

Exercise 22 - Word Translation

Google Translate provides a useful tool for converting unwanted thoughts into another language.

Translate –Start by visiting [www.https://translate.google.co.uk](https://translate.google.co.uk)

Type your thought in your native language into the first box and then randomly choose an unfamiliar language to translate the thought.

My Thought in My Native Language	My Thought After Translation

What did you notice about the strength, meaning and impact of the thought? Having consciously translated the thought, you can see logically that the thought literally means the same thing in another language, so knowing this, why does it feel so different? Should changing the language alter the impact or meaning of the thought? Is the problem the thought itself, or the string of words through which the thought is expressed? What would happen if you were to logically acknowledge and respond to your thoughts in the same way that you respond to the thought in another language?