

# **CRE - CREATIVE RELAXATION EXERCISE**

## **BRIEF COGNITIVE HYPNOSIS TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN ONE DAY**

**KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR mind,  
they give you the CONFIDENCE to RELAX and LEARN naturally without EFFORT"  
and to learn NATURALLY without ANY conscious effort"**

## **NO. 320 - BASQUE from ENGLISH**

**VERSION NO 5 with some errors- August 2013**

**Note:**

**Books to buy: Francais Basque - Guide de Conversation - Elkar S.A. and lulu.com-CRE  
Basque Dr Boland and a dictionary.**

**Source: Dr. Bob Boland (EI), Madeleina, Jauna Aguriaguerra-Lorrone, and Dr. Giles Boland  
(Harvard) and Sencos Boland and Dr Heli Bathija (WHO) and Boston University and the Team.**

**<http://www.bu.edu/familymed/distance/cre/introduction.htm>**

**BOOK: Guide de Conversation - Francaise Basque - published by ELKAR (excellent !!)**

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## DEDICATION

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001. He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values. He suggested ... that 30 minutes of a new language ... should be enough to start to make one-self understood ... and then ... the best way ... to progress ... was to speak ... confidently ... more and more ... with natural speakers of the language ... So on we go ... for one whole day ... with a partner or small group ... speaking and speaking ... and moving ... face, hands and body language to reinforce your communication ... and ending with ... almost instinctive ... easy inter-active conversation ... in the natural language ... and if you are lucky enough to find ... ANY natural speaker for the day ... to be a partner ... or just part of the small group ... that would be just great!! SO start to speak right now ...

**Thank you.**

Hallo  
Yes/no/OK  
Please  
Excuse me  
Good morning  
Good-bye.  
My name is ...  
What is your name?  
How are you?  
I am well, thanks  
And you?  
Where do you come from?  
I am from ...

**Mileshker!!**

Agu  
Bai/Ez/OK  
Plaser baduzu  
Barkatu  
Agun on  
Ikus arte  
... izena nik da.  
Zer da zure izena?  
Nola zara?  
Ongi, milesker.  
Eta zu?  
Non-gora zara?  
...dik jain.

# INSTANT RELAXATION TECHNIQUE

1. This is a simple IRT exercise, to give you confidence to learn naturally. When you don't believe you can learn ... you won't learn! ... When you are tense, anxious and stressed ... you won't learn! When you have no confidence ... you won't learn. But with relaxation, your mind and body become clear, confident and ready to learn. So do the IRT exercise now ... and again before every CRE session. It takes only three minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand.

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open you hand and allow the warmth to evaporate. Close the hand again, and recognize the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn to speak and understand the natural language without effort ....

3. Now, relax with the hands on the lap, and fix your eyes on the marble as you repeat aloud ... the following sentence ... four times, feeling free to change the wording a little ... to fit your style ... four times ... aloud ... in all:

"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... AND HELP OTHERS TO LEARN ... TO SPEAK AND ENJOY ... THE NEW NATURAL LANGUAGE ... WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... EASILY ... WITHOUT EFFORT"

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation ... and imagine ... each exhalation ... as transferring all the anxiety and stress ... from your mind and body ... through to the marble in your hand.

5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking ONLY of your breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important .. counting down from 20 to 1 ...

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident and ready to learn. The marble is now your very personal symbol ... of your confidence to learn and speak the natural language with a beautiful accent.

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you have to face. Keep the marble always to hand, as a symbol ... of your confidence ... to feel comfortable ... in the new natural language ... and to speak almost instinctively ... without stress or effort ...

## SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Basque word many times slowly ... and then at very high speed)

Basque letter pronunciation: e = ay, z = s, au = ow, sk = sh, ur = oo

Hello	ARR-GOORR	Agur
Mr.	Jaa-iinn	Jain
Mrs.	An-day-ray-ah	Anderea
Yes	By	Bai
No	E-sssss	Ez
Good	OOO-NN	On
Please	PLASSER BA-DUSSU/OYTEWI	Plazar baduzu/oitui
Do you have?	BARRR-DUSSU?	Baduzu?
Thank you	MILESHSH-KER	Milesker
Goodbye	IKOOOSH ARTAY	Ikus arte
See you soon!!!	LASHSH-TERR ARTAY	Laster arte
Who?	NOOOOR?	Nor?
What?	SER?	Zer?
I want	NAA-EE DOOT	Nahi dut
Where?	Non?	Non?
OK!	ONN	On

Note: For simplicity ... the program is typed without accents!

## NATURAL SUGGESTIONS

Plan to do the whole CRE in one 6 hour CRE day, with a partner or a small group. A natural speaker (if available) would be most welcome as a partner or group member. On the day before, as pre-learning (alone), play the 30 minute tape, just before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything.

After the one full day of CRE, plan revision during your NORMAL ROUTINE in the following week, for just an hour a day. Feel free to do it in any way ... that YOU know ... will suit YOU best ... and will allow you ... both to speak AND to understand ... what is spoken to you ... so relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minute audio tape ... of new natural language ... which becomes part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ... Our suggested schedule for the 6 hour CRE day (with breaks as needed) is:

- 1 - Do IRT. Do the Throat exercise - 16 key words  
Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel)  
... make it fun! Review the Glossary (2 pages).
- 2 - Repeat the text (Sections 2-4) to understand every word!  
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE  
AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.  
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).  
Review the Grammar (1 page) and the Glossary.
- 3 - Repeat the text (Sections 5-10) to understand every word!  
Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.  
Repeat the Throat exercise.  
Begin to create simple conversation with the Mini-phrase book (Hello etc.).
- 4 - Repeat the text (Sections 11-16) to understand every word!  
Play the tape with the text, SPEAKING SOFTLY with a good accent.  
Do SPEED READING (Sections 2-16) and Mini-phrase Book.
- 5 - Play the tape WITHOUT the text, speaking with three different voices -  
just for fun!. Create conversation with the Mini-phrase book.  
Do SPEED READING (2-16).
- 6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.  
Do the quiz (1 page). Create conversation with mini phrase book.  
Do SPEED READING (2-16) and Mini-phrase book 14 minutes.  
Plan for individual review next week, helping partners as needed.

