makes you feel bad like it could be something you did or didn't do and you think "oh God! why did I do that? or "why didn't I do that?", that's that feeling of regret, of thinking " I wish that I hasn't done that". Now, regret is something you have in hindsight, it's something you... you experience when you look back on something,OK? And... and I was thinking about this and I thought: "well, if I go through every moment in the present, now if go through every moment thinking "I'm not going to regret this, I'm not going to regret whatever I do right now, I know that I'm doing the best I can and that I'll have no reason to regret it" and in a sense you're... you're securing your future, you're preventing those moments when you look back with regret because when that does happen you realise "oh well, there's no reason to regret it because I was just doing my best and in fact I was just doing what was the right thing to do at that time. So for example if you spend the afternoon sitting on the sofa watching crap TV and eating ice cream and you feel bad about it, I would say "don't feel bad about it, just choose not to" and in fact say to yourself "I'm just giving myself a day off, I'm eating some ice cream, I'm watching a bit of telly,OK? Because that's what I've chosen to do at this point and I'm not going to regret this because I chose to do it." Do you see what I mean? It's a sort of a way of reassuring that you don't regret things in the future but also it just makes you try to... try to do things now that won't lead you to that moment of regret, yeah? Ok, alright. Now, I'm not one of these help gurus, you get these professional people who kind of talk about this stuff forever, that just go on and on and on about all this self help stuff. I'm not a self help guru but that just suddenly occurred to me, I don't know how quit, I ended up at this point in LEP, this episode but it seems the overriding point here is that you should try to be positive,OK? This is the positive, optimistic introduction to this episode, I'd say the introduction's been seventeen minutes. Anyway, anyway, anyway,OK, so I started recording this episode today because I knew

that some of my listeners might be waiting for another episode to appear and I had a little bit of time so I thought “ok, I’ll switch on the recording equipment and I’ll start saying some stuff. I don’t really have a specific agenda for this episode so this is all kind of just coming from the top of my head really, which is fine because I think some of those episodes are very popular ones, the ones where I don’t prepare anything, are usually quite... quite popular, aren’t they? Now, I could’ve done... I’ve got a lot of episodes lined up, things, ideas that I’ve had that are half formed, slightly like partially prepared episodes which I could tell you about but actually I’m not going to but I’ve got some half prepared stuff but I didn’t have time to go into those and like, work on, you know, preparing them and everything and then recording and I didn’t have time so I thought that I would just switch on the microphone and just record some stuff and I’ve, you know, I made a very quick list of things that I’m going to mention but this is rather random and unplanned episode which does happen on LEP from time to time because of my working and schedule, that’s right! I did say schedule, not sketch, I’ve been through that before. Sketch, American English, schedule, British English, yeah, there you go, so, of course, of course it’s schedule, although many people in the UK say schedule as well so... more people say sketch to be honest but I’m staying true to my roots and I’m saying schedule. Ok, so I’m going to go through this list of general stuff, first item of the list: be positive! Ok? I’ve just added that in there who know? Maybe your ears are wrong, maybe you’re not seeing correctly or hearing correctly, maybe you’re hallucinating, maybe your sensory system is malfunctioning and you’re... you’re seeing and hearing things not as they are, who knows really, who knows? Let’s... you could use the scientific approach to answer this question which would be to look at the evidence that we’ve got about the world which is when trees fall they make noise, I mean, everytime we test that, every time it’s done in front of a tree and listen to the sound you hear a noise and you know, all of the tests that have previously occurred that that’s what will happen next so going to assume that even if you’re not there, the tree makes a noise so that’s one thing, we can theorise that, yes! If a tree falls in the forest and is no one there it probably still does make a noise. We can’t be a hundred percent sure but based on previous data it seems that the tree is probably going to make a noise. Now, the other thing is, my personal opinion is that... ok, alright, here is another version of this. Now in fact the tree when it falls... Okay, it’s not the tree that’s making the noise, is actually your ear that’s decoding the way that the environment is affected by the falling tree. It’s your ear that interprets this disturbance as noise so in fact there does need to be an ear in order to, in order for there to be noise. You know what I mean? OK, so when a tree falls, it disturbs the what? is it the molecules in the atmosphere? the air? all the molecules in the air are disturbed as the wave that passes through them all and that

