

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH
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...Terima kasih"

NO. 350 - INDONESIAN from ENGLISH
Version 8 - with a few minor errors - March 2003

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 books.

Source: Dr. Bob Boland (EI) and Ms. Dani Fajans and Dr. Peter Fajans (WHO) and Dr Catherine d'Arcangues (WHO), and Dr Giles Boland (Harvard) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/index.htm>

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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 ...

Thank you.	Terima kasih
Hello	Hey
Yes/no	Ya/tidak
Please	Tolong/-lah
Excuse me	Permisi/ma-af
Good morning	Selamat pagi
Good-bye.	Selamat tinggal/sampai jumpa
My name (is) ...	Nama saya ...
What is your name?	Siapa (what) nama anda (your)?
How are you?	Apa (how) kabar?
Fine thanks	Kabar baik, terima kasih
Where are you from?	Anda darimana?

... so start chatting now ... with everyone ... !!

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 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 ... our 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 the Indonesian many times slowly ... and then at high speed)

Hello	Hey	HAY
Mr.	Tuan	TEW-AAN
Mrs.	Ny-on-ya	NEE-ONN-YAA
Yes	Yo	YOH
No	Ti-dak	TEE-DAKK
Good	Baik	BIKE
Please	To-long	TOO-LONNG
Do you have?	Anda punya?	AAN-DA PUNN-YAA?
Thank you	Ter-ima ka-sih	TEY-REEMA KAA-SEE
Goodbye	Sela-mat tinn-gal	SAA-LAA-MAT TEEN-GAL
See you soon !!!	Sam-pai Jump-a!!!	SAM-PEYE JUM-PAA
Who?	Si-apa?	SEE-AAPA
What?	Ma-na?	MAA-NA
I want	Sa-ya mau	SAA-YA MOW
Where?	Di-apa?	DEE-AAPA
OK!	Baik-lah!	BIKE-LAA

Note: For simplicity ... the program is mostly 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. Try to make a rough tape of yourself speaking ... sections 2-15 ... now ... as fast as you can ... as a record of where you started ... just for fun!!

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.

Do APS NOW and plan for individual review next week, helping partners as needed.

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.
8. Make your **OWN APS AUDIO TAPE** a key learning tool for you!

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... "Indonesian Place" ... in your mind.

2. HERE AND THERE:

Saya (I) (ini) di-sini (here).

Anda di-sana (there).

Apakah (question) anda di-sana?

Ya, anda di-sana.

Apakah anda di-sini?

I (am) here.

You are there.

Are you there?

Yes, you are there.

Are you here?

Tidak, anda tidak (not) di-sini.

Itu (it) di-sini..

Di-mana itu?

Itu di-sini.

Apakah itu di-sana?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

Saya tidak tahu (know).

Di-mana Miguel?

Dia tidak di-sini.

Di-mana dia?

Saya tidak tahu.

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

Ya. Ampun! Dia di-sana!

Dia baik-saja.

O. Darn! There he is!

He is wonderful.

3. LIKING:

Saya suka (like) anda (you).

Apakah (question) anda suka saya?

Ya, saya, suka anda.

Apakah anda suka uang?

Ya (yes) saya suka uang.

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

Saya suka air (water).

Apakah anda suka (like) air?

Saya suka sedikit (some) buku.

Dia suka mobil.

Dia tidak (not) suka mobil.

I like water.

You like water?

I like some books.

He likes the car.

She does not like the car.

Apakah anda suka makan-malam (dinner)?

Tidak, saya tidak suka makan-malam.

O. Ampun! Mate!

Jangan bicara (say) -lah (please) Mate!

Do you like the dinner?

No, I do not like the dinner.

Oh. Wah! Mate!

Please, do not say Mate!

4. DOING:

Saya buat.

Saya buat ini.

Apakah anda buat itu (that)?

Buat-lah itu!!

I do.

I do this.

Do you do that?

Do that please!!!

Ya Ampun!!

Itu baik-sekali!

O. Darn!!

It is wonderful!

5. CAN/ABLE TO DO:

Saya bisa (can) bikin..

Apakah saya bisa bikin (do) itu?

