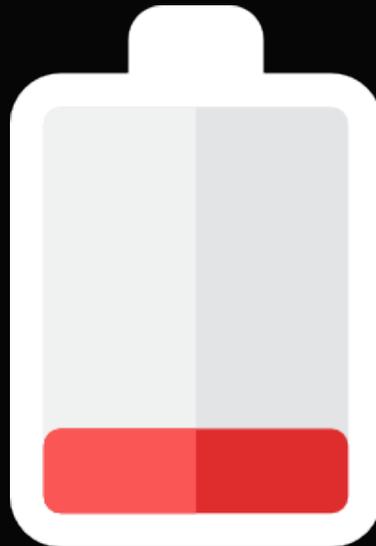


Feel Good English

**What You Think
Before You Die -
"3 Things I
learned While my
Plane Crashed"
Ted Tuesdays**



The transcript to episode #67

What You Think Before You Die - "3 Things I learned While my Plane Crashed" Ted Tuesdays

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Hello there, Kevin here!

With another episode of "The Feel Good English®" podcast!

The podcast that is making you more fluent in life and English and relationships and business!

Today I have a TED Tuesday lesson for you, where I go over TED Talks, break them down, talk about some of the English used here and talk about the ideas as well. Giving you a very compact practical English lesson based on one of the best web sites around TED.com

Today's lesson is called "three things I learned while my plane crashed"

Ric Elias had a front-row seat on flight 1549. The plane crashed that landed on the Hudson River in New York, if you remember there was a plane crash, in the river in NYC and the pilot was actually able to save everybody in that crash. There is a movie known about it called Sully with Tom Hanks, this guys was on that plane.

While he was crashing he obviously thought he was going to die. He

had three big insights. He shares them in this TED Talk. I am going to share them with you and also talk about some the English might not know.

If you wanna transcript to this episode, go to 'feelgoodenglish.com' and there you'll find out how to get transcripts to this and every other episode of the Feel Good English® Podcast!

So after the episode go over to 'feelgoodneglish.com' and see what good stuff you can find there!

Now let's get into the TED Tuesday Lesson "Three Things I learned while my plane crashed".

Ric Elias: Good morning! So imagine a big explosion as you climb through 3000 ft. Imagine a plane full of smoke. Imagine an engine going clack clack clack.

Kevin: Clack clack clack that just a sound that a plane might make, right? Clack clack clack .

Ric Elias: Two minutes later, three things that happened at same time. The pilot lines up the plane with the Hudson River. That's usually not the route. He turns off the engines. Now imagine being in a plane no sound. And then he says three words. The most unemotional three words that I've ever heard. He says, 'brace for impact!'

Kevin: He hears the pilot said brace for impact. Brace, b-r-a-c-e. If you brace for something it means to prepare and to become secure, and to hang on to something. So brace for impact means to prepare your body, prepare yourself, get ready for impact. Kind of hold your body in a way that would minimize the impact. Brace can also be a support like if you hurt your leg, you put something on your leg that could be a brace, or, if you have bad teeth with a your teenager or an adult and you have to put something on your teeth

to support them to make them straight. Those are called braces as well. So he needed to brace for impact.

Ric Elias: Now I want to share with you three things I learned myself that day.

I learned that it all changes in an instant. We have this bucket list, we have these things we want to do in life, and I thought about all the people I wanted to reach out that I didn't, all the fences I wanted to mend, all the experiences I wanted to have and I never did.

Kevin: A good stuff here, he says we have this bucket list. We have these things, we want to do in life and I thought about all the people I wanted to reach out to that I didn't. All the fences I wanted to mend, all the experiences I want to have and I never did.

A bucket list is a term for things you wanna do in your life, special things, places you wanna go, crazy things you wanna do, like jump out of an airplane well, that's a bad example here. Travel to Africa, or go skiing in Chile, crazy big big ideas, big dreams, these are bucket list, items! Often times we don't give ourselves an opportunity. We don't have time do these things. But that's what he's talking about here.

To reach out, he used the phrasal verb reach out here, people he wanted to reach out to is to connect with people, to reach out to somebody to call them, to send them an email, to connect with somebody. So you could say 'hey have you ever talked with your mom a long time, I don't reach out to her or, I know you had a fight with your best friend a few months ago and don't you think it's time to reach out to her, and to start talking with each other again?

