

## Masaru Emoto - The Hidden Messages in Water

Who was Masaru Emoto?

- He was born in Yokohama in July 1943.
  - He was a graduate of the Yokohama Municipal University's department of humanities and sciences.
  - He **undertook extensive** research of water around the planet, **not so much as** a scientific researcher, but more from the perspective of an original thinker.
- At length**, he realized that it was in the frozen crystal form, that water showed us its **true nature**.



The experiment he used to discover this included bottles filled with water, that were set under **either** a positive **or** a negative influence.

For example, some bottles of water were wrapped with written notes, with the writing facing inside the bottle that said, "thank you."

This was done in various languages. **No matter** what language was used, the water in these bottles, when frozen, created complete crystals that were lovely to **behold**.

Water over which a priest prayed, with love and gratitude, created the same type of crystals.

**Conversely**, unpleasant, incomplete, and **malformed** crystals were created in water **exposed to** people saying or writing, "You fool," or other negative expressions.

By exposing water to a particular word or piece of music, freezing it, and photographing the ice crystals formed, Dr. Emoto has shown that from beautiful words and music, come beautiful crystals, and from **mean-spirited**, negative words, come malformed and **misshapen** crystals.

### What is the significance?

It becomes **clear** when we remember that the adult human body is approximately 70% water and infant bodies are about 90% water.

We can be hurt emotionally and, as the water can be changed, for the worse physically by negativity.

However, we are always closer to beauty **when surrounded** by positive thoughts, words, intentions and ultimately those vibrations.

Dr. Emoto's theories can be explored further by reading his books, *The Hidden Messages in Water*, *The True Power of Water*, *The Secret Life of Water*, *Love Thyself*, and now in his children's books as well.

His work is also presented in the movie *What the Bleep Do We know? (Co my jen víme?)*

### Vocabulary:

undertake – provést

extensive - rozsáhlý

not so much as - ne tak moc jako

at length - posléze, po dlouhé době

true nature – pravá podstata

either .. or - buď jedno ... a nebo druhé

No matter – bez ohledu na to,

behold – spatřit (celkem knižní výraz)

Conversely – naopak

malformed – znetvořený, zdeformovaný

exposed to – vystavený něčemu

mean-spirited – nepříjemně laděný

misshapen – pokřivený, zdeformovaný

significance – podstata, důležitost

clear - jasné

when surrounded – když jsme obklopeni

adapted from:

<https://www.masaru-emoto.net/en/masaru/>



The eternity



Honest



Respect



Love and gratitude



I cannot



I can



I love you



Stupid



Compassion



Thank you

(Appreciation/Gratitude)



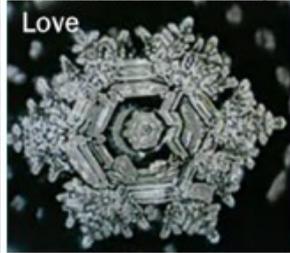
Wisdom



Truth



Joy



Love



Eternal



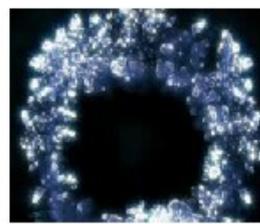
Harmony



Hope



Angel



Soul

fotografie:

<https://www.youtube.com/watch?v=LUIJjQCV34>

Violence against women

Activities of the Czech Women's Lobby

19. 7. 2021

CWL is very **active in** the fulfilling of the Beingin Platform aims **by providing** space for its 36 members on the common goals and participating within our working structure to **make sure** we **tackle the problems** women **face** and **advocate for** improving the situation. The provided financial support helped us **in times** when we **lack resources** on our main functioning and as co-finance to our ongoing projects.

notes:

- by + verb in ING (after a preposition use ING form)

- to tackle something - to make a determined effort to deal with a difficult problem or situation

(*I think I'll tackle the repairs next weekend.*)

- to face something - you have to deal with it (*Women face serious challenges in these conditions.*)

- advocate for /'ædvəkeɪt/ - to support something publicly

- the provided financial support – provided = subjunctive = it shortens a relative clause

(*the financial support which was provided*)

- to lack something – not to have enough of something (*to lack confidence/experience/resources/power*)