Ya, saya bisa bikin.

Apakah anda bikin (do) ini?

Ya, saya bisa (can) bikin itu.

I can do

Can I do it?

Yes, I can do.

Can you do this?

Yes, I can do that.

Saya bisa makan (eat) sedikit (little).

I can eat a little.

Saya bisa minum (drink) sedikit.

I can drink a little.

Saya mau pergi (go).

I want to go.

Apakah saya bisa datang (come)?

Can I come?

Saya bisa tidur (sleep).

I can sleep.

Anda bisa bicara (speak).

You can speak.

Apakah anda bisa (can) bicara?

Can you speak?

Ya, saya bisa.

Yes, I can.

Apakah anda bisa bikin (do) ini?

Can you do this?

Tidak, saya tidak (not) bisa bikin itu.

No, I can not do that.

Apakah anda bisa mengerti?

You can understand?

Anda bisa mengerti?

Can you understand?

Mengerti?

Can you understand?

Ya, sedikit.

Yes, a little.

Apakah anda bisa bicara Mate?

Can you say Mate?

Ya, saya bisa bicara sedikit (little) bahasa-indonesia

Yes, I can speak a little Indonesia!

Oya. Ampull! Saya baik-baik!

O. Darn! I am wonderful!

6. UNDERSTANDING:

Saya mengerti.

I understand.

Saya tidak mengerti.

I do not understand.

Anda mengerti.

You understand.

Anda tidak mengerti.

You do not understand.

Apakah anda bisa mengerti wa-nita (women)?

Can you understand women?

Tidak, saya tidak mengerti mereka (them).

Ya. Ampul! Mate!

Jangan bicara-lah Mate!

Anda baik-baik!

No. No. I can not understand them!!!

O. Darn! Mate!

Please, do not say Mate!

You are wonderful!

7. WANTING:

Saya mau.

Saya mau makan sedikit.

Saya mau minum air.

Saya mau pergi ke kamar-kecil!!

Apakah anda mau makan sedikit?

I want.

I want to eat a little.

I want to drink the water.

I want to go to the toilet!!!

Do you want to eat a little?

Tidak, saya tidak mau makan.

Kho! Saya mau beri anda sedikit.

Tidak, terima kasih.

Saya mau datang.

Apakah anda mau tidur?

No, I do not want to eat.

Wah! I want to give you a bit.

No thank you.

I want to come.

Do you want to sleep?

Tidak. Saya tidak mau tidur.

Miguel, apakah anda mau makan (eat) kodok (frogs).

Wah! Tidak sekarang, terima kasih!

Kita baik-baik!

No, I do not want to sleep.

Miguel do you want to eat the frogs?

Wah! Not just now, thank you!

We are wonderful!

8. GETTING:

Tolong (please) beri saya (me) uang.

Ambil uang-nya.

Saya ambil (take) uang-nya.

Please give me the money.

Take the money.

I take the money.

Tolong, beri saya karcis.

Ambil karcis.

Saya ambil karcis.

Tolong beri saya barang (thing)

Demana (where) sesuatu?

Saya tidak tahu.

Beri saya yang besar (big) laki-laki!

Wah!!! Wanita cantik (great) !!

Dia baik-baik!

Please give me the ticket.

Take the ticket.

I take the ticket.

Please give me the thing.

Where is the thing?

I do not know.

Give me a big man!

Wah!!! What a woman!!

She is wonderful!

9. HAVING:

Saya punya sesuatu.

Saya tidak punya sesuatu..

Anda punya sesuatu.

Kati punya sesuatu.

Dia punya sesuatu.

I have one thing.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

Nona, saya punya sedikit waktu (time)!

Tetapi (but), apakah (question) anda punya sedikit uang (money), Tuan?

Tidak.

O. Matel

Jangan bicara (say) -lah (please) Matel!

Miss, I have a little time!

But, do you have a little money, Sir?

No.

Oh. Matel!

Please, do not say Matel!

10. ORDERING (POLITELY):

Tolong beri (give) saya sesuatu (thing).

Tolong beri saya uang.

Please give me the thing.

Please give me the money.

Beri-lah air.

Terima kasih.