wave hits your ear and vibrates the bones inside your ear and those vibrations are converted into brain waves, you know? electric signals in your nervous system and your brain registers all of that as noise and we hear it, in our ears or in our minds as sound, sound of a tree falling. But really that's just the sound waves moving through the air. So if there's no ear to pick up those waves then there's no, see what I mean, there's no noise. Still not exactly the answer to that problem, is it? what do you think? if a tree falls in the forest does it make a noise? I want you to let me know what you think and what do you think about my slightly half baked theory about the idea that there needs to be an ear present. In fact if you are not there, then it doesn't make a noise because there is silence unless there is something to actually decode the information as a noise. I hope this is making sense, it should do. It makes sense to me. It's just that maybe I'm not able to communicate it quite as clearly as I would like and it's rather a complex philosophical conundrum. What's that word? conundrum. What's that word for say... hold on.. this specific word that goes with these philosophical ideas that are kind of impossible to solve. Like you know, the statement "I'll always lie and that's the true". That's the kind of thing I'm talking about. "I'll always lie and that's the truth". Now, if you always lie that means that you are lying now which means that you don't always lie which means that you always tell the truth and if you always tell the truth that means that you are telling the truth now and if you are telling the truth now it means that in fact you do always lie and then we go round and round in a circle so what's the word for that? I know that some of you know, leave a comment under this episode of the podcast but I mean... I'm using the word "conundrum" which is like a puzzle, an enigma, a mystery, a brain teaser, a riddle, a problem, that sort of thing that your brain struggles to deal with. that kind of thing, but... there's one specific word that goes with that thing, I was lying, that's the truth. I don't know why but my brain is stuck, it's funny, difficult to think of that word. Let me have a look at the thesaurus here. let's see if I can find the equivalent word, the word I'm looking for... No! I can't find it. If you know what I mean... let's see if the word comes to me during this episode but if you know what I mean, then leave the word in the comment section of this podcast episode teacherluke.com.uk. What's the word for a philosophical conundrum? I think that has no logical answer. Like For example, I was there and that's the truth, is he lying or not? We don't really know and the idea is "if the tree falls in the forest, does it make a noise? it's not a fallacy because a fallacy is something that is not true, is something that seems to be true but actually isn't. Anyway, I just googled "if the tree falls in the forest and there's no one there, does it make a sound?" and it ended up in the guardian's website and there're a bunch of comments, loads of comments that relate to this ethical philosophical conundrum. So if a tree falls in the forest and nobody's there, does it still make a sound? and we've got things like "well,

it depends on what you mean by sound? the air waves would still vibrate but without an ear or listening device to receive them there would be no sound. That's what I was trying to say! That's what I was trying to say earlier on! That one was sent in by someone called Alan Fraser, from Darlington in England and Ronaldo in London in the UK says: "sound is something within human experience or animal experience. Outside of that it's just air or whatever the other medium. For example, it could be water, it's just the air vibrating." So if someone is there to hear it it makes a sound, if not it causes rapid movement of particles in the air. so I think that's the answer! if a tree falls in the forest and there is no ear there, either a person's ear or an animal's ear, it doesn't make a sound. BOOM! Next question! Next question! Ok, here is another one that buddhist monks who are meditating try to think about all the time and the question is:"you have to try and imagine what is the sound of one hand clapping." What's the sound of one hand clapping? The idea is the sort of the sound of nothing. Or is it? Because what is the sound of one hand clapping? I'll show you: "is this!" There you go, that's the sound of one hand clapping in itself. Does that work? That does count as an answer? I don't know if that counts as an answer. Anyway, that's the sound of one hand clapping. Or the other sound of one hand clapping is this. Because what I'm doing is, I'm leaving my left arm still and my right hands clapping against my left hand so that's the sound of my right hand clapping. You know what I mean? the right hand is moving, the left hand is not doing anything, the right hand... mmm that's not really good enough. Or the sound of one hand clapping is silence! because... of course it's silence! Because there's nothing for that hand to clap against so... this is the sound of one hand clapping, ready? that was it! that was sort of sound of the air going. That was the sound of one hand clapping. There you go! There's another one. I wonder if those buddhist monks in tibet would like me tell them. Maybe I can go and visit them in. GUYS! IT'S OK! break off the meditation, I got the answer. No, it's OK, don't worry, I'm Luke from LEP, I just... I've got something to tell you! Hello? Wake up! Can you wake up please? Yeah, look, you want to know the sound of one hand clapping? I've worked it out! I googled it! This is it!OK? right, you can go and do something else now. I'm sure you've got lots of other things to be doing. You just had to try and work out the sound of one hand clapping first. Oh! Sorry! you want me to go away? you want me, Ok, that maybe would happen if I attend the meditation session. Obviously. I'm not sure if that is the same kind of conundrum. I think that's just something to help you meditate, something to help you think of nothing in particular. Anyway, there are others, like for example "How long is a piece of string?" which is ... do you now that phrase? how long is a piece of string? which is the sort of the answer that you give when... it's a bit like saying "well, it depends... OK. Let me try to think of a good example of that. How long is a piece of string?

