

LESSON TEXT GUIDE

VIP MEMBER PROGRAM

Confident Speaking, Confident Leadership



Effortless English
Teaching English Since 1996

EFFORTLESS ENGLISH

CODE AND MISSION

We Do the Best We Can
We Do the Right Thing
We Show People We Care



Effortless English
Teaching English Since 1996



EFFORTLESS ENGLISH PRONUNCIATION AMERICAN ACCENT TRAINING COURSE

**“Speak English With An
American Accent” - AJ Hoge**

TO START NOW

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Improve Your Pronunciation With This Power Course

Using The New Effortless Pronunciation Method
I will teach you how to
Speak With An American Accent!

With the Effortless Pronunciation 5 Step Training method,
you **TRAIN** like an athlete. You will develop the skill of
excellent pronunciation.

You will do more than just “**learntrain**” your
ears, mind, and mouth to hear the music of English and
speak it clearly.

With the Effortless Pronunciation Method you will:

- train** yourself to hear all of the difficult sounds
of English.
- train** the muscles of your mouth, tongue, and
throat to speak with a clear American accent.
- develop** a clear American accent even when
speaking quickly.
- learn** to speak with an American accent
quickly and automatically !

➔ SPEAK EXCELLENT AMERICAN ENGLISH!

When you use this course each day, you will:

- Quickly improve your pronunciation.
- Become more clear and understandable.
- Correctly pronounce difficult English sounds.
- Speak confidently!
- Develop a clearer North American accent.
- Have improved job opportunities.
- Enjoy speaking English!

➔ WHAT YOU GET NOW

When you join the Effortless English Pronunciation Course
today, you get 19 units of video, audio, and text.

Each unit contains:

Teaching Video: In the video lesson, AJ shows you how to
correctly pronounce the specific sounds of English using your
tongue, mouth, and breath to correctly pronounce each
sound.

Training Audio: AJ trains you with three speeds of speaking:
slow, medium, and fast.

Text Guide: You get a text guide (transcript) for all videos and
audios.

AJ Hoge will be your teacher and coach during the entire course

- The author of “Effortless English: Learn To Speak Like A Native”.
- The host of “The Effortless English Show” with over 40 million downloads worldwide.
- The creator of the Effortless English teaching system and the Effortless Pronunciation Method.
- Training corporate leaders, government officials, and people like you to speak English successfully!

Contribution Main Text

Hi, this is A.J. and welcome to this month's VIP lesson. The topic for this month is 'Contribution'. It's a very simple topic, very important and something I have been thinking about a lot in my own life.

You know a lot of these VIP lesson and Power English too, actually, you know, they come from things that I am learning myself. You know, I'm not a super master like Tony Robbins where my life is perfect and I'm making, you know, billions of dollars and all of this. You know, that's not me, but I am always trying to improve, always trying to learn.

I'm an English teacher, but I'm also someone who constantly wants to improve and have a better and happier life and to have success in all parts of my life. And, so, when I learn things I want to share them with you, I mean that's the purpose of this VIP Program. We're all learning together, including me. We're all encouraging each other, including me. We're all helping each other and supporting each other. That's what the VIP Program is about. Of course, it's about confident English speaking and, of course, I can do that, luckily for me, but it's also about gaining more success in our personal lives and helping other people and that's what true leadership is about.

I want to talk a little more about this idea of helping other people and that's really the meaning of the word contribution. Contribution means to help others, you know, outside of yourself. Now that might be people, it could even be animals, it could be something more general like society, but it's the idea of giving. That's what really contribution means. It means to give.

Of course, at the most basic level, we can give money. So you have a lot of, you know, groups, maybe nonprofit groups that will request money. Please contribute money to us. That's one kind of contribution, but I think it's the weakest kind and the least effective and it doesn't feel that great. I think it has the smallest impact. And I do that. You know, I do give money to different charities and different groups, but when I talk about contribution, I'm really talking about giving to other people in ways small and big in a more direct way in our daily lives.

I have found something very interesting in this. When you give to other people, when you focus on contributing to other people, when you make contribution one of your top values, something that you focus on every single day, it totally changes you. Now you know we've talked about in the VIP Program this idea of leadership and the idea of true leadership is helping other people. Of course that's true, but I think we should think about the benefits of doing that and really think deeply about this idea of contribution. I have been doing this recently.

As some of you know, I've had some tough times in my life recently, personally, and like everybody else I can go up and down with my feeling, with my mood, but I've noticed something very interesting and that is when I focus on contribution, when I focus on helping other people, when I focus on doing a great job for other people, trying to make other people happy, trying to help other people be successful, I notice that my sadness or tiredness or depression disappears. It's amazing. In fact, I know of no better cure for depression or sadness or tiredness than contribution.

So, I don't know, this is one of those great laws of the Universe, I think. This idea that the more you give the more you receive and a lot of people focus on that idea in terms of money. You know, if I give a lot of money to charities or different groups then I will receive more money and I don't know if that's true or not, but you know there's something that's more direct and more immediate and that is when you give, when you focus on giving or helping or contributing in some way, small or big, you immediately receive something. You immediately receive more happiness and more mental calm. I mean you get an immediate benefit when you help other people. Let me give you an example of this.

As some of you know, I was recently divorced. Tamo and I got recently divorced and, of course, a very tough, sad situation. I was in Thailand and feeling pretty bad and I had some seminars coming up. In fact, I had my first seminar to do for a group of people, maybe 50 people, and you know I just didn't have much energy and I was just trying to convince myself come on A.J., come on, you can do it, come on, you can do it. You've got to have a lot of energy. Come on, you can do it. Come on, you can do it, but I just wasn't feeling good, as you can imagine.

Well something amazing happened. When I arrived at the location or the seminar, I started immediately to feel better, because I started chatting and talking with the people who were coming to attend and then that started to remind me why I was there. I started to remember that I was there to help these people that I was there to help them feel happier. I was there to teach them better ways to improve their English and that that would help them in their lives.

And, so, as I started to think about these things and remember my purpose of contribution, my sadness just disappeared. My tiredness disappeared. I started to get more and more and more energy in my body and in my mind and then when the seminar started ahh! I was up there jumping and shouting and moving and trying to entertain them and trying to make them laugh and smile and trying to teach them great information so that would learn it and know it. I was trying to help them and contribute in every way possible and not just a little bit, kind of, I tried to do it in the most powerful way I could, as much as possible. I was sweating.

In fact, when I go to seminars, if you ever come to my seminar, you'll notice I usually wear a black shirt and that's because I used to wear white shirts or blue shirts like this, but I sweat so much when I'm teaching the seminars, because I'm jumping and shouting and moving and going crazy and dancing around, that I sweat and then it covers my shirt in sweat. If I wear a black shirt nobody notices.

But the point of this is that I'm giving all of my energy, all of my knowledge, everything I can to those people in that room. I am trying to contribute massively at that moment and when that happens, when I'm doing that, when I am totally focused on contributing to other people, I completely forget my own problems and, in fact, my own problems become smaller and smaller in my mind, because even after the seminar is over, I feel great. I mean I'm tired, but I feel really wonderful, because I know that I tried to contribute as much as possible.

Maybe I did, maybe I didn't. Maybe the people liked me, maybe they didn't. Everybody is different, but the point is that I, from my heart and my mind, was giving everything I could during those moments and that totally changes my own feelings and my own thoughts and not just in the moment, but even afterwards. Because, like I said, after the seminar I leave and I'm still feeling great.