Tidak minum-lah (drink) air di-Perancis!!

Minum anggur!!

Datang-lah (please) ke-sini.

Pergi-lah ke-sana.

Minum-lah ini.

Jangan makan itu!

Beri-lah saya ini.

Jangan-lah ambil (take) itu.

Bicara-lah ini.

Tolong, jangan (not) bicara Mate!

Wah! Terima kasih. Anda baik-baik.

Please give me the water.

Thank you.

Please, don't drink the water in France!!

Drink the wine!!

Please come here.

Please go there.

Please drink this.

Do not eat that!

Please give me this.

Please do not take that.

Please say this.

Please, do not say Mate!

O! Thank you. You are wonderful!

11. GREETING:

Hey Pak.

Hey Paula.

Selamat pagi, Miche.

Pagi, Sancos.

Apa kabar, Xavier?

Kabar baik. Yerima kesih, Khulu.

Baik, Xavier?

OK, terima kesih Miguel.

Selamat tinggal Giles.

Yuk, Judith.

Ya, baiklah, Hollie.

Hello Sir.

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Xavier?

I am well, thank you, Khulu.

How goes it, Xavier?

OK, thank you Miguel.

Goodbye Giles.

Bye bye Judith.

Yes OK, Hollie.

Itu baik-baik, Heidi!

Baiklan Sam.?

Ya baiklan, Lucie.

Biasa-biasa saja, Henri.

It is wonderful, Heidi!

OK Sam?

Yes OK, Lucie.

Not too bad, Henri.

Baik-baik aja, Neng?

Engga!!

Wah. Dia baik-baik!

Are you well, my darling?

No!!!

Darn! She is wonderful!

12. DESCRIBING:

Itu baik.

Itu tidak baik.

Itu jelek.

Itu buku.

Itu besar?

It is good.

It is not good.

It is bad.

It is a book.

Is it big?

Tidak, itu kecil.

Apakah (question) itu mudah (easy)?

Tidak itu susah.

Apakah air (water) baik?

Tidak, air tidak baik di-Perancis!

No, it is small.

Is it easy?

No, it is hard.

Is the water good?

No, the water is not good in France!!

O Mate!!

Jangan bicara-lah Mate!

Apakah kita baik-baik?

Wah ! Ya!!

Oh Mate!!!

Please, do not say Mate!

Are we wonderful?!

Darn! Yes!!

13. KNOWING (THINGS & PEOPLE):

Saya tahu ini.

Apakah anda tahu ini?

Ya , saya tahu ini.

Anda tahu itu.

Apakah anda tahu itu?

Tidak, saya tidak tahu itu.

Saya tahu wanita (woman) itu (that).

Saya tahu laki-laki (man) itu.

Dua tahu saya.

Apakah and tahu wanita (woman) itu?

Tidak. Sleamat pagim,Libu.

Apoa khabar, Libu?

Engga usag ya ...!!! Yuk!!!

Anda tidak tahu dia!

Wah! Dia baik-baik!

I know this.

Do you know this?

Yes, I know this.

You know that.

Do you know that?

No, I do not know that.

I know that woman.

I know the man.

He knows me.

Do you know that woman?

No. Good morning Miss?

How are you, Miss?

No, I am not well!!! Bye-bye!!

You do not know her!

Darn! She is wonderful!

14. NUMBERING:

Saya punya satu (one) soal (problem).

Ya, anda punya satu soal.

Tidak, anda punya dua (2).

Dia punya tiga (3).

Dia punya empat (4).

Kita punya lima (5) soal.

Apakah anda punya lima?

Ya saya baru (now),punya lima soal!

Semua anak-anak.

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Anak-anak baik-baik!

Children are wonderful!

15. ASKING:

Berapa harga buku?

Lima dollar.

Berapa harga ini sesuatu?

Berapa?

Empat dollar.

How much costs the book?

Five dollars.

How much is this thing?

How much?

Four dollars.

Dimana itu?

Itu di-sana (there).

Tidak, itu tidak di-sana.

Tolong, dimana kamar kecil (toilet)?

Kamar kecil di-sana.

Where is it?

It is there.

No, it is not there.

Where is the toilet, please?