The resources this fund provided enabled CWL to organize great events and finish important projects. Namely, CWL organized General Assembly, created Action plan, developed projects to protect women rights and supported its member organization in similar activities and **evaluated** the **ongoings** of **the past 5 years** in the filed by creating shadow report. Also, CWL organized relaxed evaluation meeting and took part in the happening for the redefinition for rape.

notes:

to evaluate /ɪ'veɪljueɪt/ – to assess - to form an opinion

ongoings – actions which are happening and continuing (this word actually isn't in the dictionary :))

**Despite** all problems **connected to** the current pandemic, Czech Woman Lobby managed to organize a successful General Assembly with the presence of its member organization. This event **took place** online on 25th of May 2021 and 27 representatives of member organizations (out of 36) with 4 representatives from CWL secretariat were present. CWL **successfully delivered** all parts of the General Assembly, including presentations of Action plan, presentation of activities and projects of CWL, voting on **crucial**

documents. We prepared a virtual networking space for our members at the afternoon part of the meeting with breakrooms where representatives were discussing in smaller groups.

notes:

- despite / in spite of + noun (Despite the rain. ~~Despite it was raining~~)
- take place – to happen, especially after previously being arranged or planned (*it takes place in June, it takes place in Prague, it takes place online*)
- to deliver - to give a speech, talk, performance, etc. or to make an official statement
- crucial /'kru:ʃl/ - extremely important, because it will affect other things  
(synonyms critical, essential /ɪ'senʃl/)

Action plan 2021 of CWL sets the main goals and targets for the organization. These priorities **are in line with** BPfA's values and **main areas of concern** with the focus put on important local issues. Action plan includes internal processes, such as development of data platform, **strengthening** of the participation of member organizations and **involvement** in EWL, advocacy activities of personal integrity, health and safety of women and full and equal participation of women and men **in all spheres of society** and other **general objectives**. Also an important part of our work is fundraising for the advocacy activities, development of the data platform and cooperation with member organizations, PR and communication. Our main goals that we wish to achieve through our work in 2021 is to reduce **inequalities between** men and women in relation to care and increase the level of understanding of the topic of equality between women and men and its benefits for the society.

notes:

- be in line with -similar to something or so that one thing is closely connected with another
- strengthening /'streŋkənɪŋ/ - make something stronger  
(*strong* - adjective / *strongly* – adverb / *strength* - noun / *strengthen* – verb)
- in all spheres of society – beautiful phrase :)
- an objective – a goal, something that you are trying to achieve
- our main goals ..... in 2021 – this whole part is a noun of the sentence and it includes a relative clause (vztažná věta). I think it's a nice sentence to learn or at least read out loud :)
- inequality /,ɪnɪ'kwɑ:ləti/ - the unfair difference between groups of people in society (not in ~~the~~ society)

Projects that were presented at the General Assembly also represent the main activities of CWL in the past months. They **reflect** the Beijing Platform **critical areas of concern**, mainly human rights of woman, violence against women, women and health and women and economy. CWL projects work on **overcoming obstacles** in those areas.

notes:

- to reflect /rɪ'flekt/ - to show or be a sign of the nature of something or of somebody's attitude or feeling  
(Her remarks accurately reflect the views of most of us.)
- to overcome /,əʊvər'kʌm/ - to **succeed in** dealing with or controlling a problem

"We defend the rights of women **in the aftermath of** a pandemic crisis" project focuses on the **establishment** of equal gender rights at all levels, specifically in in the aftermath of a pandemic crisis and on fulfillment of the goals of the Strategy of Equality between Women and Men of the Government Office of the Czech Republic.

notes:

- aftermath /'æftərmæθ/ - the situation that exists as a result of an important (and usually unpleasant) event, especially a war, an accident, etc.
- establishment /ɪ'stæblɪʃmənt/
- the whole paragraph is just 1 sentence, notice the flow of it.