And, so, I was doing all these seminars in this tour of Asia, in Thailand; also, we had some meetings where we would meet members and talk to them. It was just kind of more of a happy social time, but that too was a kind of contribution. I was answering their questions and encouraging them. So this happened in Vietnam and in Singapore and in Malaysia and during this whole tour, this four months of contribution where I was basically focused on contribution the whole time during that entire four month period and in a very direct way, meeting people, seeing them as I was teaching them and trying to help them, wow, it totally changed how I felt.

It changed me. It changed my life. It made me much, much happier and that got me thinking much more about the power of contribution and realizing that, you know, this is definitely a human need. Tony Robbins talks about that. Contribution is one of our human needs, but it's also a powerful way for us to transform ourselves. This is what is most powerful to me, because it is this kind of Universal Law. You know, this idea that when you give it comes back to you, but it comes back to you immediately, you know, but you have to do it from your heart. It has to come from your heart and your mind. You have to give as much as you can. It's gotta' pour out of you. So just writing a check and giving it to some charity, that doesn't do it, you know? That's not going to transform you. It's gotta' really come from inside.

I've noticed that this can transform you even physically, because many times I have gone to a seminar and at the beginning, before my seminar, I'm tired. I mean I'm physically tired. And, of course, I do all my things with my physiology and yeah, yeah,

yeah, to get myself feeling better and, certainly, that energizes me, but still sometimes there's a bit of tiredness in there. I'm just like ah, I'm kind of tired. I don't know why, maybe I didn't sleep enough.

You know for our two day seminar, for example, we did two full days. So the first day I'm jumping and going crazy and then we've gotta' go back and do it all again the second day. And, so, of course, I changed my physiology. I did all the things that I teach you guys, but still there could be some tiredness there in the beginning and, yet, at the end of the day, I'm feeling totally and completely energized, yeah! What happened? I didn't become more fit and healthy in six hours or eight hours, so what was it?

Well, I believe it was the contribution -- the fact that I was focused for a full eight hours on just giving and giving and giving and doing my very best for all the people in the room. It changed me. It massively energized me, not only emotionally and mentally, but also physically. I could feel it in my body, just like this incredible energy.

So, I hope I've convinced you of the power of contribution, the power of giving to other people and not just in a passive way, but in a way that comes from your heart that comes from emotion. There's got to be some emotion coming from you, some feeling of generosity or the desire to make people happy or the desire to help and it's gotta' come from inside. If you're not feeling it I believe you're not really contributing. I don't care if you write a check for \$10 million, if it's not coming from your heart, I just don't think it's powerful. I just don't think it's that great. You don't need to be rich to contribute, not at all.

So let's talk about this and let's get more practical now. So that's kind of the philosophy, it's what's been happening in my life, what I've seen in my life, but let's talk a little more practically about how can we contribute, really think about it.

Well the first step to this is to realize that you are all ready contributing and you're already contributing a lot in your life, but I think most of us we don't think about it. We don't realize it. Sometimes, in fact, we even feel a little negative about our contributions because we feel like we're not appreciated, right?

I know I've done this too. You know, I'm helping out a friend or I'm helping out somebody and I'm contributing to them and trying to be helpful and it's coming from my heart and I'm trying to be very generous, but then they don't seem to appreciate it. They don't say thank you or they say thank you, but they just don't seem very grateful and at that point it's sometimes easy to feel like man, I'm helping them and I'm not appreciated.

Even worse, sometimes we're taken advantage of. To be taken advantage of means someone else kind of cheats you. It's like you tried to help them, but they actually then

kind of cheat you in return. Not only are they not grateful, they also actually even try to cheat you, because you're being so generous and they try to take more and more. So that's called being taken advantage of.

And that has happened to me, in the last couple of years, especially. I've tried to help a lot of people, friends and family, and some of them have taken advantage of me and then that, of course, has upset me too and I'm sure you are the same in your life. There are people in your life who you do contribute to, some of them are appreciate, some are not and probably in your life you've been taken advantage of by people.

And, so, what can happen is, because of all of this, number one, we can start getting some negative feelings about contribution if we feel like well, I gave and nobody noticed. I gave and nobody appreciated me. I gave and someone took advantage of me. That's one bad thing that can happen.

Another bad thing that can happen is just that we forget. We don't even realize how much we're contributing. Other people aren't telling us and we don't even notice ourselves. We forget to remember it. We forget to focus on it and when we forget to focus on it, it doesn't become stronger; instead, it becomes weaker and weaker. It doesn't become a big motivator for us. What I'm saying is the first step or the first key is to focus on and remember and notice every day the contributions you are already making, even if no one else notices, even if no one else appreciates it. You appreciate it. You notice it.

So notice in your immediate family, perhaps, how do you help people? If you just help clean up the house -- that's a contribution. You're helping everybody who lives in that house. If you make some food for somebody -- that's a contribution. If you go to a job and you make money to take care of your family -- that is a contribution. If you say something nice to someone, you give someone a small compliment that is a contribution. If somebody is feeling sad, tired, upset and you help them at that time, if you just listen to them, you care and you listen -- that is a contribution.

So all these little things you do, big or small, they're contributions. I mean you could even think of it as if you go to a business and you buy something from them, you're contributing to the owner of that business and the people who work there. That is also a contribution. You're helping the people who work there have a job. You're helping the owner of that business have a good life for himself and his family or her family – contributions.

In fact, if you think of it deeply and you really look at it, you're contributing constantly, all the time to other people. Constantly, constantly, constantly you're doing this, so what I want you to do this month, VIP, is first of all, your first assignment, is just notice and realize how much you're contributing. I mean every time you interact with another

person you can contribute. You just listen sympathetically – that's a contribution. You say something nice to them – that's a contribution.

These are small contributions, but they're meaningful. Notice them, notice them, notice them and as you notice them you'll start to feel good. You'll start to notice that when you do these things you feel better. Like I said something nice to them and they smiled and I feel better. Maybe I should do it more often. Hum, right?

This is what happens naturally. You don't need to force it. You don't need to push it. Just by noticing the contributions you're already making, just by noticing the little bits of happiness that you feel and that you're giving to other people or if not happiness knowledge or money even, it doesn't matter, there are so many ways to contribute, an infinite number of ways to contribute. All you need to do is notice every time you do it and you can notice how it feels and you can notice how the other person is reacting.

That's all that's necessary. It's actually quite simple, but just by doing this, you know, what you focus on becomes stronger. This is one of those psychology principles – that if you focus on something negative, the negative becomes stronger in your life because you're focused on it. So, of course, it's going to become more and more negative. If you focus on contribution, don't change anything, just focus on, notice, all the ways you're contribution already it will get stronger by itself. You'll just start doing it more and more and you'll start feeling happier and happier, so that's number one.

Number two what I want you to do and you can do this at the same time as number one, I want you to also notice all the ways other people have contributed to you in the past; are contributing to you now. This is a great exercise, by the way, and basically what we're talking about is gratitude. But, you know, I've done this many times where I'll go back and I'll just think about, you know, like my past and, like for example, with my mother and I'll think of all the ways my mother contributed to me. You know from when I was a child and then when I was in college and she still does it. It's just wow, I realize, man, my mom has helped me a lot. And I can do this with my father. I can do this with good friends, with anybody who's ever been in my life.