The toilet is ove there.

Apa itu?

Ma-af. Apa?

Itu.

O, itu bagus (good) buku.

Anda mau (want) apa (what)?

What is that?

Pardon. What?

That.

Oh, it is aa good book.

What do you want?

Saya mau anggur, tolong.

Siada di-sini (here)?

Kita di-sini.

Siada wanita itu?

Saya tidak tahu (know).

Wah sayang! Dia Madonna!

Wanita cantik (great) sekali (very)! Dia baik-baik.

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

Darn! It is Madonna!

What a great woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Saya di-sini.

Anda di-sana.

Saya suka anda (you).

Anda suka uang (money).

Dia bikin ini.

Dia bikin itu.

Saya bisa bicara sedikit bahasa indonesia!

Anda tidak bisa bisang (say) Mate!

Saya mengerti anda.

Anda tidak mengerti saya.

Saya mau pergi ke bar.

Anda mau pergi ke kamar kecil.

Neng, saya punya banyak (lot) waktu!

Tetapi (but), apakah anda punya banyak (lot) uang (money) engga, Tuan?

Jangan (not) minum-lah (drink) air di-Francis!!

Minum-lah anggur!!

Apa kabar, Eliza?

Kabar baik, terima kasih, Khulu.

Apakah itu besar, Tuan?

Tidak, itu kecil, Ibu.

I am here.

You are there.

I like you.

You like the money.

He does this.

She does that.

I can speak a little indonesian!

You can not say Mate!

I understand you.

You do not understand me.

I want to go to the bar.

You want to go to the toilet.

Honey, I have a lot of time!

But, do you have a lot of money, Sir?

Please, don't drink the water in France!!

Drink the wine!!

How are you, Eliza?

I am well, thank you, Khulu.

Is it big, Sir?

No, it is small, Madame.

Anda tidal tahu wanita itu!

You do not know that woman!

Wah! Dia baik-baik!

Wah! She is wonderful!

Ya aya baru punya saja lima soal
(problems)!!

Yes now, I have five problems!!!

Semua anak-anak!

All the children!

Itu apa?

What is that?

Ma-af. Apa?

Pardon, What?

Itu di-sana.

There it is.

Bigini-begitai sajal!

Not bad!!!

Wah!!!

Darn!

OK?

OK?

Wah "keren".

It's cool!

Bagus-deh!!!

It's cool! (classy)

Bagus-sekali!!!

It's really cool! (upper class)

Jangan bilang (say) Mate!!!

Do not say Mate!!!

Tidak bagus!!

It is not cool (upper class)!!!

Saya harus bikin ini.

I must do this.

Anda harus bikin itu.

You must do that

Baik-baik?

Wonderful?

Ya, Anda sekali baik!

Yes you really are wonderful!

Sampai Jumpa!!! Sampai Jumpa!!!

See you later!

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 "Indonesian 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 ... "Indonesian 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 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 ... in Bayonne, France on August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

18. NATURAL VOCABULARY

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
hey	selamat pagi	apa kabar?	kabar baik	terima kasih
goodbye	yes	no	OK	not too bad
selamat tinggal	yo	tidak/jangan	baiklah	begini-begitai
Wah!	Mate!	there it is!	"cool"!!!	sorry
Wah	Mate	itu si-sana	baik	ma-af

b. Verbs:

to be	have	like	want	can
ada	punya	suka	mau	bisa
do	say/speak	go	come	give
buat/bikin	mengatakan/ bicara	pergi	datang	beri
take	eat	drink	sleep	know
ambil	makan	minum	tidur	tahu
understand	must	get	find/see	think
mengerti	harus	ambil	menemukan	pikik

c. Prepositions:

some	a	the	to	from
sedikit	-	paling	ke-pada	dari

d. Pronouns:

I	you	he	she	we
Saya	anda/kamu	dia	dia	kita
+				
it	this	that	Mr	Mrs.
itu	ini	itu	Tuan/Bayak	Nyonya/Ibu

e. Nouns:

money	thing	man	woman	water
uang	sesuatu	laki-laki	wanita	air
car	ticket	book	friend	time
mobil	karcis	buku	teman	jam/waktu

f. Adjectives/
adverbs/+Other:

good	bad	big	small	now
baik/bagus	jelek	besar	kecil	sekarang
later	a little	wonderful!	happy	easy/difficult
nanti	sedikit	bagus	senang/bahagia	mudah/susah
here/there		please		
d-sini/di-sana		tolong		

g. Interrogatives:

how much?	where?	what?	who?	when?
Berapa harganya?	dimana?	apa?	siapa?	kapan?
Note:	What (is) that? Apa itu?	Please-lah	Question? Apakah ...?	

h. Numbers:

one	two	three	four	five
satu	dua	tiga	empat	lima

i. And some survival words:

WC (kamar kecil)
always (selalu)
fast/slow (cepat/lambat)
but (tetapi)
never (tidak pernah)
please (tolong/-lah)
food (makanan)
train (kerata- api)
bus (bis)
home (rumah)
work (kerja)
time (kali/jam/waktu)
today (hari-ini)
tomorrow (besok)
paper (kertas)
newspaper (surat-kabar)
day (hari)
week (minggu)
year (tahun)

hour (jam)
minute (menit)
hamburger (hamburger)
read (baca)
write (tuliskan)
laugh (tertawa)
dance (tari)
stop (berhenti)
policeman (polis)
six (enam)
seven (tujuh)
eight (delapan)
nine (sembilan)
ten (sep-puluh)
hundred (se-ratus)
thousand (se-ribu)
bye bye for now (sampai jumpa)

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 start to chat ... Speed reading 4 minutes)

BASICS:

Thank you.

Terima kasih

Hello

Hey

Yes/no

Ya/tidak

Please

Tolong/-lah

Excuse me

Permisi/ma-af

INTRODUCTIONS:

Good morning

Selamat pagi

Good-bye.

Selamat tinggal/sampai jumpa

My name (is) ...

Nama saya ...

What is your name?

Siapa (what) nama anda (your)?

How are you?

Apa (how) kabar?

Fine thanks

Kabar baik, terima kasih

And you?

Dan (and) anda?

Where are you from?

Anda darimana?

I'm from:

Saya datang dari (from):

France

perancis

England

inggris

America

amerika

I work with:

Saya kerja (work) di:

UN

PBB - Perseri-Katan Bangsa Bangsa

Red Cross

Palang Merah

Nokia

Nokia

QUESTIONS:

When/how?

What/why?

Who/which?

Where is/are ...?

Where can I find ...?

How much is it?

Please, can you help me?

What does this mean?

Bila/bagwanitaana?

Apa/mengapa?

Siapa/yang mana?

Ada dimana (where) ...?

Dimana saya bisa (can) menemukan ...

Berapa harga ini?

Tolong apakah anda dapat menolong (help) saya?

Apa (what) artinya (mean) ini?

UNDERSTANDING:

I understand

I don't understand.

Please say that again..

Can you translate this?

Can I have...?

Do you speak:

english/indonesian?

I cannot speak

I can speak a little ...

Saya mengerti

Saya tidak (not) mengerti

Tolong katakan sekali (again) lagi ...

Apakah (question) anda bisa (can) terjemahkan i?

Apakah saya bisa (can) mendapatkan ...

Apakah anda bisa ber-bicara (speak):

inggris/bahasa indonesia?

Saya tidak bisa ber-bicara ...

Saya bisa sedikit (little) ...

COMMENTS:

It's:

Itu:

lebih baik/ yang paling buruk

big/small
cheap/expensive

besar/kecil
murah/mahal

good/bad
hot/cold
near/far
vacant/occupied

baik/jelek
panas/dingin
dekat/jauh
kosong/terpakai

FOOD:

I like:

breakfast
lunch
dinner

Saya ingin:

makan pagi
makan siang
makan malam

May I get some:

bread/butter
cheese
eggs
meat/potatoes
apples/oranges
coffee
milk
fruit juice
water
tea/ice

Boleh (may) saya ambil (get) sedikit:

roti/mertega
keju
telur
daging/kentang
apel/jerul manis
kopi
susu
sari buah (fruit)
air
teh/is

I want to pay now.