"Voice against Violence" is cooperation between the Czech Women's Lobby, Amnesty International CZE, and Konsent. The Voice Against Violence Coalition **aims to push for** the ratification of the Council of Europe Convention on Preventing and Combating Violence against Women and Domestic Violence. Full evaluation as well as presentation of activities can be find on CWL website.

notes:

to push for - to repeatedly ask for something or try to make something happen because you think it is very important

"Invisible power" project focused on migrant and roma woman in society. Main objective of the project is combating antigypsyism, **xenophobia** and racism, **eliminating prejudice** against **marginalized** groups of women and empowering Roma and migrant women. Article about **outcomes** of the project can be **accessed** on CWL website.

notes:

- xenophobia /ˌzenəˈfəʊbiə/
- eliminating /ɪˈlɪmɪneɪtɪŋ/
- prejudice /ˈpreɪdʒɪdɪs/ - an unreasonable dislike of or preference for a person, group, custom
- marginalized /ˈmɑːrdʒɪnəlaɪzd/ - (of a person or group) prevented from participating fully in social, economic and political life because of a lack of access to rights, resources and opportunities
- outcome - the result or effect of an action or event
- access /ˈæksɛs/

zdroj:

<https://czlobby.cz/en/news/activities-czech-womens-lobby>

- Read the text below

- What are the missing words?

- Use the word given on the right side to form a word that fits in the gap.

(The first sentence is an example.)

**Example: 0 = COMMONLY** (common / běžný – commonly / běžně)

### An incredible vegetable

Garlic, a member of the Liliaceae family which also includes onions, is (0) ..... used in cooking all around the world. China is currently the largest (17) ..... of garlic, which is particularly associated with the dishes of northern Africa and southern Europe. It is native to central Asia and has long had a history as a health-giving food, used both to prevent and cure (18) ..... . In Ancient Egypt, workers building the pyramids were given garlic to keep them strong, while Olympic athletes in Greece ate it to increase their resistance to infection.

**COMMON**

**PRODUCT**

**ILL**

The forefather of antibiotic medicine, Louis Pasteur, claimed garlic was as (19) ..... as penicillin in treating infections. Modern-day (20) ..... have proved that garlic can indeed kill bacteria and even some viruses, so it can be very useful for people who have coughs and colds. In (21) ..... , some doctors believe that garlic can reduce blood (22) ..... .

**EFFECT**

**SCIENCE**

**ADD**

**PRESS**

The only (23) ..... to this truly amazing food is that the strong and rather (24) ..... smell of garlic is not the most pleasant!

**ADVANTAGE**

**SPICE**

*Correct answers below*

<b>Q</b>	<b>Part 3</b>
17	producer
18	illness(es)
19	effective
20	scientists
21	addition
22	pressure
23	disadvantage
24	spicy

- Complete the second sentence so that it has a similar meaning to the first sentence, using the given word.  
- You must use 2-5 words.

- Do not change the given word.

(The first sentence is an example.)

**Example:**

0 A very friendly taxi driver drove us into town.

**DRIVEN**

We ..... a very friendly taxi driver.

WERE DRIVEN INTO TOWN BY

25 Joan was in favour of visiting the museum.

**IDEA**

Joan thought it would be ..... to the museum.

26 Arthur has the talent to become a concert pianist.

**THAT**

Arthur is so ..... could become a concert pianist.

27 'Do you know when the match starts, Sally?' asked Mary.

**IF**

Mary asked Sally ..... time the match started.

28 I knocked for ages at Ruth's door but I got no reply.

**LONG**

I ..... knocking at Ruth's door but I got no reply.

29 Everyone says that the band is planning to go on a world tour next year.

**SAID**

The band ..... planning to go on a world tour next year.

30 I'd prefer not to cancel the meeting.

**CALL**

I'd rather ..... the meeting.

*Correct answers below*

Source: First 2015 sample paper

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<b>Q</b>	<b>Part 4</b>
25	a good <b>idea</b>   to go
26	talented   <b>that</b> he/she
27	<b>if</b> he/she knew   what/the
28	spent/took/was   a <b>long</b> time
29	are/is <b>said</b>   to be OR it is <b>said</b>   are/is
30	not   <b>call</b> off OR you/we didn't/ did not  <b>call</b> off

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<https://www.youtube.com/watch?v=SSH5EY-W5oM>

## My Descent into America's Most Violent Hate Movement—and How I Got Out

My journey away from violent extremism began 22 years ago, when I *denounced* racism and left the American white supremacist skinhead *movement* that I had helped build.

