

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE WITH A BEAUTIFUL ACCENT AND 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 to ABSORB and to LEARN naturally
without EFFORT ... GRACIAS! "**

NO. 303 – SPANISH from ENGLISH VERSION 8 – NOVEMBER 2011

Note:

**Appendix A - is the routine for long term reinforcement after one month, which
can also be used by experienced speakers for the chronic problem of accent
deterioration. Books to buy: Lonely Planet/Berlitz phrase-book.**

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1.0 INTRODUCTION

1.1 STRUCTURE

This CRE helps you to understand the structure of the language instinctively, by inserting English into the Spanish phrases, to identify the meaning of key Spanish words. There is also a brief note on Grammar, a listing of the 100 most used words in conversation, a daily mini-phrasebook and a brief English-Spanish/Fench/German Dictionary.

1.2 MEMORY

A simple technique for the memory of unuual sounds, is to make up a ridiculous English phrase as a memory "trigger", sometimes shouting:

**Thank you ... gracias ... say ...
... thank you ... I'M SO GGGGGRATEFUL ... gracias ... gracias ...**

**What are you called ... como se llama? .. say ...
... what are you called ... COME ON SAY YAMA ... como se llama ...**

**Goodbye ... adios ... say ...
... goodbye ... ADD YOUR HORSE ... adios ... adios ...**

or email robertboland@wanadoo.fr for our CRE 33 MemoryAlert.

1.3 PRACTICE.

Learn very rapidly the "100 most used words" and each day, take one section of a phrase-book, to make 10 minutes of Dari conversation with a natural speaker ... or aloud with yourself!

1.4 INSTINCTIVE COMMUNICATION

Read everything aloud with a beautiful accent and strong emotions! Begin to repeat each phrase a second time from memory ... not just reading. Have fun "speed reading" to exercise the throat. Make an audio tape of the phrase-book with spaces for repeat or response and play it back to yourself, speaking very loud! Play the CRE tape as you begin to sleep at night. Speak with total body language (eyes, face, arms etc.), to express meaning. Talk to everybody. Be happy and positive and be sure ... to expect some good news ... every day!

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 chatting now ...!!

Hallo	Hola
Yes/no	Si/no
Please	Por favor
Thank you.	Gracias
Excuse me	Perdóne-me
Good morning	Buenos días (day)
Good-bye.	Adiós
My name is ... (I am called)	Yo (I) me llamo (call) ...
What do you call yourself?	Como (what) se llama?
How are you?	Como esta?
Fine thanks	Muy bien, gracias

etc. etc. ... questions and answers ... with laughter ... so on we go ... together

INSTANT RELAXATION TECHNIQUE

1. This a simple useful CRE technique to give you confidence to learn naturally. If you don't believe you can learn ... you won't learn! ... If you are tense, an-xious and stressed ... you won't learn! If you have no confidence ... you won't learn. But with instant relaxation, your mind and body become clear, confident and ready to learn. So do the 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.

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 TO SPEAK AND ENJOY THE LANGUAGE WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... AND 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 evaporating all the anxiety and stress from your mind and body ... through 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.

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 face.

SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Hello	Ho-la	HOE-LAA
Mr.	Senor	SAY-NNORR
Mrs.	Senora	SAY-NNORR-AA
Yes	Si	SEE
No	No	No-NNN
Good	Bueno	BUU-AY-NAA
Please	Por fav-or	POUR FAAV-OR
Do you have?	Ti-ene ust-ed?	TEE-EN-NAY OOST-EDD?
Thank you	Gra-ci-as	GRAA-SEE-AAS
Goodbye	Adios	ADD-EEE-OSSS
See you soon!!!	Hasta la vis-ta!	ASTAA LAA VEE-STAA
Who?	Quien?	KEE-AYN
What?	Que?	KAY
I want	Quiero	KEE-YERO
Where?	Donde?	DON-DAY
OK! DOW!	De acuerdo!	DE A-QUER-

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

NATURAL LEARNING 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 three times, before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything. Practice gentle relaxation many times.

Make the language part of you (mind and body) as you speak, sing, shout, whisper without any effort at all.

ABSORB ... the new natural language ... both consciously and sub-consciously ... as part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and tell yourself: "Yes, I can do it!!!"... " I will do it!!!" - very important!!

Our suggested learning schedule ... alone or better with a fun partner, for the 6 hour CRE day (with wine breaks as needed) is:

- 1 - Briefly review the whole text. Do the IRT. Then record sections 2-15 in Spanish at high speed - to establish your starting position - just for fun!
2. - Then play and repeat **EVERY WORD** with the audio tape !!! Make it fun!!! Hear, speak, shout, whisper, with so many different emotions as you **MOVE YOUR WHOLE BODY ... and ABSORB** the language. Laugh at yourself and make it all fun! Review the Basic Glossary of just 2 pages.
3. - Do Sections 2-4 to understand every word! Play the tape with the text **SPEAK VERY LOUDLY. SING AND SHOUT ANY DIFFICULT PHRASES.** Review the Grammar (1 page) and the Basic Glossary.
- 4 - Do Sections 5-10 in the same way. Repeat the Throat exercise. Begin to create simple conversation with the mini-phrases book (Hello etc.).
- 5 - Do Sections 11-16 in the same way. Then play the tape **WITHOUT** the text, speaking with three different voices: sad, happy and very angry!!!
6. - Do the quiz (1 page). Create conversation with mini phrase book. Do **SPEED READING (2-16)** and the mini-phrases book. **FAST!!! ALL IN ONLY 14 minutes.** Explore and **ABSORB** the appendices>
7. - Repeat another day. Explore www.crelearning.com for other Spanish learning materials. Do APS and plan for review next week with a Spanish partner. Amaze yourself !!! You can do it!!!

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 you 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 ... it's 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 it 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... "Spanish place" in your mind ...

2. HERE AND THERE:

**Yo (I) estoy aquí (here) .
Usted está allí (there).**

**I am here.
You are there.**

Esta usted (you) allí?

Are you there?

Si (yes), usted esta allí.

Yes, you are there.

Esta usted aquí (here)?

Are you here?

No, usted no esta aquí.

No, you are not here.

Esta aquí.

It is here.

Dónde (where) esta?

Where is it?

Esta aquí.

It is here.

Esta allí?

Is it there?

Yo no lo sé (know).

I do not know.

Dónde esta Miguel?

Where is Miguel?

El no (not) esta aquí.

He is not here.

Dónde esta el (he) ?

Where is he?

Yo no lo sé (know).

I do not know.

Oh maldición! Ahí (there) está el!

Darn! There he is!

El (he) es maravilloso!

He is wonderful!

3. LIKING:

**Usted (you) me gusta (pleases).
to me).**

I like you (you are pleaseing

Le gusto yo (me) a usted?