Well, how long is a piece of string. Ok, it's like the response that you give when someone asks you a question and the answer is really not clear or it depends. So it's the equivalent to saying "well, it depends on the circumstances. It depends on the context." So for example, how much money can we make from this investment in the next twelve months? Well, how long is a piece of string?" You know what I mean? Meaning it depends on the market... it depends on... the market... it depends on the market, haha! It depends on the nature of the market, it depends on the condition of the market, it depends on the liquidity of the market. So you don't know then. No, we don't know." There you go. But that thing, how long is a piece of string? it's just a rhetorical question which means: "well, that depends" the answer could change depending on factors. But I've got the answer to how long is a piece of string, it's twice the length from the middle to the end, OK? there you go, it's twice the length from middle to the end, that's how long it is, is not a very satisfying answer, I realise that, but it's an answer of sort. I think I'm more satisfied with "if a tree falls in the forest and there's no one there, how do we know if it makes a noise, I think that may be the one that we actually answered. anyway, that's not what this episode is about, it's not about philosophical conundrums and brainteasers although that would be a very good episode, a future episode of LEP, don't you think? Brain Teasers and riddles? I think that's a really good idea, brain teasers and riddles, OK, I've noted that down and that's going in my list of future episodes which maybe I will achieve in the next one hundred years, we will see, I've got a huge list of these things I've written down and, see, if was to do brain teasers and riddles as an episode I need to... Don't you think I would need to prepare that somehow? I need to go and search for some really good riddles, I need to find them all and then really what would be best is if I could try and solve the riddles myself live on the podcast. The thing is that I'm a little bit worried that I wouldn't be able to do it, that I'm too stupid. I'm concerned that I'd go through every riddle and I would be too thickheaded to be able to solve any of them and you would all be listening to it because I know that you're all super clever people, you must be, because you listen to LEP, right? You are clearly some of the brightest and best that we have in the world. You'd probably be listening to it, thinking, you know, it's clearly, you know, it's clearly the wind or whatever, you know. So I might to make a fool of myself. What I need to do is get a bunch of riddles that'd be good that I know the answer to so I don't look stupid and then find some people who are slightly less intelligent than me and then ask them the riddles and see how they deal with them and then at the end we can all feel smug and self satisfied in the knowledge that we knew the answers all along. Or, or, I could get some riddles that I can't answer and I get some intelligent people around me and we talk about the riddles and try and solve them but that's going to be difficult because I don't know any genuinely intelligent people,

which is kind of a joke because I obviously know lots of intelligent people. Ok then. Are you alright? Are you still listening to this? It's not going anywhere this episode really. Although I do have a list of things I wanted to mention but I hope that you're still listening and you're not going to go: "I had enough of that." How much you pay for this service? It's a free podcast so you're getting what you paid for then. Good. Alright. So, first thing, be positive! just have a good positive outlook on life. In fact what you can do is to start being positive, leave a comment on this episode of the podcast saying something positive. You just pick anything, as long as it's a positive statement and you can pre-phrase it with the word, with the phrase "this is my positive statement" if you need to, if you want to contextualise it because you know, some people might read the comment and say "why are they all writing these things?", because I asked my listeners to do it. that would be the reason. So, other thing on my list, the Macmillan competition which I keep going on about all the time, I hope that you're not, OK, too fed up with that one. Why would you be? Really, why would you be? I don't know. Voting closed yesterday, I've got no idea how well or how badly I did in the voting this time. Thank you very much if you did vote for me. I appreciate deeply. If you didn't vote for me then fair enough, it's a free country I suppose, depending on which country you're in, and depending how you define the word "free." Or indeed how you define the word "country". Anyway, in my mind you're free to do whatever you want, but if you did chose to vote for me, then thank you very much, I appreciate it. The results will be released in a week's time and then we'll see whether I'm going to have the opportunity to add another award badge to my website and whether I can feel, you know, satisfied that I'm doing a good job, people are happy with me. But as I said I've got no idea what the results are. There were lots of competitors, a big list of other people who were in the competition in my category. I was actually in the best facebook page category and the best blog category. Now I'm accepting that... I'm accepting that because, I mean, technically it's a podcast but if you look at the website, it does operate like a blog with regularly updated posts and all the other things you would normally expect with a blog but in fact it's more than a blog because there're also these downloadable audio files that you can take from the web site as well. So anyway, we will see if, I win, obviously I'll be delighted and touched and proud. If I don't win, then, you know, that's just the way it is and I'm fine with that, you know, I can't win everything and I don't win everything. Anyway, I haven't won the world cup, I haven't won any golf tournaments. I haven't even won a game of cards with my girlfriend recently. So it would just be business as usual, that's basically what I'm saying. Oh! Someone just sent me something on facebook. let's see, let's have a little look. This might be a private message, in which case I will make sure that the name is kept private. What's this? Alright, this is from (A) listener. It's a private message on facebook: "Hello