(denounce – osoudit, veřejně kritizovat; movement – hnutí)

I was just 22 years old at the time, but I had already spent eight years, (from the time I was 14 years old), as one of the earliest and youngest members and an *eventual* leader within America's most violent hate movement.

(eventual – výsledný, v konečném důsledku vzniklý)

But I wasn't born into hate; in fact, it was quite the opposite. I had a relatively normal childhood. My parents are Italian immigrants who came to the United States in the mid-1960s and settled on the South Side of Chicago, where they *eventually* met and opened a small beauty shop.

(eventually – nakonec)

Right after I was born, things got a little bit more difficult. They *struggled* to survive with raising a young family and a new business, often working seven days a week, 14 hours a day, taking on second and third jobs just to earn a *meager* living.

(struggle – potýkat se, trápit se; take on – přibrat si; meager – ubohý, zdaleka nedostačující)

And quality time with my parents was pretty nonexistent. Even though I knew they loved me very much, growing up, I felt *abandoned*. I was lonely, and I started to *withdraw*, and then I started to resent my parents and become very angry.

(even though – přestože, ačkoli; abandoned – opuštěný; withdraw – stahovat se, vzdalovat; resent – cítit odpor, nesnášet)

And as I was growing up, *through* my teenage years, I started to act out to try and get attention from my parents. And one day, when I was 14, I was standing in an alley, and I was smoking a joint, and a man who was twice my age, with a shaved head and tall black boots, came up to me, and he *snatched* the joint from my lips.

(through – skrz; act out – předvádět (se), jednat; get attention – získat pozornost; twice my age – 2x starší; came up to me – přistoupil ke mě, snatch – vyrvat, vytrhnout, rychle vzít, čapnout)

Then he put his hand on my shoulder, and he looked me in the eyes, and he said, "That's what the communists and the Jews want you to do to keep you *docile*."

(Jew – žid; docile - krotký)

I was 14 years old, I'd been trading baseball cards and watching "Happy Days" - I didn't really know what a Jew was. It's true. And the only communist that I knew was the bad Russian guy in my favorite "Rocky" movie.

(trade – směňovat, vyměňovat)

And since I'm here *baring* my soul with you, I can *reveal* that I did not even know what the word "docile" meant. Dead serious.

(bare – odhalit se, obnažit se, odkrýt; reveal – odhalit, odkrýt; dead serious - bezesrandy)

But it was as if this man in this alley had offered me a *lifeline*. For 14 years, I'd *felt marginalized* and *bullied*.

I had low self-esteem. And frankly, I didn't know who I was, where I belonged or what my purpose was. I was lost.

(as if – jako kdyby; lifeline – zachranné lano, životně důležitá věc; felt marginalized – cítil jsem se přehlížený, na okraji zájmu; bullied – šikanován; low self-esteem – nízké sebevědomí; frankly – upřímně; belong – patřit někam; purpose – účel; I was lost – byl jsem ztracený)

And overnight, because this man had pulled me in, and I had grabbed onto that lifeline with every *fiber* of my *being*, I had gone from "Joanie Loves Chachi" to full-blown Nazi. Overnight.

(overnight – přes noc; pulled me in – zatáhl mě dovnitř; grab onto – něčeho se čapnout, chytit a držet; fiber – vlákno; being – bytost; full-blown – úplný, totální, se vším všudy)

I started to listen to the *rhetoric* and believe it. I started to watch very closely as the leaders of this organization would target vulnerable young people who felt marginalized and then draw them in with promises of paradise that were broken.

(rhetoric – krásné řečičky; watch very closely – pozorně se díval; target – zaměřovat, vytyčit si cíl; vulnerable - náchylný, zranitelný; draw them in – táhli je dovnitř; were broken (the promises were broken) – sliby, které nebyly OK)

And then I started to *recruit*, myself. I started to do that *by making white power music*. And soon, I became the leader of that *infamous* organization that was *led* by that man in that alley who recruited me that day, who was America's first neo-Nazi skinhead and who had *radicalized* me.