Do you like me?

Si (yes), usted me gusta.

Yes, I like you.

**Le gusta el dinero (money)?
pleasing money)?**

Do you like money (to you

Si, a mi me gusta el dinero.

Yes, I like the money.

Me gusta el agua (water).

I like water.

**A usted le gusta el agua.
water)**

You like water (to you pleasing

Me gustan algunos (some) libros.

I like some books.

A él (to him) le gusta el auto.

He likes the car.

A ella no (not) le gusta el auto.

She does not like the car.

Le gusta la cena (dinner) ?

Do you like the dinner?

No, no me gusta la cena.

No, I do not like the dinner.

**Oh maldición! Mate!
worse!!!)**

Oh. Darn! Mate! (or something

Por favor, no diga (say) Mate.!

Please do not say Mate!

4. DOING:

Yo hago (do).

I do.

Yo hago esto (this)

I do this.

Usted (you) hace.

You do.

Usted hace eso.

You do that

Nosotros hacemos eso (that).

We do that

Y nosotros (we) estamos contentos.

And we are happy.

Es fácil (easy)?

Is it easy?

Si, no es difícil.

Yes, it is not difficult.

Hace (do)usted eso?

Do you do that?

Haga (do) eso, por favor (please)!!!

Do that please!!!

Maldición!!!

Darn!!!

Eso (it) es maravilloso.

It is wonderful!

5. CAN/ABLE TO DO:

Yo puedo (can)

I can

Puedo?

Can I?

Si (yes), yo puedo.

Yes, I can.

Puede usted hacer (do) esto?

Can you do this?

Si, puedo (can) hacer (do) eso.

Yes, I can do that.

Yo puedo comer (eat) un poco (little).

I can eat a little.

Yo puedo beber (drink) un poco.

I can drink a little.

Puedo ir (go).

I can go.

Puedo (can) venir.

I can come.

Puedo dormir.

I can sleep.

Usted puede hablar (speak).

You can speak.

Puede (can) usted hablar?

Can you speak?

Si (yes), yo puedo.

Yes, I can.

Puede usted hacer (do) esto (this)?

Can you do this?

No, yo no puedo hacer eso (that).

No, I can not do that.

Usted puede entender (understand)?

You can understand?

Puede usted entender?

Can you understand?

Si, un poco (little).

Yes, a little.

Puede usted decir (say) Mate?

Can you say Mate?

Si, yo puedo hablar (speak) un poco de español. Yes, I can speak a little spanish!

Maldición! Yo soy maravilloso!

Darn! I am wonderful!

6. UNDERSTANDING:

Yo (I) entiendo.
Yo no entiendo.

I understand.
I do not understand.

Usted (you) entiende.
Usted no entiende.

You understand.
You do not understand.

Entiende usted a las mujeres (woman)?
No. No. Yo no las (them) entiendo!

Do you understand women?
No. No. I do not understand them!!!

Oh. Maldición! Mate!
Por favor, no diga (say) Mate.

Oh. Darn! Mate!
Please do not say Mate!

Usted es maravilloso!

You are wonderful!

7. WANTING:

Yo quiero (want).
Yo quiero comer (eat) un poco.

I want.
I want to eat a little.

Yo quiero beber (drink) agua.
Yo quiero ir (go) al servicio!

I want to drink the water.
I want to go to the toilet!!!

Quieres (want) comer un poco?
No, yo no quiero comer (eat) .

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

Maldición! Yo quiero darte (give you) un poco. Darn! I want to give you a little.
No, gracias.
Yo quiero venir (come).

No, thank you.
I want to come.

Quiere usted dormir (sleep)?
No, yo no quiero (want) dormir.

Do you want to sleep?
No, I do not want to sleep.

Miguel, quieres comer las ranas (frogs)?
Maldición! Ahora no (now), gracias!

Miguel do you want to eat the
Darn! Not just now, thank you!

Nosotros somos maravillosos!

We are wonderful!

8. GETTING:

Dame (give me), el dinero, por favor.
Toma (take) el dinero, por favor.
Yo cojo (take) el dinero.

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

Dame el billete (ticket), por favor
Toma el billete, por favor (please).
Yo cojo (take) el billete.

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

**Dame la cosa (thing), por favor.
Dónde (where) esta (is) la cosa?
Yo no lo sé (know).**

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

**Por favor, denme un hombre (ma),
Maldición!!! Que mujer (woman)!
Ella es maravillosa.**

**Please give me a man!
Darn!!! What a woman!!
She is wonderful!**

9. HAVING:

**Yo tengo (have/hold) una cosa
Yo no tengo una cosa (thing).**

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

**Usted (you) tiene una cosa.
Nosotros (we) tenemos una cosa.
Ella tiene (has) una cosa.**

**You have one thing.
We have one thing.
She has something.**

**Yo tengo un poco de tiempo (time), Señorita! I have a little time, Miss!
Tiene (have) usted un poco de dinero, Señor? Do you have a little money, Sir?
No. No.**

**Oh Mate!
Por favor, no diga (say)Mate!**

**Oh. Mate!
Please do not say Mate!**

10. ORDERING (POLITELY):

**Dame (give me) la cosa, por favor.
Dame el dinero, por favor (please).**

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

**Dame el agua, (water) por favor
Gracias.**

**Please give me the water.
Thank you.**

**Por favor, no bebas (drink) el agua en Francia. Please don't drink the water in France!!
Bebe (drink) el vino.**

Drink the wine.

**Ven (come) aquí, por favor
Anda (go) para allá, por favor**

**Please come here.
Please go there.**

**Bebe (drink) esto, por favor
No comas (eat) eso!**

**Please drink this.
Do not eat that!**

**Dame esto, por favor
No coja (take) eso, por favor**

**Please give me this.
Please do not take that.**

**Diga (say) esto, por favor
Por favor, no diga Mate**

**Please say this.
Please do not say Mate.**

Maldición!!! Usted es maravilloso.

Darn it!! You are wonderful!