Saya mau (want) bayar sekarang (now).

I think there is a mistake.

Saya pikir (think) ada kesalahan (mistake).

I enjoyed it.

Saya sudah menikmati (enjoy) itu

TRANSIT:

Where is the nearest shop:

Where can I find a taxi?

How much I must pay ...?

Take me to this address.

Please stop here.

This is the wrong road.

Straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Where is:

the town centre

the pharmacy

Dimana toko (shop) ter- dekat?

Dimana saya bisa menemukan (find) taksi?

Berapa saya mesti (must) bayar...?

Bawa (take) saya ke alamat (address) ini.

Tolong berhenti (stop) di sini.

Ini salah (wrong) jalan

Terus

Itu di sana, di:

kiri/kanan

sebelah/sesudah

utara/selatan

timur/barat

Dimana:

pusat (centre) kota

apotik

SHOPPING:

Do you have ...?

How much is this/that?

I will take it.

What colours are there?

Black

Blue

Red

Apakah (question) anda punya (have) ...?

Berapa ini/itu?

Saya mau (take) ambil (will) itu

Ada warna (colours) apa (what) saja (are)?

Hitam

Biru

Merah

White

Yellow

Green

Putih

Kuning

Hijau

I want to buy:

aspirin/soap

half kilo apples

one litre of milk

film/newspaper

Saya mau (want) beli:

lain aspirin/lain sabun

setengah (half) kilo apel

satu (one) liter susu

film/koran

TELEPHONE:

Hello, this is ...

Please speak:

louder

slowly

Halo saya ...

Tolong (please) bicara:

agak (more) keras

agak pelan

I want to speak to:

Mr.

Mrs.

Miss

Boleh (may) saya bicara dengan (to) :

Bapak

Ibu

Nona

When is he here/there?

Ask him to telephone me.

Kapan (when) dia (he) di (is) sini/di sana?

Minta (ask) dia menelepon saya.

TIME:

Do you have enough time?

What time is it? ...

Apakah (question) anda punya (have) cukup waktu?

Jam (time) berapa sekarang?

The time is:

Jam:

five past one
quarter to three

twenty past four
half past six

satu (5) lebih (past) lima (1)
tiga (3) kurang (before) seperempat
(quarter)
empat (4) lebih dua-puluh (20) menit
enam (60) lebih (past) tiga-puluh (30)

MEETINGS:

We will see you:

today
tomorrow
next week

Kita (we) akan bertemu (see) anda:

hari ini
besok
minggu depan

in the morning/tomorrow morning
in the evening
tonight
soon

pagi ini/besok pagi
malam ini
nanti malam
segera

You are right/wrong

That is right

Anda benar/salah

Itu benar

LOCATIONS:

Here/there

At the UN office

Is it near/far

How many hours?

Di sini/di sana

Di kantor PBB

Apakah itu dekat/jauh?

Berapa jam/berapa lama?

21. PLAY QUIZ

Test your instinctive Indonesian now ... associate the phrases ... in mixed groups of four

...

- | | |
|-------------------------|-----------------------------|
| a. I am well. | Baiklah |
| b. Excuse me | Terima kasih. |
| c. Thank you. | Saya baik-baik. |
| d. OK | Ma-af. |
| e. You're here! | Kerja baik. |
| f. Good work | Apa kabar? |
| g. Hello | Anda di-sini |
| h. How are you? | Halo |
| i. Good morning! | Selamat tinggal. |
| j. What does this mean? | Baik-baik!!! |
| k. Goodbye | Selamat pagi. |
| l. Great!!! | Apa artinya ini? |
| m. Yes | Pak Bul |
| n. Please | Tolong. |
| o. I am happy | Ya. |
| p. Waiter? | Saya senangh. |
| q. How much is it? | Jam berapa sekarang? |
| r. Where is the toilet? | Dimana/kapan/mengapa?? |
| s. Where/when/why? | Dimana/kamar/mengapa? |
| t. What time is it? | Berapa ini? |
| u. Where is it? | Saya tidak mengerti. |
| v. I do not understand. | Dimana itu? |
| w. What does this mean? | Tolong bicara agak pelan. |
| x. Please speak slowly | Apakah artinya ini? |
| y. I must go! | Semuanya baik-baik! |
| z. Everything is OK! | Sekarang, saya harus pergi! |

Answers: In the phrase book ... or email 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!