## NATURAL SUGGESTIONS (continued)

Generally:

1. REINFORCE the learning in the CAR/TRUCK at any time ... make it an amusing THEATRE of one ... YOU!!! ... by playing and acting out ... ONLY Sections 2 - 16. DO NOT play the relaxation sections in the car ... skip them please! Play the Learning Reinforcement side of the tape as needed for encouragement, Be sure to blame your strategy, and not yourself!!
2. RECOGNIZE that a TERRIBLE accent is PAINFUL ... for the hearer ... and so strive always for a beautiful accent in EVERY WORD.
3. Be POSITIVE and NEVER apologise for your language ... you are making the effort to learn the LANGUAGE ... and the HUMAN VALUES ... and thus the CULTURE ... of the people you speak with ... and THEY will appreciate MORE than you can EVEN imagine!! If they reply to you in ENGLISH ... then YOU just CONTINUE to speak in the NATURAL new language ... and they will too ...
4. LISTEN very carefully to what PEOPLE say to YOU ... and BEFORE replying ... REPEAT in YOUR MIND ... EXACTLY what they said ... this gives you excellent PRACTICE in recognising good STRUCTURE.
5. HESITATE before you SPEAK ... and then speak FREELY and CONFIDENTLY ... without long pauses and ... WITHOUT ... "Urrs and Umms" which are so ANNOYING and BORING ... for the listener ...
6. When you do not know a necessary word ... do NOT hesitate ... simply USE the ENGLISH word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the LEARNING REINFORCEMENT as needed but not in the car!
7. Use SIMPLE SHORT sentences and be CONFIDENT as you begin to talk to people ... expect SUCCESS ... and you will NOT be disappointed ... and try just one MORE new thing ... just for fun in this one week ... drink one litre of WATER EVERY DAY ... it rinses mind and body and has a REMARKABLE preventive/curative therapeutic effect ... to support new learning ... on we go together.

## 1. GENTLE RELAXATION ...

And now ... I'd like you to arrange yourself ... in a position that is so comfortable ... and natural ... for you ... so that you can sit ... or lie ... for a while ... easily and effortlessly ... and where you can be comfortable ... and yet still remain alert enough ... to focus on the meaningful ... natural language learning ... that we will do together ... natural language ... gentle ... quiet ... peaceful ... and instinctive ... without any effort ... as you absorb its deepest meaning ... interpretation and value ... in terms of very personal expectations.

And then when your are ready ... to focus yourself ... you can begin by taking a few deep relaxing breaths ... breathing slowly ... and feeling the rise of your chest ... as you gradually inhale ... feeling that each breath in ... and out ... relaxes you ... calms you ... and re-acquaints you ... with deeper parts of yourself that you are sometimes too busy to notice.

You know ... and I know ... its very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

And as we go on together ... repeating the phrases ... in the natural language ... with your whole body involved ... moving hands and face ... feelings and body ... to express ... and absorb the words and phrases ... as they will come ... instinctively ... to your mind ... as you speak softly ... with a beautiful accent ... yes ... with a beautiful accent ... which will please and surprise you... as its fits the music ... of the natural language

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural language (no English please) ... as you create new wave patterns ... in that special... "Basque" ... place in your mind ...

## 2. HERE AND THERE:

Hemen naiz.  
Hor zara.

I am here.  
You are there.

Hor zara?  
Bai, hor zara.

Are you there?  
Yes, you are there.

Hemen zara?  
Ez, ez zara hemen.

Are you here?  
No, you are not here.

Hemen da.  
Non da?

It is here.  
Where is it?

Hemen da.  
Hor da?  
Ez da-kit.

It is here.  
Is it there?  
I do not know.

Non da Miguel?  
Ez da hemen.

Where is Miguel?  
He is not here.

Non da?  
Ez da-kit.

Where is he?  
I do not know.

Zut! Hor da!  
Miresgarra da!

Zut! There he is!  
He is wonderful!

## 3. LIKING:

Zu-a nahi dut.  
Nu-a nahi duzu?  
Bai, zu-a nahi dut.

I like you.  
Do you like me?  
Yes, I like you.

Diru-a nahi duzu?  
Bai, diru-a nahi dut.

Do you like money?  
Yes, I like the money.

Ur-a nahi dut.  
Ur-a nahi duzu.  
Libiru-a batzu-a nahi dut.

I like water.  
You like water.  
I like some books.

Auto-a nahi da.  
Ez nahi da auto-a.

He likes the car.  
She does not like the car.



Afari-a nahi duzu?  
Ez, ez nahi dut afari-a.

Do you like the dinner?  
No, I do not like the dinner.

Oh. Zut. Mat!  
Ez mitnzo Mat, lazer badazu.

Oh. Zut! Mat!  
Please do not say Mat!

## 4. DOING:

Egin dut.  
Hau engin dut.