Luke, I've been wanting to ask you if you have a podcast about gambling and the lottery. It's for my speaking exam. Thank you from the heart, you are the best." Someone's doing a speaking exam about gambling and the lottery? Really? What kind of exam is that? like a sort of gambler's test? I didn't realise that... I didn't realise that you needed to take a test in order to throw your money away. I think they just let you do it without any sort of entry requirements. I don't know what speaking exam that is for, listener, but I don't have an episode about gambling and the lottery but pretty good idea. I mean, I'm sure I could squeeze some juice out of that topic, gambling and the lottery. You might be thinking "why don't you do it now?" Well, I can't just do it off the top of my head, or can I? No, I'm going to add it to my list of the things that I'll never do? No, that's not true, I do do these things from my list. Gambling and the lottery. It's a good subject because there's lots of things to say about that. For example, you know, all the vocabulary associated with gambling and betting and risks and stuff like that, and the subject of gambling, whether it's, you know, a good or a bad thing to do. whether gambling should be allowed in society or whether it should be banned. The dangers, the possible benefits of betting and gambling. The place that gambling has in society in the UK because there're betting shops all over the country. I think it's pretty good suggestion listener, whose name will remain unsaid at this point for reasons of confidentiality. Pretty good point and I'm going to write in the list, and who knows, at some point, maybe before the year 2050 that will be published. We will just have to wait and see. So, anyway, second thing was, yes, competition, thank you for voting and, or let's see if I win it or not and I'm happy and delighted whatever happens. Obviously I will be more delighted if I win the thing, let's just see, shall we? Second thing is, no, third thing is tell your friends about English LEP, would you? you probably do that already but share the knowledge, share the love. When I post things on facebook, share the things that i post if you will, for example, when I put a new episode up, share it around and if you think that LEP is worth recommending, then you know, tell someone. Think of one person who you think would really love LEP, don't just tell anyone, but pick one person in particular, a friend of yours, a member of your family or someone like that. Someone who you think would like this in the same way that you like it, someone who's on the same wavelength as you, someone who kind of has similar tastes as you, tell them about LEP and tell them to check it out. That's quite a good way of expanding my audience a little bit. Choose a friend or two and tell them about LEP, OK? Spread the love, spread the knowledge. I mean, not just because it's, you know, I want to expand my audience even more but I think, you know, it could be good for them, it could help them learn English and what's wrong with that? Fourth thing is the transcript collaboration, I just wanted to remind you that there is a transcript collaboration on the web site and there are loads and loads

of transcripts being written as we speak. In fact there's a big list on transcripts which have been finished and which I have not checked yet, so, God, there's a huge list! Google documents with finished transcripts on the transcript collaboration page and now I have to go through all these and check them all to make sure they're, you know, completely perfect. I'm sure that most of them are nearly perfect, from what I've seen the standard seems to be pretty high, but the thing is that I can't publish those on the pages for those episodes without being completely sure that are at least 99 percent accurate all the way through, you know, I have to do that. I have to make sure that all of the wording is right, which is very complex because that even includes even the slightest, tiny mistake has to be corrected. Little things like auxiliary verbs being misheard or words the transcriber didn't know and were left blank. I think that all of these things have to be included because those are the gaps that many of you are missing so yes, at some point in the future when I've given myself some more time, I'm going to get those things checked and published but you can see them all if you go to the transcript collaboration page on the web site, you can actually see them all. There's loads of stuff there, you can print them out and use them to help you. You could try transcribing for yourself off as good, that would be good and just leave comments under the transcript collaboration page, as a way of keeping in touch with me. I'd like to say thank you to certain people, certain listeners who I consider to be special super special advanced level Lukés English Podcast Ninja Assassins and that's Piotr. I'm not sure how to say your name to be honest, it looks like the Polish version of Peter, who has been doing some sterling work on transcribing. He is a transcriber par excellence and he does some really great transcription work. In fact, he also made a video, a youtube video which explains exactly how you can transcribe audio and video effectively and really efficiently and that video is posted on the transcription page, the transcript collaboration page on LEP website. you can see the video which can help you to do transcriptions if you choose to do them so thank you very much Piotr, if that how is said your name and if it's not how I say your name, I'm sorry but you are doing really great work, thank you very much. Sorry that I haven't managed to proofread everything you've done but it's all going into the library and it's all there and that's going to be invaluable really in the future. It's like, kind of like you are making an investment in LEP because you are adding really useful content that I can use in the future when I do get round to adapting these things. That's going to be very useful so thank you. You're really sort of, you know, paying me back for the free podcast that I've been doing in your own way. But there are other people too that have been transcribing, Crissy has given me loads of transcripts, thank you very much. And also just other people who've contributed in some way like, for example Andrzej from Poland, Andrew who is not only transcribing loads of the phrasal verb episode but he's also been