Our natural suggestions are:

1 - Play **YOUR 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** make a recording of sections 2-15 at high speed - your starting point! **DO NOT ERASE IT**. Then **SPEAK** with the tape. **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 and laugh Then **SPEAK** with the tape ... with a beautiful **CONFIDENT** accent. Email your feedback to drbobboland@hotmail.com.

**APPENDIX B - ADDITIONAL VOCABULARY SELECTED TO
MEET THE SPECIAL NEEDS OF EACH CLIENT
ORGANIZATION (100 WORDS)**

Special Vocabulary for UNHCR

English	Pashto	Dari	Indonesian (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 paxdy 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/syhhat	
Hospital	roghtun	shafakhana	

House	kor	khana/kor
HQ	mankaz	mankae
Human rights	dd bashar hakkuna	hokuk e bashar
Husband	mehra	shwahan
Legal protection	kaanuni saatdna	hymayat e kano
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/
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
Voluntary repatriation	pd rdzaa-sara	berta legal
War	jagara	jangua
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

(Challenge - complete the Indonesian and then check and discuss with a natural speaker)

1. Structure - subject, object and verb:

SAYA (ini) di-sini.

I am HERE

The CHILD is here.

IS the child here?

2. Articles:

A child here is.

3. Nouns:

The CHILDREN are here.

The GOOD child is here.

HE is a child.

4. Possession:

He is MY child.

5. Relative:

The child WHO here is.

6. Demonstrative:

THAT child is THERE.

7. Interrogatives:

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH IS the book?

8. Imperatives:

DO this!

COME here!

9. Negatives:

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

10. To be, have and want (simplest form):

I am/have/want

You are/have/want (m)

You are/have/want (f)

He is/has/wants

**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 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, clients and project staff. The effort to speak the local language with a good accent will be much appreciated, as it shows 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: Spoken Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Wolof, Shona, Russian, Mandarin, Xhosa, Burmese, Swedish, Tswana and others in process: Cantonese, Zulu, Sutu, 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 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: email: drbobboland@hotmail.com from 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.

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - complete with INDONESIAN and then check and discuss with a natural speaker)

- | | | | | |
|------------|------------|-------------|------------|---------------|
| 1. A/an | 2. After | 3. Again | 4. All | 5. Almost |
| 6. Also | 7. Always | 8. And | 9. Because | 10. Before |
| 11. Big | 12. But | 13. I can | 14. I come | 15. Either/or |
| 16. Find | 17. First | 18. For | 19. Friend | 20. From |
| 21. I go | 22. Good | 23. Goodbye | 24. Happy | 25. I have |
| 26. He | 27. Hello | 28. Here | 29. How | 30. I |
| 31. I am | 32. If | 33. In | 34. I know | 35. Last |
| 36. I like | 37. Little | 38. I love | 39. I make | 40. Many |
| 41. Only | 42. More | 43. Most | 44. Much | 45. My |
| 46. New | 47. No | 48. Not | 49. Now | 50. Of |

- | | | | | |
|-------------|---------------|---------------|-----------|------------|
| 51. Often | 52. On | 53. One | 54. Only | 55. Or |
| 56. Other | 57. Our | 58. Outside | 59. Over | 60. People |
| 61. Place | 62. Please | 63. Same | 64. I see | 65. She |
| 66. So | 67. Some | 68. Sometimes | 69. Still | 70. Such |
| 71. I tell | 72. Thank you | 73. That | 74. The | 75. Their |
| 76. Them | 77. Then | 78. There is | 79. They | 80. Thing |
| 81. I think | 82. This | 83. Time | 84. To | 85. Under |
| 86. Up | 87. Us | 88. I use | 89. Very | 90. We |
| 91. What | 92. When | 93. Where | 94. Which | 95. Who |
| 96. Why | 97. With | 98. Yes | 99. You | 100. Your |

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! This 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: drbobboland@hotmail.com. So ... from now on - relax and remember!!**