

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 ... Dhonyobad!

NO. 317 - BENGALI from ENGLISH

Version 6 - Calit-Bhasa (Calcutta Dialect) - MAY 2004
... with a few errors ...

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 phrase books and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web.

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DEDICATION

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001.

He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values.

He suggested ... that 30 minutes of a new language ... should be enough to start to make one-self understood ... and then ... the best way ... to progress ... was to speak ... confidently ... more and more ... with natural speakers of the language ...

So on we go ... for one whole day ... with a partner or small group ... speaking and speaking ... and moving ... face, hands and body language to reinforce your communication ... and ending with ... almost instinctive ... easy inter-active conversation ... in the natural language ... and if you are lucky enough to find ... ANY natural speaker for the day ... to be a partner ... or just part of the small group ... that would be just great ... so start chatting now ...!!

Thank you.	Dhonyo-bad
Hallo	Nomoskar/Assalamu-alaikum (Moslem)
Yes/no	Ha/na
Please	Doya-kore
Excuse me	Maf kurben
Good morning	Suprovat
My name is ...	Amar nam ...
What is your name?	Apnar nam ki (what)?
How are you?	Kamon achen?
Fine, thanks	Amar anondo-hoche, dhonyobad
I want	Ami ... chai.
Where is kothay?
Goodbye	Nomoskar/Asalamu-alaikum

See you later

Good luck (wishes with you)!

Aabar dekha hobe

Shubho kamona roilo

... on you go ... 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 from 20 to 1

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

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

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Bengali word many times slowly ... and then at VERY high speed)

Thank you

Dhonyobad

Hello

Nomuskar/Assalamu-alaikum

Mr.

Shriman/Shabeba/Janab

Mrs.

Shrimoti/Begum

Yes

Ha

No

Na

Good

Valo

Please

Doya-kore

Do you have?

Apna-r ache?

Goodbye

Nomoskar/Assalamu-alaikum

OK, now lets eat!

A-cha, ebar amra khai!

Who?

Ke?

What?

Ki?

I want

Ami ... chai

Where?

Kothay?

OK!

A-cha!

Note: For simplicity - no accents used. Roman spelling from Lonely Planet phrasebook. Dialect - Cali-bhasa (Calcutta) which is understood everywhere.

NATURAL SUGGESTIONS

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

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

- 1 - Do IRT. Do the Throat exercise - 17 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** and plan for review next week, helping partners as needed.

NATURAL SUGGESTIONS (continued)

Generally:

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

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

2. HERE AND THERE (e-khane/ o-khane):

Ami (I) e-khane (here).

I (am) here

Apni (you) o-khane (there).

You (are) there.

Note:

The words "am" and "are" are understood. No verb for "to be" except the word "ache" which means "existing".

Apni o-khane ki (question)?

Are you there?

Ha, apni o-khane.

Yes, you are there.

Apni e-khane ki?

Are you here?

Na, apni e-khane na (not).

No, you are not here.

E-ta (it) e-khane.

It (close by) is here.

O-ta kothay (where)?

Where is it (far away)?

E-ta e-kahne.

It is here.

O-ta o-khane ki (question)?

Is it there?

Ami jani (know) na.

I do not know.

Miguel kothay?

Where (is) Miguel?

Tini (he) e-khane na (not).

He is not here.

Tini kothay?

Where is he?

Ami jani na.

I do not know.

Besh-korechen! Tini o-kane!

Well-done! There he (is)!

Tini sundor (amazing)!

He (is) amazing!

Note:

Sundor = beautiful, bhalo = good, daroon = amazing.

3. LIKING (pochondo kor):

Ami (I) apna-ke (to you) pochondo (liking) kori (do).

I do like you

Apni (you) ama-ke pochondo koren (do) ki?

Do you like me?

Ha, ami apna-ke pochondo kori

Yes, I do like you

Apna-r (you) taka (money) pochondo (liking) ki?

Do you like money?

Ha, ama-r (I) taka pochondo.

Yes, I like the money.

Ama-r jol (water) pochondo.

I like water.

Apna-r jol pochondo.

You like water.

Ama-r kichu kichu (some) boi-guli (books) pochondo.

I like some books.

Note:

Amar e-i/o-i (these/those) boi-guli (books) pochondo

Ta-r (to him) gari (car) pochondo.

He likes the car.

Ta-r (to her) gari pochondo noy (not).

She does not like the car

Apna-r khabar (food) pochondo ki (question)?

Do you like the food?

Na, ama-r khabar pochondo noy (not).

No, I do not like the food.

O. Bhalo (good)-korechen! Dost!
Doya-kore (please), Na bolo (say) Dost!

Oh. Well-done! "Mate"
Please, do not say "Mate"!