helping me out managing those phrasal verb episodes, thank you very much. Also just for the general bits of feedback and advice that I've had from various people, Dimitry from the Ukraine, the Ukraine or Ukraine, tell me which is the correct one. I think it's Ukraine, isn't it? Dimitri has given me various bits of advice and and has sort of, let's say, pushed me into doing various things that I just needed a bit of encouragement to do like revamping the website and just fixing certain things, every now and then he just gives me a poke, just props me what don't do that? why don't you do this? and it's like "aah! I don't have time but OK, that's actually very good advice so thanks for doing that. Natalia Dalik, thank you very much for all of the... all of the work that you did in sort of proofreading all the old pages from my website, all pages which I hadn't looked out for ages. She went through lots of them pointing out things that needed to be corrected and that was actually a very valuable bit of proofreading service that you did for me, thank you! There're loads of other people who, having not prepared this list of names I may forget some... some of you. Let's see, who else is there? who's made invaluable contributions. John! who recently got in touch with me on facebook and who has given me some bits of advice on expanding my work, thank you very much, your advice is very well received. My main problem at the moment is time, I don't really have the time to be able to devote myself to this project in the way that it needs me to, for example, all the time that I need to spend on marketing it and that stuff that I talked about in the past. at the moment I'm just too snowed under with work, when my time table becomes a bit more open, then I'll be able to devote myself to, you know, working on this more carefully. Who else is there? Just, there're loads of people, if I don't mention your name then I'm really sorry but anyone who's contributed to, you know, this project which I'm doing on my own, thank you, OK? including people who've donated money, you're wonderful brilliant human beings and I really, really appreciate it. Thank you, as I said, you're investing in LEP, I hope that if you donate you feel like some kind of stakeholder in this project, by that I mean someone who's got an interest in it, someone who's contributed, you're sort of like a member of the LEP club in a way, if you've done something to contribute rather than just listening, just taking from the service, which you c...you are free to do. If you give something back, then you know, I appreciate it from the heart, I really do, thank you, yeah. I think you know who you are, if you've helped me out, big respect to you, thank you very much. What else? Ok, so, movies! right? movies! Recently I saw Taken 3 and I told you all about it and I didn't think it was very good even though I did enjoy it, I didn't think it was really a very good film. I thought it was a bit ridiculous and stupid but in a fun way but I did see "The Imitation Game" or I think it's just called "Imitation game" which is the story of a guy called Alan Turing, who was actually a very important person in history. The movie is his story and the actor is

Benedict Cumberbatch. It also stars Keira Knightley. Well, here is my quick summary of what I thought about the film. Well, briefly the story, Alan Turing was a brilliant mathematician who grew up in England in the 1920's, 30's and then the 1940's. In fact I think this film is set when he's about 25 years old, OK? and it's World War II and the Nazis are bombarding many countries including England, which is being bombed mercilessly by the Nazis. The war is raging all around the world, you know. Thousands upon thousands of people are losing their lives everyday and the Nazis are using a special code, an encryption to keep their messages, their radio messages secret. They communicate using a special secret code and the code is incredibly complex and incredibly difficult to break and at the Ministry of Defence they have mathematicians and scientists who're trying to break the code. Code break is linguist in fact. Linguists and mathematicians are working on it, trying to break it. They're failing, every single day they're failing to crack the code and thousands of people are losing their lives in the war. Alan Turing somehow manages to answer a job advertisement looking for a brilliant mathematician who is great at solving problems and he is a genius, this guy, he's clearly a genius but he's got social problems, he's not very comfortable socially, he's kind of...you know the way that geniuses are so brilliant because they manage to focus all of their minds on these mathematical problems and things but it's at the expense of their social skills so often you find these geniuses are also rather socially awkward and a bit useless, Alan Turing was good example of that. I know that the film takes some liberties with the truth, it's not completely based on a true, well, it's based on a true story but I think many of the events that happen in the film are not true. They've, you know, used creative licence to make the film more sort of movie friendly, to give it more of a movie story line. But just based on what I saw in the movie, Alan Turing, very socially awkward guy and as a result of that, because he's not very good at engaging with people or persuading people or charming people, he makes lots of enemies including people in his team who work with him, who he just offends them with his kind of rational cold calculating mind and in the end, well, I'm not going to tell you what happens in the end but it's a fascinating story and it's a tragic story as well because what happens to Alan Turing despite the fact that he is a hero who makes sure... because of his actions the war finished earlier than it would have done without him. He also saved something in the region (fourteen) of \sim million people's lives, that's what they estimate by cracking this Nazi code and allowing the allied forces to intercept Nazi messages and understand them and therefore fight back against them and ultimately, you know, win World War II. I know that whenever I talk about World War II, there're some people out there, some of you who probably disagree with some of the things I'm saying which is fine but I know that anything, whenever you talk about global politics or war or history, there's always someone who