I do.  
I do this.

Egin duzu.  
Hori egin duzu.

You do.  
You do that

Hori egin dugu.  
Eta ongi gara.

We do that  
And we are happy.

Errex da?  
Bai, ez da zail.

Is it easy?  
Yes, it is not difficult.

Hori egin duzu?  
Egin hori, lazer baduzul!!

Do you do that?  
Do that please!!!

Zut!!!  
Miresgarra da.

Zut!!!  
It is wonderful!

## 5. CAN/ABLE TO DO:

Ahal naiz.  
Ahal naiz?  
Bai, ahal naiz.

I can  
Can I?  
Yes, I can.

Hau egin-zen ahal zara?  
Bai, hori egin-zen ahal naiz.

Can you do this?  
Yes, I can do that.

Beldur jan-zen ahal naiz.  
Beldur edan-zen ahal naiz.

I can eat a little.  
I can drink a little.

Joan-zen ahal naiz.  
Etor-zen ahal naiz.

I can go.  
I can come.

Loegin-zen ahal naiz.

Je peux dormir.

Mintzo-zen ahal zara.

You can speak.

Mintso-zen ahal zara?

Can you speak?

Bai, ahal naiz.

Yes, I can.

Hau egin-zen ahal zara?

Can you do this?

Ez, ez ahal zara hau egin-zen.

No, I can not do that.

Konpritzen ahal zara?

You can understand?

Konpritzen?

Can you understand?

Ahal zara?

Can you understand?

Bai, beldur.

Yes, a little.

Mat mintzo-zen ahal zara?

Can you say Mat?

Bai, Euskara beldur-a mint-zen ahal naiz.

Yes, I can speak a little Basque!

Zut! Miresgarra naiz!

Zut! I am wonderful!

## 6. UNDERSTANDING: How much is that?

Konpritzen dut.

I understand.

Ez dut konpritzen.

I do not understand.

Konpritzen duzu.

You understand.

Ez duzu konpritzen.

You do not understand.

Emazto-ak konpritzen duzu?

Do you understand women?

Ez, ez dut konpritzen han!!

No. No. I do not understand them!!!

Oh. Zut! Mat!

Oh. Zut! Mat!

Ez mintzo Mat, lazer badazu.

Please do not say Mat!

Miresgarra zara!

You are wonderful!

## 7. WANTING (NEED):

Behar du.

I want.

Beldur-a jan-zen behar du.

I want to eat a little.

Ur-a edna-zen behar du.

I want to drink the water.

Komoitateak-i joan-zen behar du!!

I want to go to the toilet!!!

Beldur-a jan-zen behar duzu?  
Ez, ez behar du jan-zen.

Do you want to eat a little?  
No, I do not want to eat.

Zut! Beldur-a zu-ri ekaraza-zen beahr du.  
Ez, milesher.

Zut! I want to give you some.  
No thank you.

Etor-zen behar du.  
Loegin-zen behar duzu?

I want to come.  
Do you want to sleep?

Ez, ez behar du loegin-zen.  
Miguel, FROGS-a janOzen behar duzu?

No, I do not want to sleep.  
Miguel do you want to eat the frogs?

Zut! Ez orain, milesher!  
Miresharra gara!

Zut! Not just now, thank you!  
We are wonderful!

## 8. GETTING:

Ekaraza nik diru-a, lazer baduzu.  
Hart diru-a, lazer baduzu.  
Diru-a hart du.

Please give me the money.  
Please take the money.  
I take the money.

Ekaraza nik билет-a, lazer baduzu.  
Hart билет-a, lazer baduzu.  
Билет-a hart du.

Please give me the ticket.  
Please take the ticket.  
I take the ticket.

Ekaraza nik gauz-a bat, lazer baduzu.  
Non da gauz bat?  
Ez da-kit.

Please give me the thing.  
Where is the thing?  
I do not know.

Ekaraza nik gizon-a, lazer baduzu!  
Zut!!! Zer emazte!!

Please give me a man!  
Zut-t!!! What a woman!!

Miresgara da!

She is wonderful!

## 9. HAVING:

Gauz bat dut.  
Ez dut gauz bat.

I have one thing.  
I do not have one thing.

Gauz bat duzu.  
Guz bat dugu.

You have one thing.  
We have one thing.

Gauz bat da.

She has one thing.

Asti bat dut, Jauna!  
Diru ba duzu, Jaun?

I have the time, Miss!  
Do you have some money, Sir?

Ez.  
Oh. Mat!  
Ez mintzo Mat, lazer badazu.

No.  
Oh. Mat!  
Please do not say Mat!

## 10. ORDERING (POLITELY AND WITH SLANG AT THE END):

Gauz bat ekaraza nik, lazer baduzu.  
Diru bat ekaraza nik, lazer baduzu.

Please give me the thing.  
Please give me the money.

Ur bat ekaraza nik, lazer baduzu.  
Miles her.

Please give me the water.  
Thank you.

Ez edan-zen ur-a Franca-ri, lazer baduzu!!  
Arno-a edan.

Please don't drink the water in France!!  
Drink the wine.

Hemen-ri etor, lazer baduzu.  
Hori joan, lazer baduzu.

Please come here.  
Please go there.

Hau evan, lazer baduzu.  
Ez jan hori!

Please drink this.  
Do not eat that!

Ekaraza nik hau, lazer baduzu.  
Ez har hori, lazer baduzu.

Please give me this.  
Please do not take that.

Hau mintzo, lazer baduzu.  
Ez erran Mat, lazer baduzu.