Even people in the past who maybe now I'm not friends with them and maybe we don't even like each other much anymore, I can still remember ways that they contributed to me in the past and with that gratitude it's much easier to forgive them if they did something bad to me.

So what I want you to do then is to just, first of all, one day you can just sit down maybe with a notebook and just write out all the ways that people contribute to you. You can just write it, it doesn't need to be organized, just start writing and writing and writing. Oh, wow, this person gave me money and this person said something nice to me and my

mom, of course, she gave birth to me, but maybe, you know, she's done a lot of other great things.

Even if the person has done bad things too, don't focus on those things. I know some people have had terrible mothers. That's fine, but I bet she contributed something at some point. Just remember those parts and don't focus on the other parts for this purpose, for this exercise.

And then, of course, focus on your life right now too. What are all the ways that people are contributing to you? If you have a job and you're getting money from that job, a paycheck, well that job is contributing to you, even if you hate the job. And believe me, I've been in many jobs that I hated, yet, still that business is giving you something and you can just acknowledge it. Ah, that's a contribution. Maybe I would like something better soon or later, but still that's a contribution and I can acknowledge that and remember it.

Countless ways that people in the world, the Universe itself is contributing to you. In fact, if you really want to get, you know, spiritual about it, you could think about just the sun and the air and the water and the food that you have and everything and all the different ways that the earth contributes to you, that the air contributes to you, that the sun, the Universe, whatever you want to call it.

So just go through this exercise and notice it and as you're going about your day, your normal day to day, any time someone does something nice for you, says a nice thing, maybe helps you out with some work, whatever it is, gives you some advice, realize that's a contribution and just acknowledge it. Just nod your head and smile. Hum, that's nice. That's all you have to do. So that's step number two for this month of contribution focus.

So, first, you're going to focus on all the ways you are contributing to other people and you can appreciate it yourself. You don't need them to say anything to you and then, second, you're going to focus on all the ways that other people are contributing to you.

Okay, now number three. So you've focused on all the ways you're contributing yourself and you're going to notice that all month. You're noticing all the ways that you contribute, small and big, and you're going to also take a few days to really think about all the ways other people contribute to you and to notice that too and acknowledge it.

Well the next thing I want you to think about, as you go about doing this, is how can I contribute more? How can I contribute more to my family? How can I contribute more to my friends? How can I contribute more to the world? And I want you to do this step by step, so I want you first just to think, how can I contribute more to my family?

Some people I know have very terrible family lives and maybe this is a bad question. So if it is, don't worry about it, skip it. You probably have friends, so you can focus on that, but if you have some people in your family who you get along with and everything is fine then I want you to think about how can I contribute more to my family? And think of it from an emotional standpoint, not money. We're not talking about money here, okay? In fact, don't even involve money with this. I want you to think about how can you contribute, you know, with your heart and your brain and your body? How can you contribute more to people in your family?

If you're married and you have kids, well great, that's very easy. You've got several people you can contribute a lot too. How could you contribute more to your husband or wife or boyfriend or girlfriend? I mean could you just give them more compliments throughout the day?

Maybe if that other person is contributing to you and of course they are, maybe as you notice them contributing more and you start noticing ah, you know, yeah, wow, my wife she cooks for me or she's cleaning the house or she's always helping with the kids, she's doing all this stuff, wow, she's contributing to me a lot every day. I mean that's amazing. She's really amazing. In fact, all day long she's doing these contributions.

Well maybe one way you could contribute back is simply by appreciating her more and just saying thank you so much for doing this. I notice you did this. Wow, that's really great. Thanks so much. You know I really appreciate you cooking dinner tonight. That was wonderful. And, you know, women, you can and probably should do this with your men also, because according to John Grey, the relationship expert, the guy that wrote *Men Are from Mars, Women Are from Venus*, I think he's right, by the way, when he says that men really crave appreciation. We really, really do and if we get some appreciation from our partner then ah, we feel wonderful.

One of the big mistakes that women make is that they're always criticizing their man, right? They're always saying ah, you didn't do this, you didn't do this, you didn't do this and that just like destroys a man's motivation and energy. It kills it. Definitely for me too, but if you do the opposite instead of doing that, if you just start noticing all the ways your husband or boyfriend is contributing to you, all the little things. You know, just going to a job and making money that might be one. Maybe he takes you out to dinner. That's nice; anything.

You could just contribute more yourself by appreciating and say thank you for doing that. I really appreciate that. That's so helpful to me. It makes a big difference, it really does. Try it. Try it. And maybe outside of personal relationships just think, how could I contribute more with my heart and my mind? Maybe someone has a tough problem and you do some research for them. You send them some Internet links or some information that you found and say, hey, hopefully this will help you with your problem. I think it

might be helpful. Even if it's not helpful, they will appreciate that you cared. That's what contribution is about most of all is just caring, so that's another easy way you could contribute.

There are so many ways and what I want you to do is just, as you notice the ways you already contribute, you can start asking yourself well, what else could I do? How could I contribute a little more? How could I be a little more helpful? How could I make this person a little bit happier? What is it they really need? Could I help them with that? Just start asking yourself these questions. And you don't have to do anything huge, it doesn't require something gigantic, just lots of small, little things is all that's necessary, okay?

So that's step three, you start asking yourself constantly, how can I contribute more in my normal life with my coworkers, with my friends, all of that and really start focusing on this thing of contribution. And an important part of this, because I know I've talked about this topic before, is to notice the feeling, okay? I'm talking about it emotionally, so I really want you to notice how you feel when you do it and look at their reaction too. So I'm really focused on the emotional aspects of this.

And then the final part is I want you to think bigger and really think about how can you contribute to the world or society? So we're talking about this idea of purpose again, talking about it from a little bit of a different perspective, a different angle, which is just this idea of generosity and giving. How can I give to the world instead of taking? We're always trying to take, take, and take, right? I want more of this, I want more of this and, unfortunately, that's the one thing about *The Secret* that can start to become a little selfish, I think.

I think it's great, I do this to. You know I imagine my goals in the future and I visualize myself, you know, successful and doing all these great things. It helps and certainly it's helped me grow more successful and have a great life, but it's important that we not totally focus on that only because all of that is just about ourselves. It's like, basically, I want this. I want this. I want this. Well, that's fine, but we should also focus on what can I give. I want to give this. I want to give this. Maybe using the idea of *The Secret*, the book *The Secret*, you could visualize all the ways in the future you want to give.

Imagine doing that. Imagine using *The Secret* in that way. So you, each day, would think about, you know, buying a new house for your mother, for example, or doing something great and wonderful for your wife or husband or helping your best friend in some great fantastic way or serving your town or your community or some group of people in the world, whatever it is, but maybe you use *The Secret* for that.

You start visualizing and you see yourself actually doing this huge, big, wonderful, contribution to the world or to all these other people and you feel it as if it's happening

already now. And you feel that great sense, that great feeling of happiness and generosity and you see the happiness and gratitude in their face and every day you imagine this great thing, this great thing that you will do, this great way you will contribute and you think about it and you visualize it and you feel it every day as if it's real, as if it's already real now. That would be a powerful thing to do every day.