disagrees and sees things in a different way which is just the way of the world, isn't it? but anyway, in my opinion, I think that... I mean, obviously of course World War II was a horrific thing and of course, come on! the Nazis were just the worst, weren't they? of course it was a victory, it was a victory for the allies bringing the war to a close, stopping the Nazi plan and all that kind of thing and Alan Turing had a big role in doing that and so he's a kind of a hero for many of us but what actually happened to him, in his life, at the end of his life after he'd done this is actually quite tragic and sad. It's a good film, great acting by Benedict Cumberbatch in particular. Keira Knightley, I enjoyed watching her although I find her to be a little bit mannered I mean, her performances seem to be a little bit contrived, I mean I like her, I think she's attractive. She's a bit odd-looking, she's quite sort of strange looking in a way but I like her, I think she's got beautiful eyes to be honest and she brings, you know that quality that she has to this film. I mean, you know what I mean. When you see a Keira Knightley film especially if it's a period drama set in the past, she just brings that sort of old school English class and charm to these kinds of roles. I found that her performance was, I mean, I think that her role, she was meant to be a sort of maths geek, I think, which I'm not that convinced that Keira Knightley was a maths geek in this film. She was just a little bit too glamorous. Maybe I'm making a judgment about what a mathematician looks like, but for me, I wasn't completely convinced that Keira Knightley was a mathematical genius, maths geek kind of person but I enjoyed the film a lot, great acting, Benedict Cumberbatch is brilliant, go and see the film, I recommend it. What else did I see? I saw "It Follows", which is a horror film but I found it to be a bit adolescent really. I'm thirty something now, I'm thirty seven years old and it takes quite a lot to scare me. I don't get freaked out by horror films that are aimed at teenagers or you know, adolescents or anything. I just don't get really freaked out by those things anymore. I found that "It Follows" is very stylish, it looks beautiful, it's very well shot, very atmospheric, it's got a retro kind of film, it looks that is filmed in the eighties or something but it's not, it's very classy, very stylish looking, looks really cool. and the story is quite funny but just not quite frightening enough for me. Basically, it's about a girl who has a sort of bad sexual experience and then after that she realises she's been cursed somehow and something, a monster, a ghost, a zombie, we don't know what it is really, something is following her. And the thing is, it could be anyone. She doesn't know who it is because it changes its appearance every time it comes after her and you know that it's coming for her because when you see it, it takes the form of a person. It could be a stranger, it could be the form of a person that she knows, a person just walking in a straight line towards her. So let's say for example she's just had a class at university, she's outside eating some lunch with her friends and in the distance across the other end of the field you see someone walking in a

straight line towards her. That's the monster and what actually happens we learn is that when the monster catches you, it kills you in a very gruesome way and it's pretty atmospheric and pretty scary but not scary enough, sorry! and I found that I wasn't convinced by the rules of the monster. In any decent horror film the monster has to have rules, OK? they have to have clearly defined rules. For example, zombies have got rules, most films really establish the rules for zombies. For example, if it bites you, you get infected and then you become a zombie or you know, if any of the blood of the zombie touches your skin you get infected, you know. Or the only way to kill a zombie is to chop his head off, to remove his brain or to destroy the brain and that's the only way to kill it. Same thing with Dracula, Dracula has rules. If he's exposed to sunlight he dies. Holy water burns his skin. You can kill him by driving a wooden stake through his heart, you know, those clearly defined rules establish, you know what you are dealing with, but with this one the rules were a little bit shaky, I weren't completely convinced by the consistency of the rules of this, you know, it seems to be... for example, one time, you know, it's not clear for example how strong this thing is. Can it smash a door down or not? We don't really know, it's not clear if you can kill it. I suppose that's the point. the point is that you don't know, you know. You don't know anything about it, it's a mysterious. That's supposed to be scary but I just found it frustrating. Anyway, "It Follows", if you like atmospheric retro slightly hipsterish horror films, check it out but I wasn't completely convinced. I prefer "The Exorcist", I think that's a really scary film. "It follows"... naaah. It scared me a bit but not enough. What else to be seen? we saw "A Foxcatcher" which is a big Oscar tipped movie starring Channing Tatum and Steve Carell and the guy who plays "The Incredible Hulk". What's his... Mark Ruffalo. So, it's a film about wrestlers in the USA, it's based on a true story and basically Channing Tatum and Mark Ruffalo are brothers and they are brilliant wrestlers. There's a weird undertone of competition between the two of them, they are very ambitious. they want to become the best wrestlers in the world, and win a gold medal at the olympics. then there is this other guy played by Steve Carell, he wears lots of makeup to change his appearance. He looks totally different to what you normally expect from him. Because he usually does comedy, he is in the American version of "The Office" and he is usually a funny comedy actor. In this film, he is very serious, he is very dark and his character is a rich guy, extremely rich, one of the richest people in America. He comes from an old, old money family. The Karwoship family, his mother is still alive, she breeds horses, she doesn't give him enough attention. In fact she hasn't given him enough attention throughout his life including when he was a child and so this character is played by Steve Carell. He's complicated but he is very, very ambitious and he offers these brothers lots of money to join his wrestling team so that they can then become you know, win an olympic gold medal for