11. GREETING:

**Hola, Carmen Guapisima!
Hola Paula .**

**Buenos días Miche.
Hola Sancos.**

**Como (how) esta usted, Eliza?
Bien gracias, Khulu.**

**Que (how) tal, Xavier?
Vale, gracias, Miguel.**

**Hasta luego Giles.
Adios, Judith.
Si, vale (OK) , Hollie**

**Es maravilloso.
Vale, Sam?**

**Si, vale, Lucie.
Más o menos, Henri.**

**Va bien, Carina?
No!!!
Maldición!!! Ella es maravillosa!**

**Hello Carmen my lovely!
Hello Paula.**

**Good morning Miche.
Good morning Sancos.**

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

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

**Goodbye Giles (until later).
Goodbye Judith.
Yes OK, Hollie.**

**It is wonderful!
OK Sam?**

**Yes OK, Lucie.
Not too bad, Henri (more or less) .**

**Going well, my darling?
No!!!
Darn!!! She is wonderful!**

12. DESCRIBING:

**Esta bien,
No esta bien.**

**Es/esta malo (bad).
Es un libro.**

**Es grande?
No, es pequeño (small) .**

**Es fácil?
No, es difícil.**

**El agua (water) esta buena?
No, el agua en Francia (in France) , no esta buena!! No, the water is not good in France!!**

**Oh Mate!!!
Por favor, no diga (say) Mate**

**It is good.
It is not good.**

**It is bad.
It is a book.**

**Is it big?
No, it is small.**

**Is it easy?
No, it is hard.**

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

**Oh Mate!!!
Please do not say Mate.**

**Nosotros somos (are) maravillosos?
Maldición! Si!**

**We are wonderful?
Darn! Yes!!**

13. KNOWING (THINGS & PEOPLE):

**Yo sé (know) esto.
Sabe (know)usted esto?
Si sé esto.**

**I know this.
Do you know this?
Yes, I know this.**

**Usted sabe (know) eso.
Sabe usted eso?
No, yo no sé eso (that)**

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

**Yo conozco (know) a esa mujer (woman).
Yo conozco al hombre (man).**

**I know that woman.
I know the man.**

**El me (me) conoce (knows).
Conoce usted a esa mujer?**

**He knows me.
Do you know that woman?**

**No. Buenos días, Señora.
Vas bien (well), Chica?**

**No. Good morning Madame?
Going well, Baby?**

**No, no voy bien!! Adiós!!
Usted no la (her) conoce!**

**No, not going well !! Goodbye!!!
You do not know her!**

Maldición! Ella (she) es maravillosa!

Darn! She is wonderful!

14. NUMBERING:

**Yo tengo (have) un problema.
Si, usted tiene (have) un problema.**

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

**No, usted tiene dos (2) (de ellos).
El (he) tiene tres (3).**

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

**Ella tiene cuatro.
Nosotros (we) tenemos cinco (5).**

**She has four.
We have five.**

**Tiene usted cinco?
Si ahora (now), yo tengo cinco problemas!!!**

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

**Todos (all) los niños!
Los niños (children) son maravillosos.!**

**All the children!
Children are wonderful!**

15. ASKING:

**Cuánto cuesta (costs) el libro?
Cinco dólares.**

**How much is the book?
Five dollars.**

**Cuánto vale (costs) esta cosa?
Cuánto cuesta?
Cuatro dólares.**

**How much is this thing?
How much?
Four dollars.**

**Dónde (where) esta?
Esta allí. (there).
No, no está allí.**

**Where is (it)?
(It) is there.
No, (it) is not there.**

**Dónde estan los servios (toilets), pf?
Los servios estan(are) allí.**

**Where is the toilet, please?
The toilet is over there.**

**Que (whast) es eso?
Perdón. Que?
Eso.
Oh, es un buen libro (book).**

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

**Que quiere (want) usted?
Yo quiero el vino, por favor**

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

**Quien (who) esta aquí?
Nosotros (we) estamos aquí.**

**Who is here?
We are here.**

**Quien es esa (that) mujer?
Yo no lo sé.**

**Who is that woman?
I do not know.**

**Maldición! Ella es Madona!.
Que mujer! Ella es maravillosa!**

**Darn! It is Madonna!
What a woman! She is wonderful!**

16. EVERYTHING - COLLOQUIAL -(POLITE AND SLANG)

**Estoy (I am) aquí.
Usted esta allí.**

**I am here.
You are there.**

**Me (to me) gusta usted.
Le gusta el dinero (money).**

**I like you.
You like the money.**

**Hace (he does) esto.
Ella hace eso.**

**He does this.
She does that.**

**Puedo (can) hablar un poco de Español!
No puede decir (say) Mate?**

**I can speak a little Spanish!
You can not say Mate?**

**Le entiendo.
Usted no me entiende (understand).**

**I understand you.
You do not understand me.**

**Quiero ir (go) al bar.
Usted quiere ir a los servios.**

**I want to go to the bar.
You want to go to the toilets.**

Ahora, tengo mucho tiempo (time), Chica!. Now, I have a lot of time, Honey!

Pero ... tienes (have) mucho dinero, Chico ?!! But ... do you have a lot of money, Honey?!!

No bebas (drink) el agua en Francia, por favor!! Please don't drink the water in France!!

Bebe el vino.

Drink the wine.

**Como esta usted, Eliza?
Estoy bien, gracias. Khulu.**

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

**Es grande?
No, es pequeño.**

**Is it big?
No, it is small.**

**No conoces (know) a esa mujer.
Maldición. Ella es maravillosa!**

**You do not know that woman.
Darn! She is wonderful!**

**Si ahora (now), tengo cinco problemas!!!
Todos (all) los niños!**

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

**Que (what) es eso?
Perdón. Que?**

**What is that?
Pardon. What?**

**Ahí está.
No está mal (bad).**

**There it is.
Not bad.**

**Maldición!!!
Vale?**

**Darn!
OK?**

**Si, es "cool".
Si, cojonudo**

**Yes, it's cool!
Yes, it's cool!**

**Oer favor, no diga (say) "Cojonudo"!!
Usted puede decir Cojonudo en Espana.**

**Please don't sat "Cojonudo"!!
You can say Conhjurodo in Spain.**

**Pero (but) no ,,, en America Latina
Si, super!!
Y no diga Mate!!!**

**But not in Latin America,.
Yes, it's cool! (upper class)
And do not say Mate!!!**

**Maravilloso?
Si ... usted ... es ... maravilloso!
Adiós. Hasta la vista!**

**Wonderful?
Yes ... you ... are ... wonderful!
Bye bye. See you soon!**

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 ... in that special Spanish place ... in you mind ... as needs arise ... without conscious effort ...

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 get ... better and better ...