4. DOING (kor):

Ami kori (do).

I do.

Ami e-ta (this) kori.

I do this.

Apni koro.

You do.

Apni o-ta (that) koro.

You do that

Amra (we) ani kori.

We do that

Ebong (and), amra khushi (happy).

And we (are) happy.

Ta shahoj (easy) ki?

Is that easy?

Ha, ta shokto na.

Yes, that is not difficult.

Apni ani koro ki?

Do you do that?

Ani kor-o, doya-kore please!!

Do that please!!!

Besh-korechen!!

Well-done!!!

E-ta sundor!

It is amazing!

5. CAN/ABLE TO DO (par - able):

Ami (I) kar-te (do) pari (able).

I can do

Ami e-ta (this) kar-te par-i ki (question)?

Can I do this ?

Ha, ami e-ta kar-te par-i.

Yes, I can do this.

Note:

Ami likh-te pari = I can write
Apni likh-te paren? = You can write?

Apni e-ta (this) kar-te par-en ki? Can you do this?
Ha, ami o-ta (that) kar-te par-i. Yes, I can do that.
Ami olpa (little) khabar (food) khe-te (eat) par-i. I can eat a little food

Ami olpo khe-te (drink) par-i. I can drink a little.
Ami ja-te (go) par-i. I can go.
Ami ash-te (come) par-i ki? Can I come?

Ami gum-te (sleep) par-i. I can sleep.
Apni bol-te (speak) par-en. You can speak.

Apni bol-te par-I ki? Can you speak?
Ha, ami par-i. Yes, I can.

Apni e-ta kar-te (do) par-eni (can) ki? Can you do this?
Na, ami o-ta (that) kart-te par-i na (not). No, I can not do that.

Apni bujh-te (understand) par-en ki? You can understand?
Apni bujh-te ki? Can you understand?

Bujhte-parlen ki? Can you understand?
Ha, olpo (a little). Yes, a little.

Apni Dost bol-te par-en ki? Can you say "Mate"?
Ha, ami olpo (little) Bangla bol-te par-I (can). Yes, I can speak a little Bengali!

Besh-korechen! Ami sundar! Well-done! I am amazing!

6. UNDERSTANDING (bujh-a/ bujh-te-parlam):

Ami bujh-te-parlam (understand).

Ami bujh-te-parlam na (not).

Apni bujh-te-parlen.

Apni bujh-te-parlen na.

Ami par-i

Apni par-en

Apni strilok-der (women) bujh-te-paren ki?

Na, Na. Ami ta-der (them) bujh-te-pari na!

O. Besh-korechen! Dost!

Doya-kore dost bolben na (you will not say)!

Apni sundor!

I understand.

I do not understand.

You understand.

You do not understand.

I can

You can

Do you understand women?

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

Oh. Well-done! "Mate"!

Please, do not say "Mate"!

You are amazing!

7. WANTING (chao-a):

Ami chai.

Ami olpo (little) khete (eat) chai.

Ami jol (water) khete (drink) chai.

Ami peshabkhana-te jete chai!

Apni (little) khete chan ki?

Na, ami khete chai na.

I want.

I want to eat a little.

I want to drink water.

I want to go to the toilet!!!

Do you want to eat a little?

No, I do not want to eat.

Ami apna-ka kichu (something) dite cha-i
Na, dhonyobad.

I want to give you something.
No thank you.

Ami aste (come) chai.

I want to come.

Apni g-umate (sleep) chan?
Na, ami g-umate chai na.

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

Miguel, apni 'bang' khete chan?
Akhon na, dhonyobad!

Miguel do you want to eat frogs?
Not just now, thank you!

Amra sundor!

We are amazing!

8. GETTING (pao-a):

Doya-kore, ama-ke (to me) taka (money) dao.
Taka (money) nin (take) - polite
Taka (money) nao (take) - informal
Ami taka ni / nilam

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

Doya-kore, ama-ke (to me) tikit dao.
Tikit nao.
Ami tikit ni.

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

Doya-kore, ama-ke (to me) o-ta (thing) dao.
O-ta kothay?
Ami jani na (not).

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

Ama-ke ekta valo (good) purush dao!

Give me one good man!

OH! Ki strilok!

Tini sundar.

Damn!!! What a woman!!

S/he is amazing.

9. HAVING (... ache & ... nei)

Amar (with me) ek-ta jinish(thing) ache (have).

I have one thing.

Amar (with me) ek-ta jinish (thing) nei (not have).

I do not have one thing.

Apnar (with you) ek-ta kichu ache.

You have one thing.

Amader (with us) ek-ta kichu ache.