Please say this.  
Please do not say Mat.

Zut! Miles her. Miregarra zara!

Zut! Thank you. You are wonderful!

## 11. GREETING:

Agur Isabella.  
Agur Paula.

Hello Isabella.  
Hello Paula.

Egun on Miche.  
Egun on Sancos.

Good morning Miche.  
Good morning Sancos.

Nola zara, Eliza?  
Ongi miles her, Khulu.

How are you, Eliza?  
I am well, thank you, Khulu.

Badoa, Xavier?  
On milesher Miguel.

How goes it, Xavier?  
OK , thank you Miguel.

Ikus aste Giles.  
Ikus Judith.

Goodbye Giles.  
Bye bye Judith.

Bai, badoa, Hollie  
Miresgarra da, Heidi!

Yes OK, Hollie.  
It is wonderful, Heidi!

Badoa, Sam?  
Bai badoa, Lucie.

OK Sam?  
Yes OK, Lucie.

Ez zar, Henri.  
Badoa amata nera?

Not too bad, Henri.  
Are you well, my darling?

Ez!!!  
Zut! Miresgarra da!

No!!!  
Zut! She is wonderful!

## 12. DESCRIBING:

On da,  
Ez da on.

It is good.  
It is not good.

Zar da.  
liburu da.

It is bad.  
It is a book.

Handi da?  
Ez, tiki da.

Is it big?  
No, it is small.

Errez da?  
Ez, zail da.

Is it easy?  
No, it is hard.

Ur-a on da?  
Ez, ur ez da on Franc-aren!!

Is the water good?  
No, the water is not good in France!!

Oi Mat!!!  
Ez erran mat, lazer baduzu.

Oh Mat!!!  
Please do not say Mat.

Miresgarra gara?  
Zut! Bai!!

Are we wonderful?  
Zut! Yes!!

### 13. KNOWING (THINGS & PEOPLE):

Hau da-kit.  
Hau duzu-kit?

I know this.  
Do you know this?

Bai, hau da-kit.  
Hori duzu-kit.

Yes, I know this.  
You know that.

Hori duzu-kit?  
Ez, ez da-kit hori.

Do you know that?  
No, I do not know that.

Hau ematze exagut du.  
Hau garona exagut du.

I know that woman.  
I know the man.

Na exagut da.  
Hau ematze exagut duzu?

He knows me.  
Do you know that woman?

Ez. Egun on Jauna.  
Badoa Jauna?  
Ez, ez badoa. Ikus aste!!

No. Good morning Madame.  
Are you well, Madame?  
No, I am not well!!! Goodbye!!!

Ez exagut duzu, hau ematze!  
Zut! Miresgarra da!

You do not know her!  
Zut! She is wonderful!

### 14. NUMBERING:

Problem-a bat dut.  
Bai, problem-a bat duzu.

I have one problem.  
Yes, you have a problem.

Ez, bi ba duzu.  
Hira ba da.

No, you have two (of them).  
He has three.

Lau ba da.  
Bost ba dugu.

She has four.  
We have five.

Bost ba dugu?  
Bai orain, problem-a bost dut!!!

Do you have five?  
Yes now, I have five problems!!!

Guzi haur dira!  
Haur miresgarra dira!

All the children!  
Children are wonderful!

## 15. ASKING:

Hau liberu zenbat bali du?  
Bost Euro.

How much is the book?  
Five Euro.

Hau gauz zenbat bali Euro?  
Zenbat?  
Lau Euro.

How much is this thing?  
How much?  
Four Euro.

Non da?  
Han da.  
Ez. ez da han.

Where is it?  
It is there.  
No, it is not there.

Komoditateak-a non dari, laster baduzu?  
Komoditateak-ak han dira.

Where are the toilets, please?  
The toilet is over there.

Zer hori da?  
Barka. Zer?  
Hori.  
Oi, liberu on da.

What is that?  
Pardon. What?  
That.  
Oh, it is a good book.

Zer behar duzu?  
Arno-a behar du, laser baduzu.

What do you want?  
I want the wine, please.

Nor hemen da?  
Hemen diga.

Who is here?  
We are here.

Nor da hori emazte?  
Ez da-kit.

Who is that woman?  
I do not know.

Zut! Madonnam da!  
Zer emazte. Miregarra da.

Zut! It is Madonna!  
What a woman! She is wonderful!

## 16. EVERYTHING - COLLOQUIAL AND SLANG:

Hemen naiz.  
Hor zara.

I am here.  
You are there.

Zu-a nahi dut.  
Diru-a nahi duzu.

I like you.  
You like the money.

Hau egin da.  
Hori egin da.

He does this.  
She does that.

Euskara beldur mintzo ahal naiz!  
Ez ahal zara mintzo Mat?

I am able to speak a little Basque!  
You can not say Mat?

Zu-a konprenitzen dut.  
Ez na konpritzen duzu.

I understand you.  
You do not understand me

Bar-i joan behar dut.  
Komoditateak-i jaon behar duzu.

I want to go to the bar.  
You want to go to the toilet.

Asti ba dut, Jaunissa!  
Diru ba duzu, Jaun?

I have the time, Miss!  
Do you have some money, Sir?

Ez edan-zen ur-a Franca-ri, lazer baduzul!  
Arno-a edan.

Please don't drink the water in France!!  
Drink the wine.

Nola zara, Eliza  
Agur milesher, Khulu.

How are you, Eliza?  
I am well, thank you, Khulu.

Handi da, Jaun?  
Ez, tiki da, Jaunissa.