And now as you choose ... to 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 ... "Spanish Place " on 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 continual support ... our Team ... whjich began in Bayonne, France ... August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

18. BASIC VOCABULARY:

(Write it out by hand with emotion ...)

a. Greetings/Exclamations:

hello	good morning,	how are you?	I am well	thank you	
Hola	buenos días	como esta usted?	muy bien	gracias	
goodbye	yes	no	OK	not too bad	
adiós si no de acuerdo más o menos					
Darn!	Mate!	there it is!	"cool"!!!		
maldición!	Mate	ahí esta super/cool!!			

b. Verbs (and first person):

to be ser/estar soy/estoy	have tener/haber tengo/he	like gustar gusta	want querer quiero	can poder puedo
do hacer hago	say/speak decir/hablar digo/hablo	go ir/andar voy/anda	come venir vengo	give dar doy
take tomar tomo	eat comer como	drink beber bebo	sleep/go to bed dormir duermo	know saber/conocer sé/conozco
understand entender entiendo	must deber debo			

c. Prepositions:

some poco de	a un/una	the el/la	to para/a	from de
-----------------	-------------	--------------	--------------	------------

d. Pronouns:

I yo it	you usted this	he el that	she ella Mr	we nosotros Mrs.
---------------	----------------------	------------------	-------------------	------------------------

le/la/lo	esto	eso	Señor	Señora
----------	------	-----	-------	--------

e. Nouns:

money dinero	thing cosa	man hombre	woman mujer	water agua
car auto	ticket billete	book libro	friend amigo	

f. Adjectives/adverbs/Other:

good bueno	bad malo	big grande	small pequeño	now ahora
later más tarde	a little un poco	wonderful! maravilloso!	happy contento	here/there aquí/allí

g. Interrogatives:

how much? Cuánto cuesta?	where? dónde?	what? qué?	who? quien?	when? cuándo?
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Note: What is this? Que es esto?

Question? Es?

*

h. Numbers:

one uno	two dos	three tres	four cuatro	five cinco
------------	------------	---------------	----------------	---------------

i. And some survival words:

please (pf - por favor), but (pero), never (nunca), food (comida), train (tren), bus (autobús), home (en casa), work (trabajo), time (tiempo), today (hoy), tomorrow (mañana), paper (papel), newspaper (diario), day (día), week (semana), year (año), hour (hora), minute (minuto), hamburger (hamburguesa), McDonalds (McDonalds), think (pensar), read (leer), write (escribir), laugh (reír), dance (bailar), later (más tarde), stop (parar), policeman (guardia) mate (chico/chica) ... bye bye mate (hasta la vista Chico)!!

19. NATURAL FEEDBACK AND NEW IDEAS

(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 - DAILY MINI PHRASE BOOK

(Good idea to write out your own copy ... and use it to chat ... speed reading 4 minutes)

BASICS:

Hallo

Yes/no

Please

Thank you.

Excuse me

Hola

Si/no

Por favor

Gracias

Perdóne-me

INTRODUCTIONS:

Good morning

Good-bye.

My name is ... (I am called)

What is your name?

Buenos días (day)

Adiós

Yo (I) me llamo (call) ...

Como (what) se llama?

How are you?

Fine thanks

And you?

Where do you come from?

Como esta?

Muy bien, gracias

Y (and) usted?

De dónde (where) viene (come) usted?

I'm from:

France

England

America

Vengo de:

Francia

Inglaterra

América

I am with:

Naciones Unidas

Red Cross

Shell

Estoy con (with):

UN

cruz roja

Shell

QUESTIONS:

When/how?

What/why?

Who/which?

Where is/are ...?

Cuando/como?

Que/por que?

Quien/cual?

Dónde esta/estan ...?

Where can I find ...?

How much is it?

Can you help?

What does this mean (want to say)? Que (what) quiere (want) decir (say) esto?

Dónde (wher) puedo (can) encontrar ...?

Cuánto cuesta (it) ?

Puede (can) ayudarme

UNDERSTANDING:

I understand

I don't understand.

Please say that again..

(please)

Can you translate this?

Comprendo

No comprendo

Diga lo (that) otra vez (another time) por favor

Puede (can) usted traducir esto (this)?

Can you give me ... ?

Do you speak: english/spanish? Habla ingles/español?

Puede (can) darme (me) ...

**I don't speak
I speak a little ...**

**No hablo ...
Hablo (speak) un poco**

COMMENTS:

It is:

**better/worse
big/small**

**cheap/expensive
good/bad**

**hot/cold
near/far
vacant/occupied**

Es:

**mejor/peor
grande/pequeño**

**barato/caro
bueno/malo**

**caliente/frío
cerca/lejos
libre/ocupado**

FOOD:

I like:

**breakfast
lunch
dinner.**

Quiero:

**desayuno
almuerzo
cena**

May I take a little ... :

**bread/butter
cheese
eggs**

Puedo (can) cojer (take) un poco de :

**pan/mantequilla
queso
huevos**

**meat/potatoes
apples/oranges
coffee/tea**

**carne/patatas
manzanas/naranjas
café/te**

**milk
fruit juice
water**

**leche
zumo de fruta
agua**

**I want to pay now.
I think there is a mistake.
We enjoyed it.**

**Quiero (want) pagar ahora (now).
Pienso (think) que hay (is) un error
Lo (it) hemos (have) disfrutado (enjoy).**

TRANSIT:

**Where is the nearest shop?
cerca (near)?**

Dónde (where) esta (is) la tienda (shop) más

**Where can I find a taxi?
How much to go to ...?
hasta (to) ...?**

**Dónde puedo (can) encontrar (find) un taxi?
Cuanto cuesta (how much) para (to) ir (go)**

Take me to this address.

Lléveme (take me) a esa (this) dirección

**Please stop here.
This is the wrong road.
Go straight ahead.**

**Pare (stop) aquí (here) , por favor.
Esta es la calle (road) equivocada
Vaya (go) todo (all) derecho**

It's there, on the:
left/right
next to/after
north/south
east/west

Es allí (there) , sobre la...:
izquierda/derecha
junto a/después de
norte/sur
este/oeste

Where is the:
town centre
pharmacy

Dónde (where) esta el/la:
centro de la ciudad (town)
farmacia

SHOPPING:
Do you have ...?
How much is this/that?
I am going to take it.

Tiene ...?
Cuánto cuesta (how much) esto/eso?
Voy (going) a llevármelo (it).

What colours have you?
Black
Blue
Red
White

Que colores tiene (have) ?
negro
azul
rojo
blanco

I want to buy:
aspirin
soap
half kilo apples
litre of milk
film/newspaper

Quiero (want) comprar:
aspirina
jabón
medio (half) kilo de manzanas (apples)
un litro de leche (milk)
película/diario

TELEPHONE:
Hello, this is ...
Please speak:
louder
slowly

Hola es ...
Por favor, hable (speak):
más fuerte (loud)
más despacio

I want to speak with:
Mr.
Mrs.
Miss
When is he here/there?
Ask him to telephone me.

Quiero (want) hablar con (with) :
el Señor
la Señora
la Señorita
Cuando (when) estará (be) aquí/allí?
Pídale (ask) que me llame

TIME:

Do we have time?

What time is it? ...

It is:

five past one

quarter to three

twenty past four

half past six

Tenemos tiempo?

Que (what) hora es?

Son las:

una y (and) cinco (5)

tres menos cuarto (4)

cuatro y veinte (20)

seis (6) y media (half)

MEETINGS:

We will see you:

today

tomorrow

Te (you) veremos ...

hoy

mañana

next week

in the morning

la semana (week) que viene

por la mañana

in the afternoon/evening

tonight

soon

por la tarde/noche

esta (this) noche

pronto

You are right/wrong.