the USA. but it turns out that Steve Carell's character is not everything that he seems and we wonder about in these dark brooding moments when we think: "What does this guy really want? What's actually going on? What's the relationship between him and the brothers? Is there a sort of... Is there a homosexual thing going on here? You know, you can read between the lines. The film doesn't show you everything that's happening, you have to try to work out what's going on by reading between the lines. There're a lot of silent moments with very heavy atmosphere and thinking about it now, after have seen it I think it was a good piece of work, I thought it was, you know, captivating and interesting psychological drama in which you're not quite sure what's going on but there's a sense of dread and threat at all times but my experience of watching it at the cinema while I was actually there, it was too slow, it was just too slow. Performances were good, although Steve Carell's performance was a little bit ridiculous, just a little bit. He was good but something a bit kind of grotesque about his performance which made me laugh sometimes during the film in fact and not in a good way. I found a bit ridiculous. It would have been better. I swear, it would have been much better if things sped up a little bit. if they could just, you know, the editing could have been a little bit faster. They could have done the same story but just sped up a bit, it would have been more engaging. It would have been more exciting, I would have been gripped, I would have been on the edge of my seat wondering what's going to happen next. The problem is the whole film was just a bit too slow and I got frustrated by that. So, good film, good characters, very atmospherical movie but just frankly too slow for me. There you go, these are my little movie reviews of films I've seen recently. The first one was "Imitation Game" with Benedict Cumberbatch, then it was "It Follows", little indie horror film and the third one, "Foxcatcher" starring Channing Tatum and Mark Ruffalo, Steve Carell. I would recommend "Imitation Game" out of that selection. What else do we have? Going back to "Imitation Game", there're certain interesting things from a linguistic point of view, OK? As a linguist it's quite interesting because obviously the whole story of "Imitation Game" is about a guy who is trying to decode a secret language and so, there're elements of linguistics that are working out what the words in the code actually mean and try to decode it from context but also, Alan Turing's story is quite interesting from a linguistic point of view. Because of his ineptness socially he's quite special as he's a maths genius but he's got no sense of how to deal with social interactions. In fact he doesn't really understand the way in which people communicate. He's so logical and rational that he takes everything that people say, everything that people say purely on face value and in fact when we communicate with each other, it's true in english and in any other language you can imagine, when we communicate we don't always say exactly what we mean. There's this thing called interlocutory force which is the actual message that you're

communicating, the message that you're communicating is not normally that explicitly states it in your words and there's a scene in the film that demonstrates this quite well. So he's working on solving the problem in this room with the other members of his team and they all get up to go and have lunch and they come over to his desk and one of them says "we're just going to have some lunch" and he goes "ok" because he doesn't realise that we're just going to have some lunch" means "would you like to have lunch with us?" In fact it's a kind of tentative invitation to have lunch with them, "uh we're just off to have some lunch" and he doesn't realise that he's inviting him for lunch because he's so rational and logical he just takes it at face value and he goes "ok". and there's this whole protracted scene where he doesn't understand and he is not sensitive and is able to communicate on a human level with his colleagues and then in the end so it's quite interesting the study of the way in which we use language in a slightly irrational way, and the way in which words don't always mean what they seem to mean and that's demonstrated a few times in scenes throughout the film. It's quite interesting that although he's an expert at breaking a code and understanding a secret language, he can't understand the normal language that human beings use on a daily basis s it's quite ironic in that way. There's also a scene where he tries to tell a joke he's learned. Keira Knightley's character has explained. He doesn't know how to interact with people and as a result nobody likes him so she or someone else tells him that he needs to try and, you know, do certain things to make everyone like him. so there's a scene where he tries to tell them a joke but he gets it all completely wrong because the way that you tell a joke socially is that you have to choose your moment very carefully, usually in a relaxed informal setting maybe in the pub when you're all having a few drinks and you're relaxing, and when people start making jokes and the time is right then you can tell your joke but he gets it wrong. He arrives in the office in the morning and he sort of announces to the room in a very awkward way he has a joke to tell them, he tells them the joke, delivers the punchline and then goes "so, there you are", obviously no one laughs, it's a perfect example of how not to tell a joke, it's interesting, yes. What else was I going to say... that's... that's pretty much it. Just at the end of this episode, somehow it seems a bit weird, maybe even inappropriate to add this at the end of this episode. I've been rambling off about films and other stuff but I wanted to mention it. It's that sadly, very sadly at the begin... at the end of last year, at the end of December. My grandfather Dennis died and the whole family has been very sad about it. I wanted to just mention it, it was on my list but I'll devote a proper episode of the podcast to him because I think, well, it's the least thing, absolute least I could do. I mean, when you lose someone in your family it's difficult to know quite what the appropriate thing to do is and what you want to do is celebrate that person's life or... or do something that