We have one thing.

Tar (with her) ek-ta kichu ache.

She has one thing.

Amar kom shomoy (time) ache, Bibi?

I have a little time, Honey?

Kintu, apnar kichu taka ache, Dada?

But, do you have a little money, Sir?

Na.

No.

O. Dost!

Oh. "Mate"!

Doya-kore 'dost' bolben (you will say) na (not)

Please, do not say "Mate"!

Note: apni kha-ben = will you eat?

apni ja-ben? = will you go?

10. ORDERING (POLITELY):

Note: verb forms ending in 'n' are polite; ending in 'o' are informal

Doya-kore, ama-ke taka din (polite).

Please give me the money.

Doya-kore, ama-ke taka dao (informal)

Please give me the money

Doya-kore ama-ke jol dao.
Dhonyobad.

Please give me the water.
Thank you.

Doya-kore, France-e (in France) jol (water)
khaben (drink) na!!
Wine (wine) khaben!!

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

Doya-kore, e-khane (here) ashun (come).
Doya-kore o-khane jao.

Please come here.
Please go there.

Doya-kore, e-ta khao (drink).
O-ta khao na!

Please drink this.
Do not eat that!

Doya-kore, ama-ke eta (this) dao.
Doya-kore, ota neo (take) na (not).

Please give me this.
Please do not take that.

Doya-kore eta bolo.
Doya-kore (please) 'Dost' bolo (say) na (not)!

Please say this.
Please, do not say "Mate"!

Besh-korechen. Dhonyobad.
Apni sundar!

Well-done! Thank you.
You are amazing!

11. GREETING:

Assalamu-alaikum/Nomoskar, Moshai.
Adab/Nomoskar Paula.

Hello Sir.
Hello Paula.

Suprovat Miche.
Suprovat Sancos.

Good morning Miche.
Good morning Sancos.

Kamon achen, Eliza?
Ami bhalo achhi, dhonyobad, Khulu.

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

Kemon (how) cholchhe (it goes), Xavier?
Thiki, dhonyobad Miguel.

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

Assalamu-alaikum/Nomoskar Giles.
Ta-ta, Judith.

Goodbye Giles.
Bye bye Judith.

Ha a-cha, Hollie
Ki bhalo, Heidi?

Yes OK, Hollie.
How good, Heidi?

Ach-chha, Sam?
Ha a-cha, Lucie.

OK Sam?
Yes OK, Lucie.

Khub (too) kharap na (not), Henri.
Apni thik (well) achen, Bibi?
Na!!!

Not too bad, Henri.
Are you well, my darling?
No!!!

Besh-korechen. Tini sundor!

Well-done! She is amazing!

12. DESCRIBING:

E-ta bhalo,
E-ta kharap na.

It is good.
It is not good.

Eta kharap ki?
Eta boi.

Is it bad?
It is a book.

Eta boro ki
Na, eta choto.

Is it big?
No, it is small.

Eta shahoj ki (question)?
Na, eta shokto.

Is it easy?
No, it is hard.

Jol (water) bhalo ki?
Na, jol France-e bhalo na.

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

O Dost!
Doya-kore (please) Dost! bolo (say) na (not)

Oh "Mate"!!!
Please, do not say "Mate"!

Amra (we) sundor ki?
Besh-korechen! Ha! Sundor.

Are we amazing?
Well-done! Yes! Amazing!!

13. KNOWING (THINGS & PEOPLE) (jan-a/chen-en):

Ami eta jani.
Apni eta janen?
Ha, ami eta jani.

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

Apni ota janen.
Apni ota janen?
Na, ami ota jani na.

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

Note: chenen - know a person

Ami oi (that) strilok-ke (lady) chini (know).
Ami oi (that) lok-ke (man) chini.

I know that woman.
I know that man.

Tini (he) ama-ke (to me) chenen.
Apni (you) oi strilok-ke chenen ki?

He knows me.
Do you know that woman?

Na. Supravat, Bibi.
Apni thik achen, Bibi?

No. Good morning, Honey
Are you well, Honey

Na, ami thik na. Chole jao (go away)!!
Apni tini jano na!

No, I am not well !! Go away!!
You do not know her!

Besh korechen. Tini sundar!

Well-done! She is amazing!

14. NUMBERING

Note: ek, du, tin, char, panch, chhoi, shat, at, noi, dosh (1 - 10)

ek-ti = the one)

Amar ekta somosya (problem) ache (have).
Ha, apnar ekta somosya ache

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

Na, apnar du (2)-ti ache.
Tar tin (3)- ti ache.

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

Tar char (4)-ti ache.
Amader panch(5)-ti ache.

She has four.
We have five.