(recruit – nabrat do řad; by making – výrobou; white power music – nacistická hudba 'white power'; infamous – nechvalně známý; led (lead – led – led) vedený; radicalize - zradikalizovat)

For the next eight years, I *believed the lies* that I had been *fed*. And *though*, I saw no *evidence* of it, *whatsoever*, I didn't *hesitate* to *blame* every Jewish person in the world *for what I thought was* a white, European genocide being promoted by them through a multiculturalist agenda.

(believed the lies – věřil jsem slibům; fed (feed-fed-fed) krmen; though – přestože; evidence – důkazy; whatsoever – vůbec; hesitate – váhat; blame – vinit; for what I thought was – za to, co jsem si myslel že byla..)

I blamed *people of color* for the crime and violence and the drugs in the city, *completely neglecting* the fact that I was *committing acts of violence on a daily basis*, and that in many *cases*, it was white supremacists who were *funneling* drugs into the inner cities.

(people of color – lidé jiné barvy než bílé; completely neglecting – zcela ignorujíc, zanedbávajíc; committing acts of violence – pachajíc násilí; on a daily basis – na denní bázi; cases - případy)

And I blamed immigrants for *taking jobs* from white Americans, completely neglecting the fact that my parents were hardworking immigrants who struggled to survive, *despite* not getting help from anybody else.

(taking jobs – brát někomu práci; despite – navzdory, I přes)

For the next eight years, I saw friends die, I saw others go to prison and *inflict untold pain on countless victims* and their families' lives. I heard horrific stories from young women in the movement who'd been brutally *raped* by the very men they *were conditioned to trust*.

(inflict untold pain on countless victims – způsobit, uštědřit, nevyslovitelnou bolest nespočtu obětem; raped – znásilněny; were conditioned to trust – byly formovány (vychovávány) věřit)

And I myself committed acts of violence against people, *solely* for the color of their skin, who they loved, or *the god that they prayed to*. I *stockpiled* weapons for what I thought was an *upcoming race war*.

(solely – výhradně, jedině; the god that they prayed to – bůh, ke kterému se modlili; stockpile – dělat si zásoby, hromadit; upcoming race war – blížící se rasová válka)

And 25 years ago, I wrote and performed racist music that found its way to the internet decades later and partially inspired a young white nationalist to walk into a sacred church in Charleston, South Carolina, and senselessly massacre nine innocent people.

(found its way – našla si svou cestu; partially inspired – částečně inspirovala; sacred church – posvátný kostel; senselessly – nesmyslně, innocent - nevinný)

But then my life changed. At 19 years old, I met a girl who was not in the movement, who didn't have a racist bone in her body, and I fell in love with her.

(didn't have a racist bone in her body – neměla v sobě ani špetku rasismu)

And at 19, we got married, and we had our first son. And when I held my son in my arms in the delivery room that day, not only did I reconnect with some of the innocence that I had lost at 14 years old, but it also began to challenge the very important things that drew me to the movement to begin with: identity, community, and purpose - things that I had been struggling with as a young boy.

(held – (hold-held-held) držet ; delivery room – porodní sál; not only – nejenže; reconnect – znovu spojit; challenge – zpochybňovat, vyzívat; drew – (draw-drew-drawn) táhnout)

And now, I struggled with the concept of who I was again. Was I this neo-Nazi hatemonger? Or was I a caring father and husband? Was my community the one that I had manufactured around me to boost my own ego because I felt self-hatred for myself and I wanted to project it onto others?

(concept- pojetí, mylenka, koncept; hatemonger – nenávistivec; self-hatred – sebenenávist; project it onto others – promítat na ostatních)

Or was it the one that I had physically given life to?  
Was my purpose to scorch the earth?  
Or was it to make it a better place for my family?

(scorch the earth – vypálit zemi; make it a better place – udělat ji lepším místem)

And suddenly, like a ton of bricks hit me, I became very confused with who I'd been for the last eight years.

And if only I'd been brave enough to walk away at that moment, to understand what the struggle was that was happening inside of me, then maybe *tragedy could have been averted*.