This is what I do, by the way, in terms of Effortless English. It's not just thinking about the business. Sure I have business goals, I want to grow it. I want to have a certain number of members and blah, blah, blah. Yes, I do that, but what I really focus on is I imagine large groups of people. Like I'm in front of 500 people and they're all smiling and they're so happy and they're learning and they're so excited to have a new way of learning English and they're helping each other and they're meeting each other and connecting with each other and they're making new friends.

Then I see them and imagine them going home and studying at home with these new methods and improving their English. And then I see and imagine them, you know, getting better jobs and having a better life and helping their families and helping themselves and meeting new friends around the world and traveling. I visualize and imagine all of this and I feel their happiness. Can you imagine the power that gives me?

That's where my energy comes from when I get on a stage for a seminar and I go crazy and I'm jumping around and I seem like I'm Jim Carey or something. Also, it's what gives me the power to constantly be thinking, how can I improve these seminars? How can I improve my teaching? How can I do it better? How can I do it better? How can I do it better? It's not just an intellectual thing it's emotional, okay? I visualize it. I feel the emotion of it. It's coming from my heart and that is really what this about this month.

Yes, we've talked about, you know, leadership before and helping other people, but you've gotta' realize that the power of that comes from your heart, not from your brain, okay? You've gotta' feel the emotion. You've gotta' imagine the emotion or big contributions you want to make in the future. You've gotta' notice the emotion when you're doing it right now. If you make a contribution right now to someone, small or big, you need to notice the feeling that you feel. It's a good feeling, but if you just ignore it it's not going to become stronger. But if you notice it, it will become stronger and that will make you want to contribute even more.

So this is about emotion this month. It's the emotion of contribution and it all is driven from your heart. This is the engine of contribution. This is the engine of happiness. So this is your assignment this month. Focus on contribution and focus on it from your heart, not from your head. We've talked about a lot of stuff intellectually with our head in the VIP Program so far, this month heart.

So, number one, you're going to notice all the ways you contribute. Every day when you make a small or a big contribution, every single time, notice that you're doing it, realize, I'm making a contribution, yeah! And, number two, notice how you feel in that exact moment. As you make the contribution, how do you feel? Focus on your heart, it will help.

Number two, you're going to focus on all the contributions you're getting from other people, from the world, from the Universe, whatever it is and just feel the gratitude of that.

Number three, you're going to ask, how can I contribute more to the people in my life in just small ways? What little extra things could I do with all the people in my normal daily life to contribute just a little more?

And then, number four, you're going to dream big with contribution. You're going to actually use the power of *The Secret*, which is just imagining a great future, but you're not going to imagine it for yourself. You're not going to wish for \$1 million for yourself. What you're going to do is you're going to imagine giving and helping other people in some great wonderful way, something you dream of.

If it's your mom you would love to really help then just imagine, what's the greatest thing you could ever do for your mom? And then see yourself doing that. Maybe you're buying her, her dream house or something. See that happening, see her happiness and, most of all, feel it. Feel the feeling from yourself of love and contribution and generosity. See the emotion in her face as if it's happening now and then think of this. Image every day, every day, every day and one day it may happen. It may be you want to help refugees on the Burmese border. Then imagine that. Whatever it is, imagine it and feel it deeply every day.

Okay my special VIP. This is really what the VIP Program is about. Of course you're improving your English every month when you listen to these lessons and listen to all this English and listen to the mini-stories. Great. I definitely want you to be more confident and you will be more confident, but it's mostly about heart. It's what happens deep inside.

The VIP Program is about depth, okay? It's what's happening deep inside of you. It's not just little shallow goals of yeah; I learned 10 more vocabulary words. That's great, but it doesn't change your life, it doesn't change other people's lives and we want to change our lives for the better. We want to have great, happy, wonderful lives and we want to contribute to other people and help them have great, happy, wonderful lives too. So that's our focus this month. From a very emotional standpoint, focus on contribution.

All right, I hope you have a great month. See you again, bye-bye.

Contribution Mini-Story

Hello, this is A.J. and welcome to the mini-story for the VIP lesson ‘Contribution.’ Let’s get started. We’re going to work a little bit on the past perfect this time and you don’t need to think about that really, just listen and answer the questions and relax. So let’s get started.

* * * *

So there is a fish. There’s a fish named Sally.

What kind of fish is Sally?

Well, Sally is a tuna fish. Sally is a tuna fish.

Is Sally a bass? B-a-s-s, a bass fish?

No, no, she’s not a bass. Sally is a tuna fish.

And where does Sally live?

Well, Sally lives in the Pacific Ocean, of course. Sally is a tuna fish and she lives in the Pacific Ocean.

Now, has Sally always lived in the Pacific Ocean?

No, she has not. She has not always lived in the Pacific Ocean.

So, where did she live when she was a very small fish, only two years old? Where did she live?

Well, when she was two years old she lived in Oklahoma City, Oklahoma City in America.

Aha. Who lived in Oklahoma City when she was small, when she was a small fish?

Sally. Sally lived in Oklahoma City when she was a small fish.

Did she live in Oklahoma City or did she live in the Pacific Ocean?

She lived in Oklahoma City.

When?

When she was only two years old.

In fact, when she was two years old, by the time she was two years old; Sally had never seen an ocean before. She had never seen an ocean.

Oh no, why not?

Because Oklahoma City is in the middle of America. There are no oceans near Oklahoma City.

So who had never seen the ocean by the time she was two years old?

Sally. Sally the tuna fish had never seen an ocean by the time she was two years old. So by two years of age she had never seen the ocean by that time.

But she talked to her parents and her parents told her stories about their home from the past, the Pacific Ocean, the great, big, giant Pacific Ocean.

So where had Sally's parents lived before?

Well, Sally's parents had lived in the Pacific Ocean.

And when had they lived in the Pacific Ocean?

Well, they had lived in the Pacific Ocean before they moved to Oklahoma City.

Who had lived in the Pacific Ocean before they moved to Oklahoma City?

Sally the tuna fish's parents, right? Sally's parents had lived in the Pacific Ocean and then they moved to Oklahoma City.

Had Sally ever lived in the Pacific Ocean by the time she was two?

No, she had never lived in the Pacific Ocean. Sally was born in Oklahoma City.

Ah, interesting. So when she was two where did she live when she was two?

When she was two she lived in Oklahoma City.

And, by the age of two, had she ever been to the Pacific Ocean?

No, she had not. She had never been to the Pacific Ocean by the time she was two years old.

Now, had her parents ever been to the Pacific Ocean?

Well, yes, they had. They had lived in the Pacific Ocean before moving to Oklahoma City.

So who had lived in the Pacific Ocean, in the past, before Oklahoma City?

Sally's parents.

And had Sally ever lived in the Pacific Ocean by the time she was two?

No, she had never lived in the Pacific Ocean by that time.

And, so, several more years went by and Sally got older and she dreamed about the Pacific Ocean, the great, big, blue Pacific Ocean. She dreamed about it every night she went to sleep in Oklahoma City. And, one day, when she was 12 years old, she decided she wanted to see the Pacific Ocean. She wanted to go to the Pacific Ocean.

Now by that time, by the age of 12, still, had she been to the Pacific Ocean by that time?

No, she hadn't. She had not been to the Pacific Ocean, still, by the age of 12. She had not.

So who had still never been to the Pacific Ocean? Who still had never been to the Pacific Ocean?

Sally. That's right. Sally the fish, still, she had never been to the Pacific Ocean, even by the age of 12 years old.