Is it big, Sir?  
No, it is small. Miss.

Ez exagut hau ematze.  
Zut! Miresgarra da!

You do not know that woman.  
Zut! She is wonderful!

Bai, orain problem-a bost ba dut!!  
Guzi haur dira!

Yes now, I have five problems!!!  
All the children!

Zer da hori?  
Barka. Zer?

What is that?  
Pardon. What?

Han da.  
Ez zar.

There it is.  
Not bad.

Zut!!!  
On?

Zut!  
OK?

Bai, "cool" da.

Yes, it's cool!

NEED BASQUE SLANG FROM HERE PLEASE

Bai classa da!

Yes, it's cool! (classy)



Bai, bcbg da!	Yes, it's cool! (upper class)
Ez mintzo Mat, lazer badazu. Ez da bcbg!!!	Please do not say Mat! It is not cool (upper class)!!!
Hau egin behar dut Hori egin behat duzu	I must do this. You must do that
Miresgarra? Bai, miresgarra zara!	Wonderful? Yes you are wonderful!
Ikus arte eta laster arte!	Bye bye, for now!

Note: Speed reading - 14 minutes

## 17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... as needs arise ... without conscious effort ... because ... you will believe ... you can do it ...

Just naturally ... in your own way ... as part of you ... instinctively ... as that new part of you ... grows ... stronger and stronger ... you will begin to speak with a beautiful accent ... so easily ... reinforcing your learning ... with a gentle quiet confidence ... which will surprise you ... and such a beautiful accent ... of which you will be proud ... to fit the music of the natural language ... will surprise you even more ... and more ... as you repeat the CRE ... so that ... in every day ... in every way ... you believe ... you will ... get ... better and better ...

And now as you choose ... to believe you can do something ... that makes you feel so comfortable with yourself ... something you will feel more and more ... able to do ... so that you feel ... even more comfortable ... and confident ... naturally ... in your own way ... you can take whatever time you need ... just to process your thoughts ... in your own special way ... and to bring this experience to a comfortable close ...

You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special "French Place" ... in your mind ...

And when you feel ... you are ready ... and you want to ... you can start the process of reorienting yourself ... bringing yourself back ... taking your time ... and when you are ready ... you can fully orient yourself ... and allow your eyes to open ... feeling well ...and happy ... because ... and you will begin to experience confidence ... more and more ... because ... from now ... in every day ... in every way ... you will ... be getting ... better and better ...

And as we end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continuing support ... of our Team ... which all began in Bayonne, France on August 15, 2001 ... and of course ... as with all things ... we believe can do ... together ... God Bless ...

## 18. NATURAL VOCABULARY:

(without accents)

### a. Greetings/Exclamations:

hello agur	good morning, egun on	how are you? nola zara?	I am well ongi	thank you milesker
goodbye ikus arte	yes bai	no ez	OK on	not too bad ez zar
Zut! zut!	Mat! Mat!	there it is! han da!	"cool!" cool!	please plazer baduzu/mesedeo

### b. Verbs:

to be izan (I am) naiz	have ukan du/dut	like/want nahi ukan nahi du/nuki	want/need behar ukan behar dut	can ahal ukan ahak dut
do egin akun (I do) egin dut	say/speak esan/mintz esann dut/mintzo	go joan joan-a	come etar etar dut	give ekaraza/eman ekaraza dut
take hartz (I take)har dut	eat jan jan dut	drink edan edan dut	sleep lo-egin lo-egin dut	know jakin/exagutu dak dut/exagut dut
understand konprenitzen k. dut	must behar ukan behar dut			

### c. Prepositions:

some batzu/pot	a bat	the -ak/-a	to -ri	from -ik
of -aren	for -arentzat	with -arekin		

### d. Pronouns:

I ne/naiz	you zu/zara	he du/da	she du/da	we gu/gara
it du/da	this hau	that hori	Mr Jain	Mrs. Anderea/Jaina

e. Nouns:

money <b>diru</b>	thing <b>gauz</b>	man <b>gizona</b>	woman/wife <b>emazte</b>	water <b>ur</b>
car <b>auto</b>	ticket <b>bileta</b>	book <b>liburu</b>	friend <b>lagun/adiskide</b>	

f. Adjectives/adverbs/Other:

good <b>on</b>	bad <b>zar</b>	big <b>handi</b>	small <b>tiki</b>	now <b>orain</b>
later <b>berant</b>	a little <b>poxi</b>	wonderful! <b>miresgarra</b>	happy <b>ongi</b>	easy/difficult <b>errex/zail</b>

here/there  
**hemen/hor**

g. Interrogatives:

how much? <b>zenbat balio?</b>	where? <b>non?</b>	what? <b>zer?</b>	who? <b>nor?</b>	when? <b>noiz?</b>
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**Note:** What is this?      **Zer da hau?**  
Is it? Yes, it is!      **Da? Bai, da!**

h. Numbers:

one <b>bat</b>	two <b>bi</b>	three <b>hiru</b>	four <b>lau</b>	five <b>bost</b>
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i. And some survival words:

**WC (komoditateak), always (beti), fast/slow (fite/emeti), but (baina), never (sekula), food (janari), train (tren), bus (autobus), home (etxe), work (lan), time (asti), today (aur), tomorrow (bihar), paper (paper), newspaper (egunkari), day (egun), week (aste), year (urte), hour (ordu), minute (minuta), hamburger (hamburger), McDonalds (McDonalds), think (goguet), read (irakur), write (idatz), laugh (irri egin), dance (dantza), stop (geldi), policeman (ertzain), six (sei), seven (zazot), eight (zortz), nine (bederatzi), ten (hamar), hundred (ehun), thousand (mila) .... Mate (meca/adis/pot) ... bye bye for now! (ikus arte laster arte!)**