(suddenly – náhle; like a ton of bricks – jako tuna cihel, confused – zmatený, brave enough – dostatečně statečný; walk away – odejít; tragedy could have been averted – tragédie by byla bývala mohla být odvrácena)

Instead, I did compromise. I *took myself off the streets for the benefit of my family* because I was nervous that maybe I could go to jail or end up dead, and they would have to *fend for themselves*.

(instead – namísto toho; took myself off the streets for the benefit of my family – stáhnul jsem se z ulic kvůli rodině; end up – skončit, dopadnout nějak; fend for themselves – postarat se o sebe)

So I stepped back as a leader, and instead, I opened a record store that I was going to sell white power music in, of course, because I was importing it in from Europe.

(stepped back – odsoupit; import - importovat)

But I knew that if I was just a racist store selling racist music, the community would not allow me to be there. So I decided I was going to also *stock the shelves* with other music, like punk rock and heavy metal and hip-hop.

(would not allow me – nedovolila by mi; stock the shelves – prodávat, 'dát na policičky')

And while the white power music that I was selling was 75% of *my gross revenue* - because people were driving in from all over the country to buy it from the only store that was selling it - I also had customers come in to buy the other music.

(my gross revenue – moje hrubá tržba; from all over the country – z celého státu)

And eventually, they started to talk to me. One day, a young black teen came in, and he was visibly upset.

And I decided to ask him what was wrong.

(eventually – nakonec; came in – vešel; visibly upset – viditelně rozrušený)

And he told me that his mother had been diagnosed with breast cancer. And suddenly, this young black teenager who I'd never had a meaningful conversation or interaction with, I was able to connect with because my own mother had been diagnosed with breast cancer, and I could feel his pain.

(diagnosed with breast cancer – diagnostikována s rakovinou prsu; a meaningful conversation – smysluplnou, užitečnou debatu, rozhovor, I was able to connect with – byl jsem schopný se spojit (navázat spojení, soucítit))

On another occasion, a gay couple came in with their son, and it was undeniable to me that they loved their son in the same profound ways that I loved mine.

(on another occasion – při jiné příležitosti; undeniable – nepopřetelné; profound way – hlubokým, silným způsobem)

And suddenly, I couldn't rationalize or justify the prejudice that I had in my head. I decided to pull the white power music from the inventory when I became too embarrassed to sell it in front of my new friends.

(rationalize – odůvodnit, najít logické vysvětlení; justify – obhájit, ospravedlnit; prejudice – předsudky; pull from the inventory – stáhnout z inventáře; became too embarrassed – začalo mi to být příliš trapné)

And of course, the store couldn't sustain itself, so I had to close it. At that same time, I lost nearly everything in my life. I used it as an opportunity to walk away from the movement that I'd been a part of for eight years, the only identity, community, and purpose that I'd really known for most of my life.

(sustain itself – udržet samo sebe při životě; nearly everything – skoro všechno; opportunity – příležitost)

So I had nobody. I lost my livelihood because I closed the store. I didn't have a great relationship with my parents, even though they tried. And my wife and children left me because I hadn't left the movement and disengaged quickly enough.

(livelihood – živobytí; disengaged quickly enough – odpojit se dostatečně rychle)

And suddenly, I didn't know who I was again, or where I *fit in*, or what my purpose was supposed to be.

I was *miserable* inside, and I often woke up in the morning *wishing that I hadn't*.

(fit in – zapadnout někam; miserable – nešťastný, sklíčený; wishing that I hadn't – přejít si, aby ne (aby se býval neprobudil))

About five years in, one of the few friends that I had, *was concerned* about my *well-being*, and she came to me and she said, "You need to do something because I don't want to see you die."

(was concerned – měl obavy, starosti; well-being – blahobyt)

And she suggested that I go *apply for a job* where she worked, at a company called IBM. Yeah, I thought she was crazy, too. Here I was, a *closeted* ex-Nazi covered in hate tattoos.

(apply for a job – požádat o práci; closeted – uzavřený, o samotě)

I didn't go to college. I'd been *kicked out of multiple* high schools multiple times. I didn't even own a computer. But I went in, and somehow, *miraculously*, I got the job.

(kicked out – vyhozen; multiple – mnohonásobný; miraculously – zázračně)

And then I became terrified to learn that they'd actually be *putting me back* at my old high school

- the same one I got kicked out of twice - to install their computers.