That is right

Usted (you) tiene razón/no tiene razón:

Eso es correcto

LOCATIONS:

Here/there

At the office

Aquí/allí

En la oficina

Is it near/far

How many hours?

Esta cerca/lejos?

A cuántas (how many) horas?

21. PLAY QUIZ

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

- | | |
|------------------------------|-------------------------------|
| a. I am very well, thank you | De acuerdo. |
| b. Excuse me | Gracias. |
| c. Thank you. | Muy bien, gracias. |
| d. OK | Perdóneme. |
| e. You're welcome | Bien hecho. |
| f. Well done | De nada. |
| g. Hello | Como esta usted? |
| h. How are you? | Hola |
| i. Welcome! | Bien venido. |
| j. Welcome home | Discúlpeme por molestarlo. |
| k. So sorry to bother you | Ningun problema. |
| l. No bother | Bienvenido a casa. |
| m. Yes | Camarero? |
| n. Please | Por favor. |
| o. I am sorry | Lo siento. |
| p. Waiter? | Si. |
| q. How much is that? | Que hora es? |
| r. Where is the toilet? | Dónde/Cuándo/Porqué? |
| s. Where/when/why? | Dónde estan los servicios? |
| t. What time is it? | Cuánto cuesta eso? |
| u. Help me please? | No entiendo. |
| v. I do not understand | Hable más despacio, por favor |
| w. What does this mean? | Ayúdeme por favor? |
| x. Please speak slowly. | Que significa eso? |
| y. See you later. | Bueno apetito/salud!!! |
| z. Good food/cheers!! | Hasta luego. |

Answers: In the phrase book ... or call the Team ...

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 ... just play! After doing the routines listed below, be sure to buy a Lonely Planet or Berlitz Phrase-book, and just read it **ALL** out **ALoud** with a natural speaker and a little **ETOH**, and you will understand **EVERYTHING**!

Our natural suggestions are:

1 - Do APS. Then 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.

APPENDIX B - ADDITIONAL VOCABULARY SELECTED TO MEET THE SPECIAL NEEDS OF EACH CLIENT ORGANIZATION (200 WORDS)

Special Vocabulary for UNHCR			
English	Pashto	Dari	Spanish (insert)
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxldy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	
Handicapped	saya	ma-yub	
Health	roghtyaa	seat/syhat	
Hospital	roghtun	shafakhana	
House	kor	khana/kor	
HQ	mankaz	mankae	
Human rights	dd bashar hakkuna	hokuk e bashar	
Husband	mehra	shwahan	
Lamp	dewan	tsheragh	
Legal protection	kaanuni saatdna	hymayat e kanoun	
Malnutrition	bada ghdzaa	sou-e taghziya	
Material assistance	maadi komak	komak-e mawadi	
Ministry	wdzaarat	wezarat	
Nutrition	ghdzaa	taghziya	
Pain - days/weeks	dard worat	dard e ruz/hafta	
Pain - months/years	dard hafta	dard e mo/sol	
Pain - treatment	dard mehda	dard e ta-dow-wi	
Pain - arms/legs	dard bazou/paie	dard e dest/pal	
Pain - chest	dard sina	dard e sina	
Pain - ears/eyes	dard gauche/sterguee	dard e goch/cheshom	

Pain - hands/feet	dard daste/paie	dard e dest/pai
Pain - head/neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e-police
President	mdshir	ra-is
Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i
Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaga
Status	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma
Torture	shekanja	shykanja
Town	khar	shahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna
Tribe	t-dbdr	kabila
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	karya
Voluntrary repatriation	pd rdzaa-sara berta	legal bar-gasht-d yraadi
War	jagara	jangu
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

(Challenge - study ... and then discuss with a natural speaker)

1. Structure - subject, object and verb:

Yo estoy **AQUI**.
El **NIÑO** esta aqui
ESTA el niño aqui?

I am **HERE**
The **CHILD** is here.
IS the child here?

2. Articles:

UN niño esta aqui.

A child is here.

3. Nouns:

Los **NIÑOS** estan aqui.
El niño **BUENO** esta aqui.
EL es un niño.

The **CHILDREN** are here.
The **GOOD** child is here.
HE is a child.

4. Possession:

El es **MI** niño.

He is **MY** child.

5. Relative:

El niño **QUE** esta aqui.

The child **WHO** is here.

6. Demonstrative:

ESE niño esta **ALLI**.

THAT child is **THERE**.

7. Interrogatives:

QUE es esta cosa?
QUIEN es el?
DONDE esta el niño?
CUANTO **CUESTA** el libro?

WHAT is this thing?
WHO is that?
WHERE is the child?
HOW MUCH IS the book?

8. Imperatives:

HAGA esto.
VENGA aqui

DO this!
COME here!

9. Negatives:

Sí, yo **TENGO** un libro.
No, yo **NO** tengo el libro.
NO venga aqui.

Yes, I **HAVE** a book.
No, I do **NOT** have the book.
Do **NOT** come here.

10. To be, have and want:

Yo soy (person), estoy (place)/tengo/quiero
Usted es (person), esta (place)/tiene/quiere
El es (person), esta (place)/tiene/quiere

I am/have/want
You are/have/want
He is/has/wants

**APPENDIX D – BROCHURE – CRE – CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE WITH A BEAUTIFUL ACCENT AND
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 AID WORKERS 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: Zulu, 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, 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 also for current speakers to who want to achieve significant accent improvement.

Course duration: one full six hour 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.

Further information: 33 450 40 8982 or 199 Chemin Garenne, Preveessin, 01280 France or email: drbobboland@hotmail.com. Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