Why did she want to go to the Pacific Ocean?

Well, because she's a tuna fish, right? Because she is and was a tuna fish, she wanted to live in the big, wide ocean.

Did Sally like Oklahoma City?

No, no, she hated Oklahoma City.

Why did she hate Oklahoma City?

Well, because Oklahoma City is very dry. It's a very dry place. There's not much water in Oklahoma City. It's not a good place for a fish.

Did Sally's parents like Oklahoma City?

Actually, yes. Sally's parents like Oklahoma City.

Why did they like Oklahoma City?

Well, because Sally's father, Sally's dad, had a good job in Oklahoma City. So her parents liked Oklahoma City, but Sally did not. She really, really hated Oklahoma City, because it was so dry, so she dreamed about the Pacific Ocean and, still, by this age, she had not been to the Pacific Ocean. She had never been to the Pacific Ocean by that time.

Had her parents been to the Pacific Ocean?

Of course they had. They had lived in the Pacific Ocean. Both of Sally's parents, in fact, were born in the Pacific Ocean.

Aha. So at the age of 12, Sally talked to her parents. She said "Mom, dad, I'm going to go to the Pacific Ocean." And her parents said "Okay. Good luck to you, Sally. Please be careful. Please be careful." Sally said "I will. I'll be careful, but I must go to the Pacific Ocean. I've been dreaming about the Pacific Ocean ever since I was two years old."

So she had dreamed of the Pacific Ocean since she was two years old, right up until she was 12. And, so, finally one day, she left Oklahoma City.

Who left Oklahoma City?

Sally did. Sally left Oklahoma City and she went to the Gulf of Mexico.

Why?

Well, because the Gulf of Mexico is the nearest ocean, the nearest large amount of water, to Oklahoma City. Aha!

So who went to the Gulf of Mexico?

Sally, the tuna fish, went to the Gulf of Mexico.

Why did she go to the Gulf of Mexico?

Because she wanted to get to the Pacific Ocean, so she went to the Gulf of Mexico.

Did she enjoy Oklahoma City?

No, she didn't. She hated Oklahoma City.

Where did she want to go?

She wanted to go to the Pacific Ocean.

Did she immediately go to the Pacific Ocean?

No, she didn't. She didn't immediately go to the Pacific Ocean.

Where did she go first?

First she went to the Gulf of Mexico. That's right, the Gulf of Mexico.

How old was she when she went to the Gulf of Mexico?

She was 12 years old. Sally was 12 years old when she went to the Gulf of Mexico. And she got to the Gulf of Mexico and she said "Wow, it's so big! Oh, wow, this is great!"

Had she ever seen the Gulf of Mexico before?

No, she hadn't. She had never seen the Gulf of Mexico before the age of 12. So she had never seen it before then.

When did she finally see the Gulf of Mexico?

Well, at the age of 12. At the age of 12, she finally saw the Gulf of Mexico and she jumped in. And she swam around and she jumped and she played and she was very happy to be in such a large amount of water and it was saltwater, too.

Do tuna fish like saltwater?

Oh, yes. Tuna fish love saltwater. So she was very happy to be in saltwater in the large, huge, gigantic Gulf of Mexico. She swam and she swan and she swam and she played

and she played and she played. She jumped out of the water and back into the water. She swam around in circles. She played with other fish. Sally was a very, very, very happy fish.

And, so, she decided to stay in the Gulf of Mexico until she was 20 years old. She lived and played in the Gulf of Mexico until she was 20 and then she remembered her dream of the Pacific Ocean and she thought I must continue. I must find my parent's home. I must go to the Pacific Ocean.

Now, at the age of 20, had she ever been to the Pacific Ocean?

No, she hadn't. She still had never been to the Pacific Ocean by the age of 20.

Now, by the age of 20, had she ever been to the Gulf of Mexico?

Yes, she had. Of course she had. In fact, she saw the Gulf of Mexico for the first time at the age of 12 and then she stayed in the Gulf of Mexico until the age of 20. And at the age of 20, she decided she needed to leave the Gulf of Mexico and try to reach the Pacific Ocean.

And, so, she left the Gulf of Mexico and she went into the Atlantic Ocean and the Atlantic Ocean was even bigger than the Gulf of Mexico. It was huge and Sally was amazed. She was like "Oh, wow! Oh, my God, it's huge!" She was very happy. She jumped and she played and she swam and she met new fish and she loved the Atlantic Ocean.

Now had she ever been to the Atlantic Ocean before?

No, she had not. She had never been to the Atlantic Ocean before the age of 20.

Had she ever seen the Atlantic Ocean before the age of 20?

No, she had not. She had never seen the Atlantic Ocean. She had never been to the Atlantic Ocean before the age of 20.

So when did she finally see the Atlantic Ocean?

At the age of 20. At the age of 20, she finally saw the Atlantic Ocean and she was so happy. She swam with the fish. She ran away from sharks. She had a great time swimming in circles, jumping around and playing. She loved it so much she stayed. She decided to stay in the Atlantic Ocean.

How long did she stay in the Atlantic Ocean?

Ten years. Sally stayed in the Atlantic Ocean for 10 years.

Where did she live for 10 years?

The Atlantic Ocean. She lived in the Atlantic Ocean for 10 years.

Why did she live in the Atlantic Ocean for 10 years?

Because she loved it. It was so big. It was bigger than any water she had ever seen before in her life. And, so, she loved it and she stayed in the Atlantic Ocean. She played and she made new friends and she had a great time.

But then, when she reached the age of 30, she remembered her dream again. She remembered the dream of seeing the Pacific Ocean. Her parents had told her that it was the biggest ocean in the world. It was hard for her to imagine that something could be bigger than even the Atlantic Ocean. But at the age of 30, she decided to leave the Atlantic Ocean to go south around the tip of South America and into the Pacific Ocean.

Now, by the age of 30, had she ever seen the Pacific Ocean?

No. At age 30, she still had not seen the Pacific Ocean. In all her life, until that point, she had not seen the Pacific Ocean. She had not been to the Pacific Ocean.

So, by the age of 30, who still had not been to the Pacific Ocean?

Sally. Sally still hadn't been to the Pacific Ocean. She still hadn't seen the Pacific Ocean by the time she was 30. So, at the age of 30, she decided finally it was time. She said "It's time. I have to fulfill my dream. I have to fulfill my destiny. I must go to the Pacific Ocean."

And, so, she swam south along the coast of Brazil, south past the tip of South America and then she entered into the Pacific Ocean and she swam and she swam and she swam and it was gigantic. It was huge! She was amazed. She couldn't believe that an ocean could be even bigger than the Atlantic Ocean, but the Pacific Ocean was gigantic, huge, and enormous.

Did she like the Pacific Ocean?

She loved it. She loved the Pacific Ocean. Finally she understood her parent's stories. Finally she understood how great the Pacific Ocean was. She swam and she swam and she played and she played. She went to Fiji. She went to Hawaii. She went to Japan

and avoided the fishermen. She had a great time. Sally the tuna fish loved the Pacific Ocean. She had found her new home.

So when did she find her new home in the Pacific Ocean?

Well, at the age of 30. At the age of 30, she finally went to the Pacific Ocean and it became her new home.

Now, before the age of 30, had she been to the Pacific Ocean?

No, she hadn't. She had never been to the Pacific Ocean before the age of 30.