This was a high school where I had committed acts of violence against students, against faculty; where I had protested out in front of the school for *equal rights* for whites and even had a *sit-in* in the *cafeteria*

to try and *demand* a white student *union*.

(putting me back – vracet mě zpátky; equal rights – rovnoprávnost; sit-in – stávka, okupační sezení; cafeteria – jídelna; demand – vyžadovat; union – odbory)

And of course, as karma would have it, *within the first couple of hours*, who walks right by me but Mr. Johnny Holmes, the *tough* black security guard I had *gotten in a fistfight with*, that got me kicked out the second time and *led out* in *handcuffs* from the school.

(within the first couple of hours – během prvních dvou hodin; tough – drsný, tvrdý; get in a fistfight with – dostat se do rvačky pěstí; led out – (lead-led-led) vyvést ven; handcuffs – pouta)

He didn't recognize me, but I saw him, and I didn't know what to do. I was frozen; I was this grown man now, years out of the movement, and I was sweating, and I was trembling. But I decided I had to do something. And I decided I needed to suffer under the weight of my past because for five years I had tried to outrun it.

(recognize – rozeznat, rozpoznat; sweat- potit se; tremble – klepat se; suffer – trpět; pod tíhou mé minulosti; outrun – předběhnout, běžet rychleji a utéct)

I'd tried to make new friends and cover my tattoos with long sleeves, and I wouldn't admit it because I was afraid of being judged the same way I had judged other people.

(long sleeves – dlouhé rukávy; admit – přiznat; being judged – být souzen)

Well, I decided I was going to chase Mr. Holmes out to the parking lot - probably not the smartest decision that I made. But when I found him, he was getting into his car, and I tapped him on the shoulder.

(chase – honit; parking lot – parkoviště; tap - poklepat)

And when he turned around, and he recognized me, he took a step back because he was afraid. And I didn't know what to say. Finally, the words came out of my mouth, and all I could think to say was,  
"I'm sorry."

(turn around – otočit se; take a step back – ustoupit o krok zpět, couvnout; come out – vyjít ven)

And he embraced me, and he forgave me. And he encouraged me to forgive myself. He recognized that it wasn't the story of some broken go-nowhere kid who was going to just join a gang and go to prison.

(embrace – obejmout; encourage – povzbudit; forgive myself – odpustit si; broken go-nowhere kid – zlomený nemajíc kam jít chlapec)

He knew that this was the story of every young person who was vulnerable, who was searching for identity, community, and purpose, and then hit a wall and was unable to find it and went down a dark path.

(searching for identity – hledajíc identitu; hit a wall – narazit na zeď; unable – neschopný; went down a dark path – jít temnou cestou)

And he made me promise one thing - that I would tell my story to whoever would listen. That was 18 years ago, and I've been doing it ever since.

(make me – přimět mě, přinutit; whoever – kdokoliv; ever since – od té doby)

You might be asking yourself right now: How does a good kid from a hardworking immigrant family end up going down such a dark path?  
One word: *potholes*.

(pothole – díra, výmol (na silnici))

That's right, potholes. I had a lot of potholes when I was a kid. We all had them - you know, the things in life that we hit that *invariably* just kind of *nudge us off our path*, and if they *remain unresolved or untreated* or not dealt with, sometimes we can get dangerously lost down pretty dark *corridors*.

(invariably – neustále, pořád; nudge us off our path – odštouchnou nás z naší cesty pryč; remain unresolved or untreated – zůstávají nevyřešené nebo neléčené; corridors – uličky, chodby)

Potholes can be things like trauma, abuse, unemployment, neglect, untreated mental health conditions, even privilege. And if we hit enough potholes on our journey in life, and we don't have the resources or the help to navigate around them or to pull us out, well, sometimes good people end up doing bad things.

(abuse – násilí; neglect – zanedbání péče; even – dokonce; privilege – privilegium, výsada; resources – zdroje; navigate around – vyhnout se; pull us out – vytáhnout se)

One such person, who had potholes, is Darrell. Darrell is from Upstate New York. He had read my memoir, and he was really upset about the ending. You see, I'd gotten out of the movement, and he was still in. And he emailed me, and he said, "I didn't really like the way that turned out."