To mend a fence, the fences that he wanted to mend this is an expression to mend is to fix or to heal to make better, mend, m-e-n-d, to mend fences means that is something some broken relationships. There is some fences that him with connect him with another people and they are broken and hasn't had a chance to fix

these relationships.

Ric Elias: The second thing that I learned that day..and this was as we cleared the George Washington Bridge, which was by not a lot.. I thought about, wow, I really feel one real regret. I've lived a good life. In my own humanity and mistakes. I've tried to get better at everything. But in my humanity, I have also allowed my ego to get in.

Kevin: Here he says, I really feel one real regret. I've lived a good life . In my own humanity and mistakes. I've tried to get better at everything I tried. But in my humanity, I also allow my ego to get in. And I regret a time a wasted of things did not matter with people that matter. Regret are things that he feels bad about doing or not doing things. He wish he hadn't had done. He's talking about his ego get in in the way, ego you probably heard ego before the ego is that thing in our mind keeps us being real with people the ego wants us to be right, the ego wants more, the ego wants us to be special and to be better than another people and sometimes this can get in the away of us doing things that matter. And in this case he says he wishes he hadn't wasted time on things that did not matter with people that matter.

Ric Elias: And I regretted the time I wasted on things that did not matter with people that matter. And I thought about my relationship with my wife, with my friends, with people. And after, as I reflected on that, I decided to eliminate negative energy from my life. It's not perfect, but it's a lot better. I've not had a fight with my wife

The third thing I learned -- and this is as your mental clock starts going, "15, 14, 13." You can see the water coming. I'm saying, "Please blow up." I don't want this thing to break in 20 pieces like you've seen in those documentaries. And as we're coming down, I had a sense of, wow, dying is not scary. It's almost like we've been preparing for it our whole lives. But it was very sad. I didn't want to go; I love my life. And that sadness really framed in one thought,

which is, I only wish for one thing. I only wish I could see my kids grow up.

Kevin: And then he says as he coming down I had a sense of, wow, dying is not scary. It's almost like we've preparing for it our whole lives. But always very sad he says. I didn't want to go. I love my life. And that sadness really framed out in one thought, which is, I only wish for one thing. I only wish I could see my kids grow up. His sadness was framed in one thought. A frame is what you put around a picture on your wall or piece of art. A picture frame, so he's framing his sadness. He is simplifying his sadness he put into the one thought which is he wishes he could see his kids grow up.

Ric Elias: About a month later, I was in a performance by my daughter -- first-grader, not much artistic talent --yet :) And I'm bawling, I'm crying, like a little kid.

Kevin: He says I am bawling, I'm crying like a little kid. Well, bawling, b-a-w-l-i-n-g, is exactly that, it's crying like a kid, crying very loudly, crying very deeply, so when you see a kid around crying and it's very annoying and very distracting and very loud is that bawling.

Ric Elias: Above all, above all, the only goal I have in life is to be a good dad. I was given the gift of a miracle, of not dying that day. I was given another gift, which was to be able to see into the future and come back and live differently.

I challenge you guys that are flying today, imagine the same thing happens on your plane -- and please don't -- but imagine, and how would you change? What would you get done that you're waiting to get done because you think you'll be here forever? How would you change your relationships and the negative energy in them? And more than anything, are you being the best parent you can? Thank you!

Kevin: And any he finishes his talk and he asks you think about it, if you were going down in a plane 'that'd be a horrible situation', but what do you think you would find very important to you? What do

you think you would regret not doing or doing up into this point of your life, because we don't live forever, your life can end at any moment, that shouldn't be a scary thought, it should be more an enlightening thought to remind yourself that we only have this life and we should focus on the things that are most important to us because by the time we're old and we're in bed and we're almost at the end of our lives, it's probably pretty likely that things that you really worried about, really struggled with, were not that important.

And the most valuable things in life are things that can be easy to do, just gotta remind yourself of that sometimes, what you do now, or you can repeat this episode many many many times and but also make sure you go to TED.com and watch this video 'three things I learned while my plane crashed' you also find the transcripts to that video. And get to see that the guy talking making all of this come to life!

So go to TED.com, watch the video, learn this content deeply.

And lastly these lessons can be pretty deep sometimes. I'm teaching you English here but I'm talking about death, so, if you need to take a moment when this is done, think about it in, relax in your mind. And think about one thing that you are not doing enough of that you should do more.

Something that will bring more value to your life and somebody else's life, one thing you can do to make somebody's day better. Today or tomorrow or this week, and do that!

Until next time, make sure you, show your family you love them, see you in the next lesson!