Apnar panch-ti ache ki?
Ha akhon, amar panch-ti somosya achhe!

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

Shob shishu - ra (child-ren).

Shishu-ra sundar!

All the children!

Children are wonderful!

15. ASKING:

Boi - ti koto?

Panch dollar.

How much is the book?

Five dollars.

E-ti (this thing) koto?

Koto?

Char dollar.

How much is this thing?

How much?

Four dollars.

E-ta kothay?

E-ta o-khane ache.

Na, e-ta o-khane nei.

Where is it?

It is there.

No, it is not there.

Peshabkhana (WC) kothai ache?

Peshabkhana o-khane ache.

Where is the toilet, please?

The toilet is over there.

O-ta ki?

Maf korben. Ki?

O-ta

O, o-ta bhalo boi.

What is that?

Pardon. What?

That.

Oh, it is a good book.

Apni ki chan?

Ami wine chai.

What do you want?

I want the wine, please.

Ke e-kane?

Amra e-khane.

Who is here?

We are here.

Ke o-i (that) strilok?

Ami jani na.

Besh-korechen. Tini Madonna!

Ki strilok!! Tini sundar.

Who is that woman?

I do not know.

Well-done! It is Madonna!

What a woman! She is amazing!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Ami e-khane.

Apni o-khane.

I am here.

You are there.

Ami apna-ke pochondo kori (do)

Apni taka pochondo kar-en.

I like you.

You like the money.

Tini ini (e-ta) koren.

Tini ani (o-ta) koren.

He does this.

She does that.

Ami kom Bangla jani!

Apni Dost bolte paren na!

I know a little Bengali!

You can not say "Mate"!

Note; bojha = to understand

Ami bujhte parlam

Apni bujhte parlen

I understand (able to).

You understand

Ami apnake bujhte-parlam (understand).

Apni amake bujhte-parlen na (not).

I understand you.

You do not understand me.

Ami bar-e jete chai.

Apni peshab-khana (toilet room)-e jete chan.

Amar onek (lots) shomoy (time) ache, Bibi?

Kintu, apnar onek taka (money) ache, Dada?

Doya-kore, France-se jol (water) khaben na!!

Wine khaben (wine)!!

Kemon achen, Eliza?

Ami bhalo achhi, dhonyobad, Khulu.

Ta boro ki, Dada?

Na, ta chotto, Bibi.

Apni ei strilok-ke janen na.

Besh-korechen! Tini sundar!

Ha akhon, amar panch-ti somosya ache!

Sub shishu-guli

Ota ki?

Maf. Ki?

O-ta o-khane.

Kharap na.

Besh-korechen!!

A-cha?

I want to go to the bar.

You want to go to the toilet.

I have lots of time, Honey?

But, do you have lots 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, Madam.

You do not know that woman.

Well-done! She is amazing!

Yes now, I have five problems!!!

All the children!

What is that?

Pardon, What?

There it is.

Not bad.

Well-done!

OK?

Ha, ta "cool".

Yes, it's cool!

Ha, ta "classy" ??.

Yes, it's cool! (classy)

Ha, ta a-cha??!

Yes, it's cool! (upper class)

]Dost bolben na!!!

Do not say "Mate"!!!

O-ta cool na!!!

It is not cool (upper class)!!!

Amake nishchoy (definitely) eta (this) korta (do) hobe (must)

I must do this

Apnake nishchoy ota korte hobe.

You must do that

Sundar?

Amazing?

Ha apni sundar!

Yes you are amazing!

Akhon ami bujhte parlam

Now, I understand!

Subhayo bhoboto!!

Good luck!!

Akhon-jonno, ta ta!

Bye bye, for now!

Speed reading time: 14 minutes

17. CLOSING

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

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

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

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

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

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

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
nomoskar	supravat	kemon ache-n?	ami bhalo achhi	dhonyobad
assalamu- alaikum				

goodbye	yes	no	OK	not too bad
nomoskar	ha	na	a-chchha	kharap na
assalamu- alaikum				

well-done	Mate!	there it is!	quickly	sorry
besh korechhen	Dost	o-khane ache	shiggir!	maf korben

Verbs:

to be	have	like	want	can
howa	ach	ke pochondo kora	chawa	para
hoi	...ke ache	ami pochondo kar-i	chai/chao/cha	pari/o/e

do	say/speak	go	come	give
kora	bola/bola	jaowa	asha	deowa
kori/o/e	bol/bol	jai/o/e	asi/o/e	dei/o/e

take	eat	drink	sleep	know
neowa	khaowa	khaowa	ghumano	jana/chenen

neoi/o/e	khai/o/e	khai/e/o/e	gh-umi/o/e	jani/o/e
understand	must			
bojho/pujhte para	nishchoyi ... hobe			
bujhte pari	amake nishchoy ... hobe			

c. Prepositions:

some	A	the	to	from
kichu	ek-ti	-ti	-ke	-theke

d. Pronouns:

I	You	he	she	we
ami	Apni	shey/tini	shey/ tini	amra
it	This	that	Mr	Mrs.
e-ta/o-ta	e-ta/ini	o-ta/ani	Shriman/Janab	Shrimoti/Begum

e. Nouns:

money	thing	man	Woman	water
taka	kichu	manush	strilok	jol
car	ticket	book	friend	time
gari	ticket	boi	bondhu	shomoy

f. Adjectives/
adverbs/Other:

good	bad	big	small	now
bhalo /uttom	kharap	boro	choto	akhon
later	a little	amazing!	happy	easy/difficult
porey	kom/olpo	sundar/apurbo	shukhi	shahoj/shokto
here/there	beautiful			
e-khane/ o-khane	sundar			

g.
Interrogatives:

how much?	where?	what?	who?	when?
koto?	kothay?	ki?	ke?	kokhon?

Note:

What is that?	I like	Question?	I can do	Do you have?
Ota ki?	Ami pochondo ko-ri	ki?	Ami kar-te par-i	Apna-r...ache ki?

h. Numbers:

one	two	three	four	five
ek	du	tin	char	panch

i. And some survival words:

WC (peshabkhana/paykhana)
always (shorboda)
fast/slow (chot-pote / astey)
but (kintu)

never (kokono-na)
please (doya-kore)
food (khabar)
train (train)

bus (bus)
home (barite)
work (kaj)
time (shomoy)
today (aj)
tomorrow (kal)
paper (kagoj)
newspaper (khobor-kagoj / akhbar)
day (din)
week (shoptaho)
year (bochor)
hour (gonta)
minute (minit)
hamburger (hamburger)
think (chinta-kor)

read (por)
write (lekh)
laugh (hash)
dance (nach-kor)
stop (t-ham)
policeman (polis)
six (choi)
seven (shat)
eight (ut)
nine (noi)
ten (dosh)
hundred (sho)
thousand (hajar)
mate (dost)
bye bye (ta-ta) !

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?

4. 5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

(Write out your copy - and start to chat with everyone - speed reading 4 minutes)

BASICS:

Hallo	Assalamu-alaikum/Nomuskar
Yes/no	Ha/na
Please	Doya-kore
Thank you.	Dhonyobad
Excuse me	Maf
Everything is OK!	Sob kichui (thing) tick achhe!

INTRODUCTIONS:

Good morning	Suprovat
Good-bye.	Assalamu-alaikum/Besh-korechen/Ta-ta
My name is ...	Amar nam (name) ...
What is your name?	Apnar nam ki (question)?
How are you?	Kamon achen?
Fine, thanks	Bhalo, dhonyobad.
And you?	Ebong, apni (you)?
Where do you come from?	Apni kotha theke (from) as-chen (coming)?
I'm from:	Ami ... theke aschen (coming).
France	Frans
UK	Iunated kingdum
America	Amerika

I work with:	Amisonge (with) kaj (work) kori (do):
UN	UN
Red Cross	Red Cross
Nokia	Nokia

QUESTIONS:

I must do this (up to me).

You must do that.

When/how?

What/why?

Who/which?

Where is ...?

Where can I find ...?

How much is it?

Can you help me?

What does this mean?

Amake eta nishchoi korte hobey.

Apnake eta nishchoi korte hobey

Kokhon / kemon korey?

Ki/kano?

Ke/ kanta?

... kothay?

...kothay (where) khuje (look) pete (find) pari (can) ?

Ta koto (how much)?

Amake (to me) ektu sahajyo (help) korben (do) ki?

Eta'r mane ki?

UNDERSTANDING:

I understand.

I don't understand.

Please repeat that again.

Can you translate this?

Can I have it?

Do you speak:

English/Bengali?

I don't speak Bengali.

I speak a little Bengali.

Ami bujhte parlam.

Ami bujhte parlam na.

Abar (again) bolben (will say) doya kore (please)?

Eta onubad (translate) korte (to do) parben (will be able)?

Ami eta nite (to take) pari ?

Apni ... bolun:

Ingraji/Bangla?

Ami Bengla boli na.

Ami kom (little) Bengla boli.

COMMENTS:

It's:

better/worse

Ta ... :

beshi (more) bhalo (good) / kom (less) bhalo

big/small
cheap/expensive
good/bad
hot/cold
near/far

boro/choto
sosta/dami
bhalo/kharap
groom /thanda
kache/dur

OK!

a-cha!