APPENDIX E - 100 MOST USED WORDS IN CONVERSATION

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

1. A/an UN/UNO	2. After DESPUES	3. Again OTRA VEZ	4. All TODO	5. Almost CASI
6. Also TAMBIEN	7. Always SIEMPRE	8. And Y	9. Because PORQUE	10. Before ANTES
11. Big GRANDE	12. But PERO	13. I can PUEDO	14. I come VENGO	15. Either/or O/O
16. I find ENCUETRO	17. First PRIMO	18. For PARA	19. Friend AMIGO	20. From DE
21. I go VOY	22. Good BUENO	23. Goodbye ADIOS	24. Happy FELIZ	25. I have TENGO
26. He EL	27. Hello OLA	28. Here AQUI	29. How COMO	30. I YO
31. I am SOY/ESTOY	32. If SI	33. In EN	34. I know SE	35. Last ULTIMO
36. I like ME GUSTA	37. Little PEQUENO	38. I love AMO	39. I make HAGO	40. Many MUCHOS
41. One UNO	42. More MAS	43. Most MAYORIA	44. Much MUCHO	45. My MI
46. New NUEVO	47. No NO	48. Not NO	49. Now AHORA	50. Of DE
51. Often FREQUENTE	52. On SOBRE	53. One UNO	54. Only SOLO	55. Or O
56. Other OTRO	57. Our NUESTRO	58. Out AFUERA	59. Over SOBRE	60. People GENTE
61. Place LUGAR	62. Please POR FAVOR	63. Same MISMO	64. I see VEO	65. She ELLA
66. So ENTONCES	67. Some ALGUNOS	68. Sometimes AVECES	69. Still TODAVIA	70. Such ESE/ESA
71. I tell DIGO	72. Thank you GRACIAS	73. That ESTO	74. The EL/LA	75. Their DE ELLOS
76. Them ELLOS	77. Then DESPUES	78. There is HAY	79. They ELLOS	80. Thing COSA
81. I think PIENSO	82. This ESTO	83. Time TIEMPO	84. To PARA	85. Under DEBAJO
86. Up ARRIBA	87. Us NOSOTROS	88. I use USO	90. We MUY	NOSOTROS
91. What QUE	92. When CUANDO	93. Where DONDE	94. Which QUAL	95. Who QUIEN
96. Why PORQUE	97. With CON	98. Yes SI	99. You USTED	100. Your SU

APPENDIX F - BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ GERMAN
(rough spelling and gender and few accents)

a	un/une	un/una	in/eine
about	environ	cerca de	ungefähr
accident	accident,l'	accidente	Unfall
action	action,la	accion	Handlung
actually	en fait	realmente	eigentlich
after	après	depués	nach
afternoon	après-midi,l'	tardes	Nachmittag
airport	aéroport,l'	aeropuerto	Flughafen
alone	seul	solo/unico	allein
also	aussi	también	auch
always	toujours	siempre	immer
am (I)	suis (je)	yo soy/estoy	bin (ich)
and	et	y	und
anniversary	anniversaire	cumpleaños	Jahrestag
anybody	n`importe qui	cualquiera	irgendjemand
anything	n`importe quoi	cualquier cosa	irgendetwas
April	Avril	abril	April
are(you)	êtes (vous)	usted es/está	sind
arrive	arriver	llegar	ankommen
at	à	a/en	an
August	Aout	agosto	August
bad	mauvais	malo	schlecht
bank	banque,la	banco	Bank
bar	bar	bar	Bar, die
bath	bain,le	baño	Bad
beat	battre	batir	schlagen
beautiful	beau/belle	hermoso	schön
because	parce que	porque	weil
bed	lit,le	cama	Bett
begin	commencer	comenzar	anfangen
behind	derrière	detrás/atrás	hinter
beside	à côté de	al lado de	nächst
better	meilleur	mejor	besser
bill	facture,la	cuenta	Rechnung, die
big	grand	grande	gross
biscuit	biscuit,le	galleta	Keks
black	noir	negro	schwarz
book	livre,le	libro	Buch
boy	garçon,le	niño/muchacho	Junge
bread	pain,le	pan	Brot
breakfast	petit dej.le	desayuno	Frühstück
brother	frère,le	hermano	Bruder, der
bus	autobus,le	autobús/camión	Bus

business	affaires,les	negocio	Geschäft
buy	acheter	comprar	kaufen
can (able)	pouvoir	poder	können
car	auto,l'	carro/coche	Auto
carefully	prudent	prudente	vorsichtig
carry	porter	llevar	tragen
cash	argent,le	dinero	Bargeld
chair	chaise,la	silla	Stuhl
cheap	bon marché	barato	billig
children	enfants	niños	Kinder
choose	choisir	seleccionar	wählen
cigarette	cigarette,la	cigarillo	Zigarette
clean	propre	limpio	sauber
clever	intelligent	inteligente	klug
clouds	nuages,les	nubes	Wolken, die
coffee	café,le	café	Kaffee
cold	froid	frio	kalt
colour	couleur,la	color	Farbe
come	venir	venir	kommen
complain	plaindre	reclamar	klagen
contract	contrat,le	contrato	Vertrag
cook	cuire	cocinar	kochen
cost	coût,le	costo	Kosten
count	conter	contar	zählen
creditors	créditeurs,les	acreedor	Gläubiger
cup	tasse,la	taza	Tasse
customer	client,le	cliente	Kunde
customs	douane,la	aduanas	Zoll
daughter	filles,les	hija	Tochter
day	jour,le	día	Tag
dear	cher	caro	teuer
debtors	débiteurs,les	deudores	Schuldner
December	Décembre	diciembre	Dezember
dinner	dîner,le	comida	Abendessen
dirty	sale	sucio	schmutzig
divided by	divisé par	dividir de	dividiert durch
do	faire	hacer	tun
doctor	médecin,le	doctor/médico	Arzt
doers	actifs,les	trabajadores	Täter
drink	boire	beber/tomar	trinken
drive	conduire	manejar/coduc.	fahren
dry	sec	seco/árido	trocken
early	de bonne heure	temprano	früh
easy	facile	fácil	leicht
eat	manger	comer	essen
eight	huit	ocho	acht
eighty	quatre vingt	ochenta	achtzig
either	ou	o	entweder
eleven	onze	once	elf

English	Anglais	inglés	Englisch
enjoy	s`amuser	gozar de	sich freuen
enough	assez(de)	bastante/suf.	genug
etc.	et cetera	etcétera	usw
evening	soir,le	tarde	Abend
every	chaque	cada	jeder
fall off	tomber	caer	fallen
family	famille,la	familia	Familie
father	père,le	padre	Vater
father/law	beau-père,le	suegro	Schwiegervater
fat	gros	gordo	fett
Febuary	Février	febrero	Februar
fifty	cinquante	cincuenta	fünfzig
fight	combattre	luchar	kämpfen
finance	financer	finanza	finanzieren
find	trouver	encontrar	finden
fine	beau	fino/perf/bel.	schön (Wetter)
fingers	doigts,les	dedos	Finger
finish	finir	terminar	beenden
fish	poisson,le	pescado	Fisch
five	cinq	cinco	fünf
fog	brouillard,le	niebla	Nebel
food	nourriture,la	comida/alim.	Essen
fools	fous,les	tontos/locos	Verrückten
for	pour	para/por	für
fork	fourchette,la	tenedor	Gabel
four	quatre	cuatro	vier
forty	quarante	cuarenta	vierzig
Friday	Vendredi,le	viernes	Freitag
friendly	sympathique	amigable	freundlich
friends	amis,les	amigos	Freunde
future(adj)	futur	futuro	zukünftig
game	jeu,le	juego	Spiel
generally	généralement	generalmente	allgemein
get	obtenir	obtener	bekommen
girl	jeune fille,la	niña/muchacha	Mädchen
give	donner	dar	geben
glass	verre,le	vaso	Glas
go	aller	ir/andar	gehen
good	bon	bueno/buen	gut
good-bye	au revoir	adiós	auf Wiedersehn
good even.	bonsoir	buenas tardes	guten Abend
good morn.	bonjour	buenos días	guten Morgen
good night	bonne nuit	buenas noches	gute Nacht
greedy	gourmand	codicioso	gierig
half	moitié	medio/mitad	halb
happy	heureux	contento/feliz	glücklich
hate	détester	odiar	hassen