## 19. FEEDBACK AND NEW IDEAS - PLEASE

(to drbobboland@hotmail.com)

1. HOW LONG DID YOU TAKE TO STUDY THE CRE?

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

## 20 - MINI PHRASE BOOK FOR EASY CONVERSATION

(Write the words and start to chat to everyone ... Speed reading 4 minutes)

### BASICS:

Hallo	Agur
Yes/no	Bai/ez
Please	Plazer beduzu
Thank you.	Milesker
Excuse me	Bartaku
Everything is OK!	Dena on da

### INTRODUCTIONS:

Good morning	Egun on
Good-bye.	Ikus arte
My name is ...	... deitura-k (izen) nera da.
What is your name?	Zer da deitura-k zu-ra?
How are (goes) you?	Nola zara?
Fine, thanks.	Ongi, milesker
And you?	Eta zu?
Where are you from?	No-dik zara?
I'm from:	...-dik naiz:
France	Franca
England	Ingleterre
America	Amerika
I am working with:	... -ekin lan-ia naiz.
UN	ONU
Red Cross	Lauburu Gorri
Nokia	Nokia

### QUESTIONS:

This, I must do.	Hau, egin behar dut
You must do that.	Hori egin behar duzu.
When/how?	Noiz/nola?
What/why?	Zer/zerendako?
Who/which?	Nor/zer?
Where is/are ...?	Non da/dari ...?
Where can I find ...?	Non aurki ahal dut ... ?
How much is it?	Honek zenbat balio du?
Can you help me?	Lanuntzen ahal nau-zu?
What does this word mean?	Zer errin nahi du, hitz honek?

## UNDERSTANDING:

I understand	Konprenitzen dut
I don't understand.	Ez dut konprenitzen
Please say that again..	Esan hori ari, plazer baduzu
Can you translate this for me? Hori tradetze nahal nau-zu?	
Can I have...?	... baduzu?
Do you speak Basque/english)? Euskara (Inglata) mintzu duzu?	
I don't speak ....	Ez dut mintzo ...
I speak a little ...	... por mintzo dut

## COMMENTS:

It's:	... da:
better/worse	on-ga/zar-ga
big/small	handi/tiki
cheap/expensive	merke/kario
good/bad	on/zar
hot/cold	bero/hotz
near/far	presna/urrun
vacant/occupied	libra/occupa
OK!	On!

## FOOD:

I like:	...nahi nuki:
breakfast	ak-aria
lunch	bazk-aria
dinner.	af-aria
Can I have some:	... bat zu ahal dut:
bread/butter	ogi/gurrina
cheese	gasna
eggs	arraultze
meat/potatoes	vianda/patata
apples/oranges	sagarrak/liranjak
coffee/tea	kafe/dute
milk	esne
fruit juice	jus fruta
water	ur
C'est combien?	Zenbat da?
Is there a mistake?	Huts ba da?
We enjoyed it.	Jostakin da.

## TRANSIT:

Where is the nearest shop?	Non da magazina presna?
Where is a taxi?	Non da taxi?
How much is it to ...?	... ri joa zenbat bali da?
Go to this address.	Joan hau address-ri
Please stop here.	Geldizen hemen
This road is not right.	Ez da egia, hau bidya
Go straight ahead.	Joan lau bas
It's there, on the:	Han da ... ya:
left/right	ezker/zuzen
next to/after	presna/joan
north/south	iparra/hegoa
east/west	ekialdea/mendebala
Where is the:	Non da ...:
town centre	herika place?
pharmacy	pharmacia?

## SHOPPING:

Do you have ...?	... ba duzu?
How much is this/that?	Honek zenbat balio du?
I will take it.	Hau hartzen dut

What colours have you?	Zer coloriado lu duzu?
Black	beltz
Blue	urdin
Red	gorri
White	xuri
Yellow	hori
Green	orlegi

I want to buy:	... erosi nahi dut:
aspirin	aspirina
soap	sabona
half kilo apples	erdi kilo bat saggarak
litre of milk	litra bat esne
film/newspaper	film/egunkari



## TELEPHONE:

Hello, here is ...

bai, ... da

Please speak:

Mintza ...lazer baduzu:

louder

zaite gehixago

slowly

emeki

I want to speak to:

...- ekin mintza ahal nuke:

Mr.

Jauna

Mrs.

Anderea/Jaina

Miss

Anderenoa/Jainissa

When will he be here/there? Noiz hemen/hori da?

Call me the is evening please? Telefono gaur, plazer baduzu?

## TIME:

Do you have enough time?

Asti aski baduzu?

What time is it?

Zer tenore da?

The time now is:

Orain ... da:

five past one

bat (1) eta bost (5)

quarter to three

hiru (3) lauden guti

twenty past four

lau (4) eta hogai (20)

half past six

sei (6) eta erdiak (half)

## MEETINGS:

We see you:

Zu-ak ikus derat ...

today

egun

tomorrow

bihar

next week

heldu dew astea

in the morning

goiza

in the afternoon

ahal shaldia

in the evening

arratsa

tonight

sarri hau gaur

soon

laster arte

You are (have) right/wrong. Egia/ez-egia duzu.

That is right

Hori egia da.

## LOCATIONS:

Here/there

Hemen/hor

At the UN office

ONU otegi-ri

Is it far

Urrun da?