FOOD (khabar)

I want:

breakfast
lunch
dinner.

Ami ... chai:

jol khabar
dupurer (of noon) khabar
shondhyer (of evening) khabar

Can I have some:

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

Ami kichu (some) ... pete (to have) pari (can) ki??

roti/mukhon
dim / anda
mungsho /aloo
apel/ komla
coffee/cha
Dudh
pholer sherbet (fruit)
jol/pani

I want the bill.

'Bill'-ta din (give).

There is a mistake.

Bhul (mistake) ache.

We are happy.

Amra khushi

TRANSIT:

Where is the nearest shop?

Kachakachi (nearest) dokan kothay?

Where is a taxi?

How much to go to ...?

Go with me to this place.

Please stop here.

This road is not the right.

Go straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Where is the:

town centre

pharmacy

SHOPPING:

Do you have ...?

How much is this/that?

I take it.

What colours do you have?

Black

Blue

Red

White

Taxi kothay?

... jetey (to go) koto (how much)?

Amar-songe (me-with) ei jayga-te (place-to) jao.

E-khane (here) thamun (stop) doya-kore (please).

Ei rasta (road) thik na.

Shamne (front)-cholun (u go).

Ta o-khane

ba-dike / dan-dike

pasher /pore

uttur/dokkhin

purbo/poshcim

... kothay:

sohor-er (town-s) dokan-bajar (shops etc)

osudher-dokan?

Apnar ... ache ki?

Ini/ani koto?

Ami eta nebo (take).

Apnar rong (colours) ache ki?

kalo

niil

lal

sada

I want to buy:

aspirin

soap

half kilo apples

litre of milk

film/newspaper

Ami ... kinte (buy) chai.

aspirin

saban

ordhek (half) kilo apel

ek litre dudh

film/khobor kagoj OR akhbar

TELEPHONE:

Hello, I am ...

Please speak:

louder

slowly

Halo, ami ...

Doya-kore (please) bolben (speak) :

khub jore

khub aste

I want to speak to:

Mr.

Mrs.

Ami songe kotha bolte chai.

Shriman/Janab

Shrimoti/Begum

When is he there?

Ask him to telephone me.

Shey o-khane kokhon (when)?

O-ke bolben (u say) amake phone korte (to phone)

TIME:

Do you have some time?

What time is it?

Apnar kom shomoy (time) ache ki?

Kota baje?

The time now is:

five past one

quarter to one

quarter past three

twenty past four

half past six

Akhon (now) :

Ek (1) - ta beje (has struck) panch (5)

Ek - ta bajte (about to strike) ponero (15)

Tinte (3) beje ponero

Char (4)-te beje kuri (20)

Sharey cho (6)-ta

MEETINGS:

We see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

Amra apnake (you) dekhi (see)

aj

kal

agami soptaho

sokal

dupur

sondhya

aj rat

sighro

You are right/wrong.

That is right

Apnar thik/bhul ache

Ta thik.

LOCATIONS:

Here/there

At the UN office

Is it near/far

How far is it?

How many hours to get there?

E-khane/o-khane

UN office-e (at)

Ta kacho/dur ki?

Koto dur ki?

O-khane jete koto (how many) ghonta (hours) lagbey?

21. PLAY QUIZ

Test your instinctive Bengali - associate the phrases ... in groups of four ...

- | | |
|-----------------------------|-------------------------------|
| a. I am well | Maf korben |
| b. Excuse me | Ami bhalo achhi |
| c. Thank you. | A-cha |
| d. OK | Dhonyobad |
| e. You're here! | Nomoskar/Assalamu-alaikum |
| f. Well done! | Kamon achen?. |
| g. Hello | Apni e-khane. |
| h. How are you? | Besh-korechen! |
| i. Good morning! | Sundor |
| j. What is this? | Dukkhito |
| k. Sorry | Eta ki? |
| l. Amazing | Supravat |
| m. Yes | Doya-kore |
| n. Please | Ha |
| o. I know a little Bengali. | Bhai? |
| p. Waiter? | Ami ektu Bangla jani |
| q. How much is it? | Kota baje? |
| r. Where is the toilet? | Kothay/kokhon/kano? |
| s. Where/when/why? | Peshabkhana kothay? |
| t. What time is it? | Ta koto? |
| u. Can you help me? | Khao wine. |
| v. I do not understand. | Aste bol-bo, doya-kore |
| w. Drink the wine. | Amake ektu sahajyo korben ki? |
| x. Please speak slowly | Bujhte parlam na |
| y. Bye bye for now!! | Sob kichu a-chal! |
| z. Everything is OK!! | Ta ta akhon-jonn! |

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

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT
AND LONG TERM RE-INFORCEMENT - AFTER ONE MONTH**

RELAX with ... a very **POSITIVE** attitude ... and a very confident **EXPECTATION** of **SUCCESS** ... in just one more week ... of **PLAYING** with the natural language ... with the Instant Relaxation Exercise daily.