Now had her parents ever been to the Pacific Ocean?

Well, yes, they had. Her parents, in fact, were born in the Pacific Ocean. So they had been to the Pacific Ocean, but Sally had never been to the Pacific Ocean until she was 30 years old. And at the age of 30, Sally finally reached the Pacific Ocean.

Did she love the Pacific Ocean?

Yes, she did.

Did she decide to stay in the Pacific Ocean?

Yes, she did. Sally decided to stay in the Pacific Ocean and live there for the rest of her life.

So where does Sally live now?

Well, now she lives in the Pacific Ocean. Now she still lives in the Pacific Ocean.

And how old is Sally now?

Well, Sally is 40 years old now. Sally is now 40 and now she lives in the Pacific Ocean.

Now has she ever been to the Atlantic Ocean?

Well, yes, she has. She has been to the Atlantic Ocean. She went to the Atlantic Ocean when she was 20.

Has she ever been to the Gulf of Mexico?

Yes, she has. She went to the Gulf of Mexico when she was 12 years old.

And has she ever been to Oklahoma City?

Well, yes, she has. She has been to Oklahoma City. In fact, she was born in Oklahoma City.

But where does she live now?

Well, now, Sally the tuna fish lives in the Pacific Ocean.

And why does she live in the Pacific Ocean?

Because it's the biggest ocean in the world and she's a tuna fish and tuna fish really love to swim in the big, open, large oceans.

So is Sally happy now?

Yes, she is. Sally is a very happy tuna fish.

* * * * *

And that is the end of our mini-story for this VIP lesson ‘Contribution’.

Now I mixed in, you’ll notice, a lot of past perfect ‘had been’, ‘had gone’ and, you know, plenty of other little secret grammar phrases that I put in this story. All you need to do is notice the meaning.

Notice the phrases I use, such as ‘by the time she was 12’ or ‘since she was 30’. Those phrases help you understand the meaning of the grammar and the different grammar that I use, but you don’t need to think about the grammar rules. Please do not think about grammar rules. Just enjoy the lessons, understand the meaning of the story and answer the questions.

Okay, I’ll see you again soon my special VIP, bye-bye.

Contribution POV

Hello, my name is A.J. Welcome my VIP. I guess you know my name, ha? It's time for the VIP point-of-view lesson for this month's 'Contribution' topic, so let's do it. Let's start with the present.

* * * *

There is a fish. There's a fish named Sally. Now Sally lives in Oklahoma City. She lives in Oklahoma City, but she doesn't like Oklahoma City.

Why doesn't she like Oklahoma City?

Well, because Oklahoma City is dry. It's very, very dry.

And what is Sally?

Sally is a tuna fish.

Do tuna fish usually like dry weather?

Of course not, they're fish. They like wet. They want to be in the water and Oklahoma City is dry, so Sally doesn't like Oklahoma City.

So she decides she needs to go somewhere else and her parents they're always telling her stories about the Pacific Ocean, the Pacific Ocean. The Pacific Ocean is so great, because her parents are from the Pacific Ocean. They were born in the Pacific Ocean. Now, first, she goes to the Gulf of Mexico.

Why does she go to the Gulf of Mexico first?

Because it's the closest large body of water to Oklahoma City, aha.

So, first, she goes to the Gulf of Mexico and she's very happy. In fact, she's ecstatic, super happy, to see all of that water, this incredible saltwater and it's so huge. She's so happy that she swims around and she plays and she has a great time and, in fact, she's so happy that she decided to stay in the Gulf of Mexico for many years.

So she stays in the Gulf of Mexico. She lives in the Gulf of Mexico. She makes new friends in the Gulf of Mexico for several years. Until, one day, she remembers her dream and she thinks "I need to continue. I must continue and I must go to the Pacific Ocean, but first I must go through the Atlantic Ocean."

So finally she leaves the Gulf of Mexico and she goes to the Atlantic Ocean and oh, my God, it's even bigger. It's gigantic! It's huge! She's really happy now and she swims and she swims and she swims all around the Atlantic Ocean everywhere she can. She makes lots of new friends with other fish and she just loves the Atlantic Ocean. It's amazing.

And, so, she stays in the Atlantic Ocean for many years. She stays there for many, many years, playing and having fun and enjoying the Atlantic Ocean, until one day, again, she remembers her dream to see the Pacific Ocean. And she decides that it's time and so she swims south along the coast of South America and then she goes around the tip of South America and she reaches the Pacific Ocean and it's super huge, gigantic, humungous. It's amazing. It is so big, the biggest ocean in the world.

She swims to the north. She swims around. She visits Hawaii. She visits Fiji and she absolutely loves the Pacific Ocean and, in fact, she decides to stay in the Pacific Ocean and live there for the rest of her life. Sally the tuna fish is very happy.

* * * * *

And that's the end of our first point-of-view story. Next, let's just imagine all this happened, oh, I don't know, 100 years ago.

* * * * *

One hundred years ago, there was a fish named Sally. Sally lived in Oklahoma City and Sally wanted to go to the Pacific Ocean. She wanted to go to the Pacific Ocean because her parents always told her about the Pacific Ocean. They always told her great stories about the Pacific Ocean.

And, so, Sally, one day, left her home in Oklahoma City. She left her home in Oklahoma City and first she went to the Gulf of Mexico. She went to the Gulf of Mexico and it was so big, so amazing. This huge body of saltwater and it was amazing. She loved it. She met lots of new fish. She swam, she played, she jumped and she decided to live in the Gulf of Mexico for several years.

And she did, she stayed in the Gulf of Mexico. She lived and played in the Gulf of Mexico, but then, one day, she remembered her dream and she decided that she needed to continue. And, so, she left the Gulf of Mexico and she went to the Atlantic Ocean and it was even bigger. It seemed so huge to her. And, so, she swam north along the coast of the United States and she swam over towards

Europe and around towards Africa. She played and she swam and she enjoyed the Atlantic Ocean and she stayed in the Atlantic Ocean for many years and she loved it, but, one day, she remembered her big dream. She remembered that she wanted to see the Pacific Ocean, because the Pacific Ocean was and is the largest ocean in the world.

And, so, finally, she swam south. She swam south along the coast of South America and then she swam around the tip of South America and into the Pacific Ocean and it was super huge, gigantic, enormous, humungous, the biggest ocean in the world and Sally loved it. She loved it so much. She went to Hawaii, she went to Fiji and she decided to stay. She said "This is incredible. I'm going to stay in the Pacific Ocean for the rest of my life." And she did, she lived the rest of her life in the Pacific Ocean and she was very, very happy.

* * * * *

Okay. That's the end of our second point-of-view story. Let's go into the future now. So let's just imagine we're dreaming this or something and it's going to happen, I don't know, 20 years in the future.

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So, 20 years from now, there will be a fish named Sally and she's gonna' to be a tuna fish. She'll be a tuna fish and she'll live in Oklahoma City. At the time of this story, when this story happens, she will be living in Oklahoma City.

So at the time our story starts, she'll be living in Oklahoma City, but she won't be happy. She'll be very unhappy. She'll, in fact, hate Oklahoma City because, of course, Oklahoma City is a very, very dry place. It's a very dry place and she's gonna' hate it because, of course, she'll want to live in a very wet place like the ocean.