have	avoir (j'ai)	haber/tener	haben
he	il	él	er
hello	salut	hola	hallo
help	aider	ayudar	helfen
helpful	utile	util	beihilflich
her (acc.)	la/lui	la/le	ihr
here	ici	aquí	hier
herself	elle-même	ella misma	sie selbst
him	le/lui	le/lo	ihn/ihm
himself	lui-même	él mismo	er selbst
his	son	suyo	sein
honest	honnêt	honrado	ehrlich
hope	espérer	esperar	hoffen
hospital	hopital,le	hospital	Krankenhaus
hot	chaud	caliente	heiss
hotel	hotel,le	hotel	Hotel
how are y.?	comment a.-v.?	cómo está Ud?	wie geht e.l.?
how many?	combien de?	cuántos?	wieviel?
however	cependant	sín embargo	jedoch
hundred	cent	cien	hundert
hungry	avoir faim	tener hambre	hungrig
husband	mari,le	esposo/marido	Ehemann
I	je	yo	ich
I am well	je vais bien	muy bien	mir geht es gut
ice-cream	glace,la	helado	Eis
if	si	si	wenn
important	important	importante	wichtig
impossible	impossible	imposible	unmöglich
in front of	devant	enfrente de	vor
intelligent	intelligent	inteligente	klug
inventory	inventaire, l'	inventario	inventor
is (he)	est (il)	es	ist (er)
it	cela	eso	es (er)
itself	cela-même	eso mismo	es selbst
January	Janvier	enero	Januar
journey	voyage,le	viaje	Reise
July	Juillet	julio	Juli
June	Juin	junio	Juni
knife	coûteau,le	cuchillo	Messer
know	savoir/conn.	saber/conocer	wissen
labour	main d`oeuvre	trabajo	Arbeit
language	langue,la	idioma	Sprache
late	tard	tarde	spät
later	plus tard	mas tarde/lu.	später
learn	apprendre	aprender	lernen
less	moins de	menos	minus/weniger
letter	lettre,la	carta/letra	Brief
life	vie,la	vida	Leben

like (verb)	aimer	gustar	gern haben
listen	écoûter	oir	zuhören
little	peu	poco	wenig
long	long	largo	lang
long run	finalément	a lo largo	auf die Dauer
look	regarder	mirar	schauen
look for	chercher	buscar	suchen
loss	perte,la	pérdida	Verlust
lot,lots	beaucoup de	mucho	viel
love	aimer bien	querer	lieben
low	bas	bajo	tief
lucky (be)	avoir/chance	tener suerte	Glück (haben)
luggage	bagages,les	equipaje	Gepäck
lunch	déjeuner,le	almuerzo	Mittagessen
make/do	faire	hacer/realizar	machen
man	homme,l'	hombre	Mann
manager	directeur,le	gerente/dir.	Manager
many	beaucoup (de)	muchos	viele
map	plan,le	mapa	Landkarte
March	Mars	marzo	März
marriage	marriage,le	matrimonio	Heirat
marry	se marier	casar	heiraten
materials	materiaux,les	materia prima	Materialien
May	Mai	mayo	Mai
me	me	mi	mich
meal	repas,le	comida	Essen
meat	viande,la	carne	Fleisch
meet	rencontrer	encontrar	kennen lernen
meeting	réunion,la	reunión	Versammlung
mind (not)	égal (etre)	no importa	egal (mir)
minute	minute,la	minuto	Minute
Miss	Mademoiselle	Señorita	Fräulein
mistake	erreur,la	error	Fehler
Monday	Lundi,le	lunes	Montag
money	argent,la	dinero	Geld
month	moins,le	mes	Monat
more	plus	más	mehr
morning	matin,le	mañana	Morgen
mother	mère,la	madre	Mutter
mother-i.l.	belle-mère	suegra	Schwiegermutter
Mr	Monsieur	Señor	Herr
Mrs	Madame	Señora	Frau
multipl.by	multiplier par	multiplic.por	multipliz.mit
must	devoir	deber/tener de	müssen
my	mon	mi/mis	mein
myself	moi-même	mi	ich selbst
near	près de	cerca de	nahe
never	jamais	nunca/jamás	niemals
never mind	n'importe	no importa	nichts (macht)

new	neuf	nuevo	neu
nice	agréable	fino/bueno	nett
nine	neuf	nueve	neun
night	nuît,la	noche	Nacht
ninety	quatre-v.-dix	noventa	neunzig
no	non	no	nein
nobody	personne	nadie	niemand
noise	bruit,le	ruido	Krach
not	ne...pas	no	nicht
nothing	rien	nada	nichts
November	Novembre	noviembre	November
now	maintenant	ahora	jetzt
o'clock	heures (7.00)	hora (7.00)	Uhr (7.00)
October	Octobre	octubre	Oktober
of course	naturellement	naturalmente	natürlich
Oh!	Oh!	O!	Ach!
old	vieux	viejo	alt
on	sur	sobre	auf
one	un	un/uno	eins
or	ou	o	oder
orders	ordres,les	órdenes	Bestellung
our	notre	nuestro	unser
ourselves	nous-même	nosotros	wir selbst
out	dehors	fuera	aus
overheads	frais gen.les	gasto gener.	Laufenden U.
owner's eq.	capital,le	capital	Anlagekapital
parents	parents,les	padres	Eltern
passport	passeport,le	pasaporte	Pass
people	gens	gente	Menschen
place	endroit,le	sitio/lugar	Platz
plane	avion,le	avión	Flugzeug
plate	assiette,la	plato	Teller
please	s'il v. plaît	por favor	bitte
police	police,la	policía	Polizei
polite	poli	cortés	höflich
porter	porteur,le	portero	Träger
possible	possible	posible	möglich
present	présent	presente	gegenwärtig
pretty	joli	bonito	hübsch
products	produits,les	productos	Produkte
profit	profit,le	ganancia	Gewinn
put	mettre	poner	legen
quarter	quartier,le	cuarto	Viertel
quickly	vite	aprisa/de pri.	schnell
rain	pluie,la	lluvia	Regen
read	lire	leer	lesen
really	vraiment	de veras	wirklich
red	rouge	colorado/rojo	rot