How many hours?

Ordu zenbat dari?

## 21. PLAY QUIZ

Test your instincts ... associate the phrases ... in mixed groups of four ...

- |                            |                              |
|----------------------------|------------------------------|
| a. I am well               | On.                          |
| b. Excuse me               | Milesker                     |
| c. Thank you.              | Ongi.                        |
| d. OK                      | Barkatu.                     |
| e. No!                     | Bai                          |
| f. Yes                     | Ez!                          |
| g. Hello                   | Nola zara?                   |
| h. How are you?            | Agur                         |
| i. Good morning            | Ikus arte.                   |
| j. I speak a little Basque | Barkatu                      |
| k. Pardon                  | Batsu Euskara mintzo dut     |
| l. Goodbye                 | Egun on.                     |
| m. My name is              | Plazer baduzu                |
| n. Please                  | Non-dik zara?                |
| o. Where are you from?     | Mutr?                        |
| p. Waiter?                 | Deiturak nera da             |
| q. How much is that?       | Zer tenoraten da?            |
| r. Where are the toilets?  | Non/noiz/zerendako?          |
| s. Where/when/why?         | Non dari komoditatea?        |
| t. What time is it?        | Honek zenbat balio du?       |
| u. That is right           | Ez dut konprenitzen.         |
| v. I do not understand     | Baduzu?                      |
| w. Do you have?            | Mintzo emeki, plazar baduzu? |
| x. Please speak slowly     | Egia da                      |
| y. See you later           | Egizu Bazkari                |
| z. Cheers!!                | Laster arte                  |

Answers: In the phrase book ... if you need them ...

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT  
AND LONG TERM RE-INFORCEMENT AFTER ONE MONTH -  
TRY TO WORK WITH A PARTNER AND A NATURAL SPEAKER  
FOR JUST ONE DAY MORE**

RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one more day ... of PLAYING with the natural language ... instinctively ... naturally ... completely relaxed ... with no stress or effort ... jsut play!

Our natural suggestions are:

1 - Play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts. LIST your five key problems!

2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes. USE the Mini-phrase Book for easy interactive conversation

3 - SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes. USE the Mini-phrase Book for easy interactive conversation

4 - SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting! Review your five problems.

5 - USE the Mini-phrase Book for easy interactive conversation. Then do it as SPEED READING (reverse-mode) in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!.

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording. Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr).

## APPENDIX B - THE ONE HUNDRED MOST USED WORDS IN

CONVERSATION ... say, sing and shout them ... several times ...

(Challenge ... learn ... associate ... and remember)

1. A/an	2. After	3. Again	4. All	5. Almost
BAT	GERO	ARE	DENA	ABANTZU
6. Also	7. Always	8. And	9. Because	10. Before
ERE	BETI	ETA	ZEREN	AITZIN
11. Big	12. But	13. I can do	14. I come	15. Either/or
HANDI	BAINA	EGIN AHAL DUT	ETOR DUT	BISAN/BIS
16. I find	17. First	18. For	19. Friend	20. From
AURKI DUT	LEHEN	-ARENZAT	LAGUN	-IK
21. I go	22. Good	23. Goodbye	24. Happy	25. I have
JOAN DUT	ON	IKUS ARTE	ONGI/ALAI	DU
26. He	27. Hello	28. Here	29. How	30. I
DA/DU	AGUR	HEMEN	NOLA	NE/NAIZ
31. I am	32. If	In	34. I know	35. Last
NE JAIN	BALDIN	-EAN	NE DAKIT	DENARIO
36. I like	37. Little	38. I love	39. I make	40. Many
NAHI NUKI/DUT	TIKI	NE MAITA NAIZ	EGIN/AKUN	BATZU
41. Man	42. More	43. Most	44. Much	45. My
PEDAT/GIZON	GEHIAKO /BEZIK	GEHIANAK	BUSKI/ASKO	NERE
46. New	47. No	48. I Need	49. Now	50. Of
BERRI	EZ	NE BEHAR DUT	ORAI	-AREN
51. Often	52. On	53. One	54. Only	55. Or
MAIZ	GARAICO	BAT	BAIZIK	EDU
56. Other	57. Our	58. Out	59. Over	60. People
BERTZE	GURE	LEKORA	BUKATU	JENDE
61. Place	62. Please	63. Same	64. I see	65. She
TOKI	OTOI/PLASER	BADUZU BER	NE IKUS	DA/DU
66. So	67. Some	68. Sometimes	69. Still	70. Such
OTE	BATZU	NOIZ TENTATE	BERRIZ	HOLAKO
71. I tell	72. Thank you	73. That	74. The	75. Their
NI ESAN DUT	MILESKER	HORI	-AK/-A	BERE
76. Them	77. Then	78. There is	79. They	80. Thing
HEK	GERO	BADA	DIRA	GAUZ
81. I think	82. This	83. Time	84. To	85. Under
NE GOGUE DUT	HAU	ALDI/TENORE	ORI	AZPIAN
86. Up	87. Us	88. I use	89. Very	90. We
GOITI	GU/GARA	NI EGIN DUT	ASKO	GU/GARA
91. What	92. When	93. Where	94. Which	95. Who
ZER	NOIZ	NON	ZER	NOR
96. Why	97. With	98. Yes	99. You	100. Your
ZENDAKO	-ATEKIN	BAI	ZU/ZARA	DUZU

EXTRA WORDS: GIVE - EMAN, TAKE - HARTZ, SPEAK- MINTZ, MUST - BEHAR

WORD ORDER EXAMPLE -

FOR THE THREE BIG DOGS OF MY FATHER -  
FATHER OF DOGS BIG THREE FOR



## APPENDIX C - BRIEF GRAMMAR (3 pages)

(Challenge: Review now ... and later discuss with a natural speaker)

### 1. Structure - subject, object and verb:

Hemen NAIZ.

