

TRANSCRIPT · EPISODE 40

# Day 2 of Calm English

Full episode script · English

113 lines

Your English Toolbox

Welcome to 7 Days of Calm English.

A new way to start your English year.

One short episode.

One idea.

One gentle reset.

No studying.

No pressure.

Just listening.

Today we will talk about listening without translating.

This is one of the hardest habits to change.

And also one of the most important.

If listening often feels tiring or stressful for you, this idea matters.

Many English learners listen with a second voice in their head.

A voice that repeats

everything in their own language.

You hear a sentence and immediately the translation appears.

This happens automatically.

You did not choose it.

You learned it over time.

Imagine this situation.

You are listening to a podcast.

The voice is calm.

The topic is familiar.

But inside your head something is busy.

Your mind is running.

It is translating, checking, comparing.

And after a few minutes, you feel tired.

This tiredness is not because your English is weak.

It is because

your brain is doing too much.

It is doing two difficult jobs at the same time.

First, it tries to recognize new English sounds.

Sounds that are not yet fully familiar.

Second, it tries to convert those sounds into another language.

This double work costs a lot of energy.

Translating feels safe.

It feels like control.

It feels like understanding.

But control is not the same as comprehension.

And real listening does not need control.

It needs space.

Think about

how you listen in your own language.

You do not translate.

You do not repeat sentences in your head.

You do not stop after every phrase.

Meaning appears naturally.

Sometimes clearly.

Sometimes only partly.

But always enough.

English can work the same way.

Not immediately.

Not perfectly.

But gradually.

Only if you allow it.

Only if you stop interrupting the process.

Let me give you another example.

Imagine you are listening to English while walking.

You hear a sentence.

understand the general idea.

But not every word.

If you stop to translate, the walk stops.

The rhythm breaks.

If you keep walking and keep listening, something else happens.

Understanding continues to grow quietly.

This is how listening builds strength.

Not by stopping.

But by continuing.

Not by forcing meaning.

But by letting meaning appear.

Translating is not a failure.

It is a natural stage.

Almost everyone passes through it.

But staying there too long keeps listening heavy.

And heavy

listening is hard to maintain.

Calm listening makes English lighter.

Today, I invite you to try something very small.

When you listen to English, notice the moment translation appears.

Do not fight it.

Do not judge it.

Simply notice it.

And then gently return your attention to the sound.

To the voice.

To the rhythm.

To the pauses.

You may understand less at first.

This can feel uncomfortable.

But understanding less does not mean learning less.

Very often, it means

learning more deeply.

Your brain is building new connections.

Quietly.

In the background.

Without effort.

Motivation does not come from forcing yourself.

It comes from making English feel lighter.

Easier.

More human.

When listening feels calm, you return naturally.

And returning is how progress happens.

So today, your only action is this.

Listen to English.

Let translation appear.

And let it go.

Stay with the sound.

Stay with the voice.

Stay with the language.

Trust the process.

That is all

for today.

We will continue tomorrow.

Slowly.