honest that person in the most appropriate way and it's so hard, it's so hard really to summarise what it means to you when you lose someone that you love and someone who is very close to you, who you've known for your whole life. It's really hard to know not only how to express that feeling but also how to express that feeling in a way that does justice to that person. I don't know if mentioning it here at the end of an episode in my podcast is the appropriate way to do that but I really didn't know what the appropriate way to do it would be so I thought I'll just deal with it, I'll just try and explain it. It's nothing to do with you I suppose, it's not really anything to do with you but I wanted to say it just because somehow it's important to me. We had his funeral in January, I was very, very proud to have the opportunity to read his eulogy in the church, so there was a funeral service in his local church, the church he used to attend and the church was full of people that he used to know at the church, all of his friends, many of whom I met afterwards and you know, my mum, my dad and my brother, my uncle and my aunt and my girlfriend and my brother's girlfriend, you know, the members of the family we met, all of these friends that he had that we'd never met before, well, I had met before. The whole day was quite a moving experience. Obviously I'm very sad about losing my grandfather but on the other hand, I don't think that he would want me or the rest of my family to just go around being sad all the time. I don't think anyone wants that. And, so, despite the fact that I'm sad and obviously I miss him a lot and it's really hard to deal with the fact that I'll never see him again and I'll never hear him talk. I'll never be able to ask him certain things I want to ask him and, you know, it's hard to deal with that but I want to... what I really want to do is as I've said, devote a whole episode to him because he had an interesting life and I mean, yeah, I would just like to talk about him, I think it would just be nice, I don't know if it's the best way to celebrate his life but why not? it's the only way I've got, it's the only thing I have, it's the only forum that I can use really to talk about him and I think that actually the audience to LEP are... I think that you would be great people, a great audience to... to hear that story so let's see, maybe I'll do an episode about him if I feel moved to do it, OK? Right. So, you might be wondering at this point, what do you say to someone when they've lost a member of their family, what do you say? what's the appropriate thing to say to someone who's experiencing grief because they've lost someone. You can say, well, if you meet someone informally and they say "well, my grandad died" then you could say, "oh, I'm really sorry to hear that", "I'm really sorry to hear that, are you OK?", right? "I'm really sorry to hear that.", "oh, that's really sad." And don't say "oh, what a pity" because... "oh, what a pity.", no! "What a pity" is when you wanted to book a restaurant but you couldn't because it was full, "oh that's a pity!" No, you should just say, "I'm really sad", "I'm really sorry to hear that. You can also say things like: "oh I'm really sorry for your loss. sorry for your loss. For more formal,

maybe in written English, you might say, you know “best wishes to all your family” or “you have my condolences”, condolences to your family, condolences to your family, that's quite a good thing to say, Ok.

I think it's time to end this episode of the podcast on a slightly sad note but... you know, there's no reason to be sad! ultimately, ultimately when it comes down to it we all have that day in the future when all of this will end, right? I mean, none of us expect to live forever, do we? we don't, we live every day in the knowledge, with the certainty that we won't be existing on Earth forever and the people around us too. I think it's OK to remember that sometimes. In fact, it can bring you back to reality, doesn't it? When you realise we're not here forever. None of this is forever. All the people around you, it's not forever, you know. Take, take action now. Seize the day, carpe diem. Remember that before you know it, you could just wake up one day and it's all changed. You can wake up one day and someone who you've been thinking about or someone you've not been thinking about but should have been thinking about is gone. So remember that now, that the people around you... tell me what you think, tell them that you love them, tell them how much they mean to you. If you've got questions or things you need to say to the people around you, say them. Now, I don't have a lot of regret about my grandad because we were close. I did talk to him about lots of things I wanted to talk to him about, like the things that he did when he was young, the things he did in his life, the fact that he fought in the war and other stuff like that. I did talk to him lots of those things. I think that, you know, he'd made peace with the world and all that stuff and it was OK so I can now remember him with a sense of joy but just remember, none of this is forever. So don't take anyone for granted, don't take anyone for granted and tell people that you love them if you love them. What's the worst thing that's going to happen? alright, that's the end of this episode. Thank you very much for listening. Speak to you soon. Bye, bye, bye.

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