HAUR hemen da.

Haur hemen DA?

I AM here.

The CHILD is here.

Question - Is the child here?

### 2. Articles:

Haur BAT hemen da.

A child here is.

### 3. Nouns:

Haur-BARI hemn dari.

Haur ON ba hemen da.

Haur bat DA.

Child-REN are here.

The GOOD child is here.

HE IS a child.

### 4. Possession:

Haur NAREN da.

He is MY child.

### 5. Relative:

Haur-AK hemen da.

The child WHO here is.

### 6. Demonstrative:

HAU haur hemen da.

HORI haur hor da.

THIS child is here.

THAT child is THERE.

### 7. Interrogatives:

Zer da hau gauz?

NOR da hori?

Non da haur?

Libiru ZENBAT BALIO du?

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

### 8. Imperatives:

EGIN-O hau!

ETUR-O hemen!

DO this!

COME here!

### 9. Negatives:

Bai, liburu bat DUT.

Ez, EZ dut liburu.

EZ etur-o hemen.

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

### 10. To be, have and want (with "me" to indicate the present tense):

naiz/dut/nahi du

zara/duzu/nahi duzu

dda/du/nahi du

I am/have/want

You are/have/want

He is/has/wants

## BRIEF GRAMMAR PAGE 2

### EUSKARA MINTZO DUT? I Speak Basque!

#### 1-PRONUNCIATION

E - AY, G - GU, S - SH, R - L, U - OO, N - NN, X - CH, TX - TCH, J - YA, Z - S

#### 2-VERBS - TRANSITIVE - UKAN - TO HAVE

#### INTRANSITIVE - IZAN - TO BE

	UKAN	IZAN
I	dut	naiz
He	du	da
We	guru	gara
You	duzu	zara
They	dute	dira

Transitive: HART take, EGOR do, JAN eat, EDAN drink, EROSI buy, EMAN give, AHAL can, NAHI like, BEHAR want etc. all with a definite object. Example: EGOR-ZEN (do) DUT (I).

Intransitive: JOAN go, ETORRI come, SARTU enter etc.

Example: HEMEN (here) NAIZ (I am)-  
JOAN-ZEN (going) NAIZ (I am).

#### 3. TENSES

Present: HART-ZEN DUT I take      SART-ZEN NAIZ I enter

Past: HART-U DUT I have taken      SART-U NAIZ I have entered

Future: HART-UKU I will take      SART-UKU I will enter

## BRIEF GRAMMAR PAGE 3

### 4. PERSONS

	Person	my	to me
I	NI	NIK	NIRI
he	HI	HIK	HIRI
we	GU	GUK	GURI
you	ZU	ZUK	ZURI
they	ZUEK	ZUEK	ZUEI

### 5. NOUN

GIZON	man
GIZON - K	man - the subject of the phrase
GIZON- KU	of the man
GIZON- EKIN	with the man
GIZON- IK	from the man
GIZON- RI	to the man

### 6. QUESTIONS

ZER? what, NOR? who, NON?, where, NOIZ? when, ZERTARAKTU why?

### 7- EXAMPLES

ZER (what) NAHI (want) DUZU (you)?

AGUN (today) GIZON-A (man) BAT (a) IKUS (see) DUT (I).

ETXE-OKO (house of) GIZONA (man) OGI (bread) HART- DU (takes he).

ZER (what) ORA (time) DA? (is it).

LIBIRU (book) NIK (my) HEMEN (here) da (is).

EUSKARA (Basque) MINTZ-O (speak) DUZU (you).

### 8- TEST

I am here.

Where is the book?



How much?

You want the man.

You speak Basque?

Answers ...

**Hemen naiz.**

**Non da libiru?**

**Zenbat ballio ?**

**Gizonak nahi duzu.**

**Eskara mintzo duzu.**

**BROCHURE - CRE - CREATIVE RELAXATION EXERCISE  
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT  
WITH A 30 MINUTE AUDIO TAPE IN ONE DAY**

**KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR mind they give you the CONFIDENCE to RELAX and LEARN naturally without EFFORT"**

**Opportunity:** for managers and staff members on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local companies, governments, refugees, client and project staff, as they perceive the effort to speak the local language with a good accent, and thus to show clearly a deep respect for local values and culture.

**Description:** dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa and with other languages in process: Cantonese, Zulu, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, etc.

**Designed for:** mature motivated learners who need to achieve very rapidly, the personal confidence to speak and understand, basics of the local natural language. Designed also for current speakers to who want to achieve significant accent improvement.

**Course duration:** one full six hour full day with a partner or small group, followed by daily brief individual revision, in the following week and one day reinforcement a month later.

**Application:** individual training or as a small part of any management training program to stimulate creativity, because: "Each language is an intellectual treasure-house of communication, culture and humanitarian values" - Professor Kenneth Hale - linguistics expert of MIT who spoke 50 languages fluently and died October 8th 2001.

**Method:** uses CRE techniques to achieve relaxation and intuitive absorption of the natural language with confidence and without stress or effort. Designed to handle varying individual value systems and needs. CRE techniques, once acquired, can be easily used for any other languages or dialects. Uses IRT - the Instant Relaxation Technique create the confidence to learn.

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