Our natural suggestions for this week are:

Day 1 - Do **APS**. Then play the **LEARNING REINFORCEMENT**. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then **SPEAK** with the tape and **RECORD** your efforts.

Day 2 - **STUDY** the text (Sections 2-16). Then **SPEAK LOUDLY** and then very **SOFTLY** with the tape. **SPEED READING (2-16)** in 14 minutes.

Day 3 - **SPEAK** in **THEATRICAL** style with the tape and text together. Do **SPEED READING (2-16)** in reverse-mode in 12 minutes.

Day 4 - **SPEAK** with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting!

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

Day 6 - **SPEED READING (2-16)** in 8 minutes. **LISTEN** to your recording from Day 1. Then **SPEAK** with the tape ... with a beautiful **CONFIDENT** accent.

Day 7 - **SPEAK** with the tape with fun and confidence. 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	Bengali
Airport	hawaa dagar	maydaan-e hawaa-i	biman-bondor
Army	pauz	fauj/ordu	shena-bahini
Asylum	panaah	pamaah	asroy
Border	pdlay	sarhadd	shimana
Camp	dd kaamp	kaamp-d	camp
Children	muchouman	awladah	shishu
Clothing	jama	poxaak	jama
Cooking pot	chainaq	dd paxdy loxay/deg	hari
Cooperation	hamkari	pd gdda kaar kawdl	shohayota
Customs	gumruk	gumruj	shulko
Delay	nawakta	dzandy	deri
Detention	ndzar-band	tawkif	rajnoitik karoney atokbondi
Development program	dd wadi prograam	prograam-d ynkyshaafi	unnoyon kormoshuchi
Displaced persons	be-zaya shdwi xaldk	be-jaa shodygaan	udbastu
Electricity	breshna	brexnaa	bidyut
Emergency	hajol	ber-dndy pexa	goruri obostha
Expulsion	shar-dl	kharej/zxraaj	bohishkoron
Family	koranay	hekraaj	poribar
Government	hokumat	hokumat	rajyo sorkar
Grandparents	padar kalan	padar wa maser kalan	dadu dida
Handicapped	saya	ma-yub	protibondhi
Health	roghtyaa	seat/syhat	swastho

Hospital	roghtun	shafakhana	hashpatal
House	kor	khana/kor	ghor
HQ	mankaz	mankae	prodhan kendro
Human rights	dd bashar hakkuna	hokuk e bashar	Manobadhikar
Husband	mehra	shwahan	shwami
Lamp	dewan	tsheragh	bati
Legal protection	kaanuni saatdna	hymayat e kano	ayini nirapotta
Malnutrition	bada ghdzaa	sou-e taghziya	khadyer opusthi
Material assistance	maadi komak	komak-e mawadi	
Ministry	wdzaarat	wezarat	rajyo sorkar
Nutrition	ghdzaa	taghziya	khadyo
Pain - days/ weeks	dard worat	dard e ruz/hafta	betha-din/shoptaho
Pain - months/ years	dard hafta	dard e mo/sol	betha-mash/bochor
Pain - treatment	dard mehda	dard e ta-dow-wi	betha - chikitsha
Pain - arms/legs	dard bazou/paie	dard e dest/pal	betha- hat / pa
Pain - chest	dard sina	dard e sina	betha - book
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/cheshom	betha - kan/ chokh
Pain - hands/ feet	dard daste/paie	dard e dest/pai	betha- hat/ pa
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	betha- matha/gola
Pain - stomach	dard mehda	dard e meda	betha - pet
Persecution	zawrawdi	aziyat	onuchit shasti
Petrol	tel	petrol/tel	gash/ tel/ petrol
Police-station	dd polis st-eshan	sar-mammuriyat-e-police	Pulish thana
President	mdshir	ra-is	rashtropoti
Prison	bandy-khana	zyndan	bondi-khana
Province	ayaalat	wela-yate	prodesh