Well, of course, her parents are gonna' tell her lots of stories about the Pacific Ocean and how great it is. And she'll dream about the Pacific Ocean and then, one day, in the future, she'll leave Oklahoma City. She'll leave Oklahoma City and, first, she'll go to the Gulf of Mexico. And when she gets to the Gulf of Mexico she'll be amazed. She'll say "Oh, wow! My God, it's so big! This is great!"

She'll play and she'll swim and she's gonna' make a lot of new friends with other fish and she's gonna' just have a great time. In fact, she's gonna' decide to stay in the Gulf of Mexico for several years. She's gonna' stay and live and play in the Gulf of Mexico for several years.

And all this is happening in the future, but then, later in the future, she'll finally remember her dream and she'll decide to leave the Gulf of Mexico and she'll go into the Atlantic Ocean. And when she gets to the Atlantic Ocean she'll be even more amazed. Whoa, it's gonna' seem so big to her, gigantic, humungous, and amazing. She's going to be amazed. In fact, she's gonna' make a lot of new friends with other new fish in the Atlantic Ocean. She's gonna' swim all around the Atlantic Ocean. She's gonna' play and jump and have a great time and she's gonna' decide to stay and live in the Atlantic Ocean for several years more.

So she'll live there for several years happily, until, one day, she remembers her big dream to see the Pacific Ocean and she'll decide it's time. And she'll swim south along the coast of South America. She'll go around the tip of South America and she'll reach the Pacific Ocean and she'll say "Wow! This place is super gigantic, humungous, enormous, amazing, wow!"

She's going to be amazed. She's going to be astounded because it's so big, the biggest ocean in the world. And she'll be so happy, she'll swim to Hawaii and enjoy Hawaii and she'll swim to Fiji and she'll enjoy Fiji and she'll be so happy that she will decide to live the rest of her life in the Pacific Ocean. And she will do exactly that and have a very happy life.

And that is the end of our point-of-view stories for this month. I hope you enjoyed them. Have a great time my VIP member. I will see you again soon, bye-bye.

Contribution Commentary

Hello, this is A.J. Welcome my VIP to the commentary this month and the topic this month, of course, is 'Contribution'; contribution.

Now, of course, this topic really is related to the third part of our code, you know, show other people that you care, but it's more than that, I think. You know the code is really kind of a basic thing of just how to act and just a way to sort of keep our Effortless English Club in a polite, nice, social kind of environment. I mean that's what we're trying to create with this. So those are sort of the minimal requirements, I think, you know?

But this contribution, this topic, is really much deeper than that. At least for me it is, because it really gets to much more of the emotional center of what we want to do and what creates a happy, generous, successful, enjoyable life. And I think one of the things that can happen is that we can, often times, really get focused and caught up in our heads. To be caught up in something means to be kind of obsessed with it or to be focusing on it a lot. So it's really easy for us to get caught up in our thoughts or caught up with our thoughts.

I do this too. In fact, I'm guilty of doing this a lot. That we really, really, really focus on our minds a lot, the thoughts, the ideas, the beliefs and changing our beliefs and thinking up great goals and managing our ideas and our thoughts. It's all so focused on our heads, you know, so intellectual, so mental. And I'm not saying that's unnecessary or bad. All those things are good, but the thing is without the heart, without the deep emotion, I have found that all those great mental accomplishments are not fulfilling. They just don't satisfy without the deep emotion, the deep fulfillment that comes from, you know, feelings like love, generosity, contribution.

So that's what I was trying to communicate this month in that main topic, the main article, the main speech or talk, really trying to get you to think about...maybe that's the wrong word to use 'think'. I'm trying to get you to focus on emotion this month, the emotion of contribution, the emotions that come up, that we feel when we give, when we help, when we contribute. So it's not just doing it because you feel like you must.

I think this is a problem. A lot of religious people are like this, you know? You must do this! You must do this! You must not do this! And it's all like these rules that some authority person is telling you what to do and what not to do, but there's no heart in that. There's no emotion in that. You know, you're just obeying somebody, some boss, basically. I don't find that to be powerful at all and, in fact, I tend to want to rebel against anything like that.

Maybe you're like me, I don't know. Maybe I'm just rebellious, I'm not sure, but I think we need to think more deeply about these things and not do these things because it's

some kind of duty. You know, some sort of mental idea that we think we must contribute and somebody is telling us that we must love our neighbors as ourselves. Someone is pushing us to do all these things. That's not powerful, in my opinion, and I think that doesn't really help the world. It hasn't helped the world so much and I don't really think it helps us either.

I think the magic happens and I find it very magical when we help other people from a feeling of love or generosity or just, you know, niceness in our heart and we give to them in whatever way we can, big or small, and then we notice that that feeling of love or generosity or happiness actually grows when we contribute and then we also see it in the other person. That's the magic of it that I was trying to get you to understand or to focus on.

I'm sure you understand it already, but I want you to focus on and remember is this is something very magical in the world, in the Universe, in human psychology, whatever. This thing that when you give from your heart, when there's this positive emotion involved, that it creates this sort of chain reaction. Of course, a chain reaction means it's kind of a multiplication.

So you have this positive, warm, feeling inside you. You contribute. You give to someone else -- it could be an animal too, it doesn't even have to be a person – and then that feeling inside you grows, just from the act of giving and helping and contributing and then it grows even more because the other person or animal feels better, happier, so it grows in them as well. And then if you notice their reaction and you notice their happiness it will grow even more in you and it creates this amazing upward spiral where these positive emotions, these positive feelings, these positive motivations multiple and get stronger through the act of contributing.

Now I know I'm not the first person to realize this. There are books written about this and, you know, great saints and all the different spiritual traditions around the world talk about this, but, you know, we tend to forget these things, but I find it to be something very, very concrete and practical. I mean you can observe this phenomenon, this experience, in yourself. If you just focus on it and notice it you will see it and feel it happening.

It's not just something you can read in a book. Yeah, that sounds really nice. That's great. I should do that. No. Don't just trust me. Don't just trust the book. Don't just trust the church or whatever, actually try it. I mean just try it. You know someone you feel that you would like to help in some way or contribute in some little way and then notice the feeling. The first step is to notice the feeling.

Just quiet your mind, you know, quiet our little busy minds with all the thoughts in our minds all the time. Quite your mind and focus instead on just the feeling, the emotion,

the feeling in your body and in your heart. Maybe breathe a little bit. Feel the emotion first then do your act of contribution. Give whatever you're going to give. Give the compliment to the other person or, you know, clean their house for them or do whatever it is you're thinking of doing that you think would help them or be nice for them then do that action.

As you're doing the action, don't just do it mindlessly where your mind is thinking about something else. Instead, as you do it, focus on contribution. Focus on the feeling you feel of wanting to give and you can even imagine, you know, how they might feel, because this is important too.

I think a lot of times, you know, there are so many people doing lots of nice things and we're helping people all the time throughout the day at our jobs, in our families, with friends, but even with strangers. You know most of us are nice people. I know definitely you, as a VIP, you're a very nice person. I'm a nice person and we all want to be helpful, but I think the problem is, one of the big problems, is a lot of the time we just don't notice. So we do something for people, we contribute, but we do it mindlessly. So while we're doing something helpful we're thinking about something else.