relax	se relaxer	relajarse	entspannen
remember	rappeller	recordar	erinnern
restaurant	restaurant,le	restaurante	Restaurant
right	raison (avoir)	correcto/der.	richtig
road	rue,la	calle	Strasse
room	chambre,la	cuarto/habit.	Zimmer
sales	ventes, les	venta/saldo	Verkäufe
Saturday	Samedi,le	sábado	Samstag
save	sauver	salvar	sparen
say	dire	decir	sagen
see	voir	ver	sehen
sell	vendre	vender	verkaufen
September	Septembre	septiembre	September
serve	servir	servir	bedienen
service	service	servicio	Dienst
seven	sept,le	siete	sieben
seventy	soixante-dix	setenta	siebzig
she	elle	ella	sie
short	court	corto	kurz
should	devoir	deber	sollen
sick	malade	enfermo	krank
Sir	Monsieur	Señor	Mein Herr
sister	soeur,la	hermana	Schwester
sit	s'asseoir	sentar	sitzen
sit down	être assis	sentarse	sich setzen
six	six	seis	sechs
sixty	soixante	sesenta	sechzig
sky	ciel,le	cielo	Himmel
sleep	dormir	dormir	schlafen
small	petit	pequeño/chiqu.	kein
smoke	fumer	fumar	rauchen
snack	snack,le	snack	Imbiss
some	quelques	unos/poco de	etwas
somebody	quelqu'un	alguno	jemand
something	quelque-chose	algo	etwas
sometimes	quelque-fois	algún tiempo	manchmal
son	fiils,le	hijo	Sohn
sorry	dommage	lo siento	Verzeihung
soup	potage,le	sopa	Suppe
speak	parler	hablar	sprechen
spend	dépenser	gastar	ausgeben
spoon	cuillère,la	cuchara	Löffel
stand up	se lever	pararse	aufstehen
station	gare,la	estación	Banhhof
stay	rester	quedarse	bleiben
stool	banc,le	taburete	Stuhl
sugar	sucre,le	azúcar	Zucker
summer	été,le	verano	Sommer

sun	soleil,le	sol	Sonne
Sunday	Dimanche,le	domingo	Sonntag
sweet(pud.)	dessert,le	dulce/postre	Süssspeise
table	table,la	mesa	Tisch
take	prendre	tomar/llevar	nehmen
talk	parler	hablar	sprechen
talkers	bavards,les	habladores	Schwätzer
taxi	taxi,le	taxi	Taxi
tea	the,le	té	Tee
téléphone	téléphone,le	teléfono	Telefon
tense	temps,le	tiempo	Zeitform
ten	dix	diez	zehn
terrible	terrible	terrible	schrecklich
thank you	merci	gracias	danke
that	la/cela/que	ese/aquel/cual	jener/jene/jenes
the	le/la	el/la/los/las	der/die/das
their	leur	su	ihr
them	eux	ellos/ellas	sie
themselves	eux-mêmes	ellas/ellos	sie selbst
there	là	allí	dort/da
they	ils	ellos/ellas	sie
this	ce/cet	este/esta	dieser
thin	mince	delgado	dünn
thing	chose,la	cosa	Ding
thirsty	avoir soif	tener sed	durstig
thirty	trente	treinta	dreissig
thousand	mille	mil	tausend
three	trois	tres	drei
three-qtr.	trois-quarts	tres cuartos	dreiviertel
Thursday	Jeudi	jueves	Donnerstag
ticket	billet,le	boleto/billete	Karte
time	heure,la	tiempo/vez	Zeit,die
tip	pourboire,le	propina	Trinkgeld
tired	fatigué	cansado	müde
to	à	para/a	nach
today	aujourd'hui	hoy	heute
tomorrow	demain	mañana	morgen
too much	trop	demasiado	zu viel
train	train,le	tren	Zug
travel	voyager	viajar	reisen
Tuesday	Mardi	martes	Dienstag
twelve	douze	doce	zwölf
twenty	vingt	veinte	zwanzig
two	deux	dos	zwei
under	sous	debajo/bajo	unter
up	en haut	arriba	oben
us	nous	nos/nosotros	uns
vegetables	légumes,les	legumbres	Gemüse

wait	attendre	esperar	warten
waiter	garçon,le	camarero	Kellner
walk	marcher	caminar/pasear	spazieren
want	vouloir	querer	wollen
waste(n)	gaspillage,le	desgaste	Abfall
we	nous	nosotros	wir
weather	temps,le	tiempo	Wetter
Wednesday	Mercredi	miércoles	Mittwoch
week	semaine,la	semana	Woche
wet	pluvieux	húmedo/mojado	nass
what?	quel/quoi?	qué?	was?
what time?	quelle heure?	qué hora?	wie spät.ist es?
when?	quand?	cuándo?	wann?
where	où?	dónde?	wo?
white	blanc	blanco	weiss
who?	qui?	quién?	wer?
wife	femme,la	esposa	Ehefrau
win	gagner	ganar	gewinnen
wine	vin,le	vino	Wein
winter	hiver,le	invierno	Winter
woman	femme,la	mujer	Frau
work	travail,le	trabajo	arbeiten
worse	pire	peor	schlechter
worst,the	le pire	el/lo peor	schlechteste
write	écrire	escribir	schreiben
wrong	avoir tort	falso/equiv.	falsch
year	année,la	año	Jahr
yes	oui	sí	ja
yes but	oui mais	si, pero	ja, aber
yesterday	hier	ayer	gestern
you (nom.)	vous	usted/ustedes	Sie
you (acc.)	vous	usted	Sie
young	jeune	joven	jung
your	votre	su	Ihr
yourself	vous-même	usted	Sie selbst
yourselves	vous-mêmes	ustedes	Sie selbst
zero	zero	cero	null

APPENDIX G - APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

- 1. Make a special 30 minute APS audio tape recording of all the material that you want to absorb into your long term memory, as follows:**
 - a. Speak with gentle persuasive tone. This encourages perception and retention without effort.**
 - b. Speak only for about 8 seconds ... pause for about 4 seconds continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress,**
 - c. Add seven key learning points which were important to you! Thus provides "associations" in your mind for the new learning.**
- 2. The NEXT DAY, relax and playback the tape (using ear phones) while watching some interesting TV show WITHOUT audio e.g. a football match or other a sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just to relax and gently give all attention to the TV show. Relax and let your mind absorb the data WITHOUT ANY CONSCIOUS EFFORT at all.**
- 3. Play this once more.**
- 4. Finally on the FOLLOWING DAY, do IRT (relax), and playback the tape (with ear phones) while gently viewing and repeating the text material (hear, see, say and feel).**
- 5. Adapt APS to your special needs and personality. Use it for any new material that you want to absorb without stress or effort. And please remember to email feedback and new creative ideas to our Team at: robertboland@wanadoo.fr. So, and from now on - relax and remember!!**