(the ending – konec (příběhu); the way that turned out – to jak to dopadlo, skončilo)

And I said, "Well, I'm sorry."

"But if you want to talk about it, we could certainly do that." And after a couple of weeks of going back and forth with Darrell, I learned he was a 31-year-old military veteran who had been injured and was really angry about not being able to go to Afghanistan to kill Muslims.

(certainly – jistě, určitě; go back and forth – sem a tam, tam a zpět, not being able to - nebýt schopen, nemoci)

And one day, on the phone, he told me that he had seen a Muslim man in the park, praying, and that all he wanted to do was kick him in the face. I flew to Buffalo the next day, and I sat down with Darrell, and I asked him, "Have you ever met a Muslim person before?"

(sit down with – sednout si s)

And he said, "No!

Why the hell would I want to do that? They're evil. I don't want anything to do with them."

I said, "OK."

So I excused myself, and I went into the bathroom and I took my phone out in the bathroom, and I googled the local *mosque*.

(why the hell would I want to do that – proč bych to měl sakra chtít?; I don't want anything to do with them – nechci s nimi mít nic společného; mosque - mešita)

I called them very quietly from the bathroom, and I said, "Excuse me, *imam*, I need a favor.

I have a Christian man who would really love to learn more about your religion."

"Do you mind if we stop by?"

(imam – vůdce mešity; need a favor – potřebuji laskavost; religion – víra, náboženství; stop by – zastavit se u vás)

Well, it took some convincing for Darrell to go, but, finally, we got there. And when I knocked on the door,

the imam said he only had 15 minutes left for us because he was preparing for a prayer service. I said, "We'll take it." We went in, and two and a half hours later, we came out after hugging and crying and, very strangely, bonding over Chuck Norris for some reason.

(it took some convincing – dalo to nějaké přesvědčování (chvilku trvalo, než jsem ho přesvědčil); very strangely – velmi zvláště; bonding over – sblížit se, vytvořit si pouto skrz něco)

I don't know what it was about, but that's what happened. And I'm happy to say now that Darrell and the imam, you can often find them at the *local falafel stand*, having lunch together.

(local falafel stand – místní stánek s falafelem - občerstvení)

You see, it's our disconnection from each other. *Hatred is born of ignorance*. Fear is its father, and isolation is its mother. When we don't understand something, we *tend* to be afraid of it, and if we *keep ourselves from it*, that fear grows, and sometimes it *turns into* hatred.

(hatred is born of ignorance - nenávist se rodí z ignorance; tend – mít tendenci; keep ourselves from it – držíme se od toho dál; turn into – změnit se v něco)

Since I've left the movement, I've helped over a hundred people disengage from extremist movements, from white supremacist groups ... .. to even jihadist groups.

And the way I do that is not by arguing with them, not by debating them, not by even telling them they're wrong - even though, *boy*, I want to sometimes. I don't do that.

(boy – panečku, páni, ty jo!)

Instead, I don't *push them away*. I draw them in closer, and I listen very closely for their potholes, and then I begin to *fill them in*. I try to make people more *resilient*, more self-confident, more able to have skills to compete in the marketplace so that they don't have to *blame the other*, the other that they've never met.

I'd like to just leave you with one last thing before I go.

(push them away – odstrkovat od sebe; fill them in – vyplnit je (ty díry); resilient – odolný; blame the other – vinit ostatní)

Of all the people I've worked with, they will all tell you the same thing: One, they became extremists because they *wanted to belong*, not because of ideology or dogma; and second, *what brought them out* was *receiving compassion* from the people they *least deserved it from*, when they least deserved it.

(wanted to belong – chtěli náležet, patřit někam; what brought them out – co je dostalo ven; receiving – obdržení; compassion – soucit, soucítění; least deserved it from – od kterých si to zasloužili nejméně)

And they were the people they least deserved it from. So I would like to leave you with a challenge:

go out there today, tomorrow - hopefully every day - find somebody that you think is *undeserving* of your compassion and give it to them.

(underserving – ten kdo si to nezaslouží)

Because I guarantee you, they're the ones who need it the most.  
Thank you very much.