Like, for example, let's say you're cleaning your house for your spouse or boyfriend or girlfriend and you're just doing it to be nice. I'm gonna' clean the bathroom today because it's dirty and it would be a nice thing to do and I'm going to contribute. Well here's what happens so many times. You go in, you start cleaning the bathroom, but while you're cleaning the bathroom you're not thinking about contribution. You're not thinking about giving. Instead, your mind starts to wander and you start thinking about all the other things you need to do that day or what you gotta' do tomorrow or some other problem that you have or ah, whatever, you know? All these different thoughts come into your head, so you're not really focused on contribution in that moment.

Yes, you're doing something nice. You're cleaning the bathroom, but your heart is not in it. I mean when we say our heart is in something, you say his heart was really in it, it means you were really feeling it while you did it. And, often, it's a common English phrase to say his heart just wasn't in it. It means he did the action, yes, but he didn't do it with strong emotion. He wasn't really feeling it and focusing on it.

We use this phrase in sports sometimes. Somebody is playing a game, but they're not really playing fully. You know they're not playing with all their heart. Yes, they're playing and they're making some effort, but it's not with all of their heart and soul. So that we might say well, he's a good player, but his heart just isn't in it. You understand?

Well, let's be honest. I think that in our daily lives most of us do a lot of good things, but our heart is just not in it. We're distracted while we do it. I mean imagine if I got up in a seminar and I'm teaching English and I really genuinely want to help students learn

better English and, especially, I want to help them feel more confident and good about themselves as they use the English they already have. So I have a good motivation and I'm trying to contribute, but imagine if while doing the seminar I was distracted and I was thinking about, you know, exercising the next day.

I'm thinking oh, you know, I need to really exercise tomorrow because I gained a little weight and I need to be doing that and I'm thinking about that while I'm teaching English. So I'm trying to do something good, I'm trying to contribute during the seminar and, yet, my heart's not really in it if I'm thinking about other things while I'm doing it. So the power of that contribution is much weaker.

So this is why in the main video and main article, I'm really stressing to you to notice, to notice while you contribute. Whenever you do something even very small, you leave a tip, for example, at a restaurant, I want you to notice it, okay? I want you to just notice what you're doing and feel the feeling completely.

There's a big difference between, let's say, leaving a tip for somebody, just kind of automatically ah, just leave the tip on the table and walk out the door and there's a different feeling if you think about wow, that waiter was really good. You know he was really polite, very helpful, seemed to really care. I'm going to leave him a tip, because I'm really grateful. Thank you so much. And then you leave him a nice good tip and you walk out the door smiling, appreciating this person and also feeling that feeling of contribution that you have as you give the tip to them.

See how that's different than just throw the money on the table and walk out the door? I mean it could be the same amount of money, but the emotion, the focus, changes it completely. It's very different if your heart is in something or if your heart is not in it. So that's what I'm really trying to get at.

I think you probably are already contributing a lot in your life. You're probably doing it a lot in your life in many different ways with many different people, but I also am guessing that, probably like me, you get distracted a lot. And a lot of times when you're doing those nice things, when you're doing those good things, when you're contributing, that you're not really feeling it so much and when you don't feel it, it does not multiply.

All that wonderful upward spiral I was talking about, that sort of magic of human psychology or the magic of the Universe or whatever you want call it, it doesn't matter, you could have a religious meaning for it, you can have just a personal psychological meaning, but it definitely exists and you can notice it and you can see it in yourself, but it only happens when you notice the feelings. So I think that's something that people forget.

People think that okay, I'll write a check. I wrote a \$1,000 check to Green Peace and I sent it to Green Peace. I did a good thing. I contributed and that's going to come back to me as good karma or is going to come back to me as good luck. In the future I'll make a lot of money and be prosperous because I contributed to Green Peace. Well I don't think that's true. I don't. I don't think it works that way. I haven't noticed it working that way in my life. I think that's a little bit of a selfish mentality, in fact. I think when you give you should just give from your heart because you want to help, because it feels good and as you do it you notice that feeling. You really notice it and you feel it and you enjoy it.

That's what creates the magic, I believe. I think that's what creates the good karma or however else you want to describe it, because then when you feel that feeling you're like oh, that felt great. I'm helping. I'm helping the environment. I'm helping save the whales or whatever it is you're doing. You feel that emotion and then you feel really good and then you want to help even more people and so you start going out and your contribute more.

And when you contribute you notice the feelings and you feel them and that makes you want to contribute even more. And then what happens is you become a happier person. You become a more generous person, a more giving person and what else happens is people feel it. Other people feel it. They know if your heart's in it. They know if your heart is not in it. It's a huge difference. And when people feel that you are giving from your heart, not wanting something in return, guess what? They want to give more to you.

And that's how it works, I think, really and that's when then you will start to receive more and more. Of course, you already receive the nice emotions just from giving, but you also will start to receive just very practical things. Other people will start contributing more to you, but they only do that when your heart's in it. They respond to your emotion, not to the check you give them, not because you just cleaned the bathroom. If you clean the bathroom with love, maybe you do a cute little extra things, you add a couple little candles and you just, you know, your heart is totally in it and you're really feeling that contribution, your husband or wife is going to respond differently then if you just quickly clean it and kind of in a hurry and okay, now I'll do something else and I'm not really focused on it. It's a big, big difference.

So I know I tend to repeat important things many, many times, because I try to say them in a lot of different ways. Because I know everybody hears things a little differently and responds to things differently, but these are important deep ideas, so I'll restate it one more time. And the power of this is in the doing, so I really, really hope you'll do this, this month and continue it in the future.

The whole point of this month is the emotion, the emotion, the emotion, the feeling, the feeling, the emotion of giving, of contribution. It's not so much the action; it's how you feel in your heart as you do the action. You can give .50 cents with great love and that's more powerful, in my opinion, than giving \$100, but not really caring too much, okay?

The love, the generosity, whatever it is, you need to feel it and not only feel it, but notice it and make it stronger as you contribute. That is the whole point of this month and that's what I want you to focus on.

You can do this on the VIP Forum. So when you give a compliment to someone, don't just write it, I want you to feel the emotions as you write it and really feel deeply as you write that compliment to the other person. You know feel it. Just notice it as you do it and then publish your compliment.

And, in fact, I would also like all of us this month on the VIP social site to report about our experiences with contribution. You're all already contributing in small or big ways in your life, so what I would like you to do this month is try these things I've been suggesting, especially focusing on the emotion as you contribute, putting your heart in it; giving all of your heart as you contribute.

Do that for a few weeks then go to our VIP social site and write what happened. How did it feel? Did it feel differently to you than just doing it without focusing so much? Were the results different? Did the other person react differently? I'm curious. I would like to know, so I would like to hear your experiences. Let's share our experiences with this experiment, okay?

So what you're going to do, you're going to focus on contribution, you're going to focus on all the ways you already contribute and then you're really going to notice the feelings of contribution. Focus on the feelings as you contribute. And after you do that in different ways in your life, go to the VIP social site and share your experience. What was it like? How did it feel to you? What happened? What was the result? Did the other person seem to respond differently? All of those things. Tell us your experience and we can all together share our experiences and encourage each other.

Okay, I hope you have a great month my special VIP. You know you are special, because I know you are a person who contributes. I already know that about you and I appreciate that about you and I hope that I am contributing to you each month, because that is my deep purpose and I certainly feel it now from my heart, hoping that I'm giving to you and helping you and inspiring you to have a happier, more successful, more wonderful life.

Have a great day and I will see you again soon, bye-bye.



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