Reception centre	dd melma paaldne	mahal e pazirahi/	obbhorthona ghor
Refugee	mohajer	panahenda	
Representative	astaazy	nema-yandghi	mukhopatro
Rural	da kdll	?	gramyo
Sanitation	hyfzu-syhna	hyfzu syhha	Porichchhonna
Shelter	rijdi	Panaga	asroy
Status	haysiyat	haysiyat	podomorjada
Tent	rijdi	gihejdi/khayma	tambu
Torture	shekanja	shykanja	atyachar
Town	khar	shahr	shohor
Transportation	transport	transport	bahon
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	
Tribe	t-dbdr	kabila	adibashi
Truck	lan mot-dr/lari	motar-d laar/lari	lorry gari
Urban	dd khari	dd khari	shohurey
Village	kday	karya	gram
Voluntary repatriation	pd rdzaa-sara	berta legal	
War	jagara	jangu	juddho
Water	aaba	aab	jol
Wife	kaza	zawja/khanom	potni

APPENDIX C - BRIEF GRAMMAR

(Challenge - CHECK our draft Bangali and discuss with a natural speaker)

1. Structure - subject, object and verb:

AMI e-khane (here).

I (am) here (near).

SHISHU-ti (the) e-khane.

The CHILD (is) here.

Shishu-ti e-khane ki (question)?

Question - is the child here?

2. Articles:

EK-TI shishu e-khane.

A child (is) here.

3. Nouns:

Shishu-RA e-khane.

Child-REN (are) here.

Bhalo shishu e-khane.

The GOOD child (is) here.

TINI ek-ti shishu.

HE (is) a child.

4. Possession:

Tini AMA-R shishu..

He (is) MY child.

5. Relative:

Shishu je e-khane.

The child WHO (is) here.

6. Demonstrative:

Ei shishu e-khane.

THIS child (is) here.

Oi shishu O-KHANE ache.

THAT child (is) THERE.

7. Interrogatives:

E-ta (or Ini) xxx KI?

WHAT (is) this thing?

E-ta (or Ani) KE?

WHO (is) that?

Shishu KOTHAY?

WHERE (is) the child?

Ei boi-ta KOTO?

HOW-MUCH (is) that book?

8. Imperatives:

E-TA KOR-O!

DO this!

E-khane ASH-O!

COME here!

9. Negatives:

Ha, ama-R (with me) boi (book)
ACHE (have)

Yes, I HAVE (a) book.

Na, ama-r boi-TI nei (not have).

No, I do NOT have THE book.

E-khane ashbe na.

Do NOT come here.

10. To be, have and want (present tense):

ama-r ...ache/ami chai

I (am)/have/want

apna-r ... ache/apni chan

You (are)/have/want

ta-r ... ache/tini chan

He (is)/has/wants

APPENDIX D - BROCHURE

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

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

Opportunity for 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 with some UN staff, for aid workers, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa, Zulu, Cantonese, Zulu, Swedish, Swahili, Basque, etc. with other languages in process.

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 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, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - make a phrase with each BENGALI word and discuss with a natural speaker)

1. A/an EK-TI/EK	2. After PORE	3. Again ABAR	4. All SHOB	5. Almost PRAYE
6. Also EBONG/O	7. Always SORBODA	8. And EBONG	9. Because KARON	10. Before A-GAY
11. Big BORO	12. But KINTU	13. I can AMIPARI	14. I come AMI ASI	15. Either/or _na holey (if not)
—				
16. I find AMI KHUJE PAY	17. First PROTHOM	18. For JONYO	19. Friend BONDHU	20. From THEKE
21. I go AMI JAI	22. Good VALO	23. Goodbye TATA	24. Happy KHUSHI	25. I have AMAR ACHE
26. He TINI/SE	27. Hello NOMOSKAR	28. Here EKHANE	29. How KI KORE	30. I AMI
31. I am AMI	32. If JODI	33. In BHITOREY	34. I know AMI JANI	35. Last SHESHER
36. I like AMAR POCHONDO	37. Little OLPO	38. I love AMI VALOBASA	39. I make AMI TOIRI KORI	40. Many ONEK
41. One EK	42. More ARO	43. Most SHOBCHEYE BESHI	44. Much BESHI	45. My AMAR
46. New	47. No	48. Not	49. Now	50. Of

NUTON	NA	NA	AKHON	---ER
51. Often PRY-SHO	52. On UPOR	53. One EK	54. Only SHUDHU	55. Or BA
56. Other ONNYO	57. Our AMADER	58. Out BAHIRE	59. Over UPOREY	60. People LOK
61. Place JAYGA	62. Please DOYA-KORE	63. Same EK-I ('one')	64. I see AMI DEKHI	65. She TINI
66. So ??	67. Some KICHHU	68. Sometimes MAJHE MAJHE	69. Still EKHONO	70. Such EROKOM
71. I tell AMI BOLLI	72. Thank you DHONYOBAD	73. That OTA	74. The -TI	75. Their ODER
76. Them ORA	77. Then TAR POR	78. There is ... ACHHE	79. They TARA	80. Thing J I N I S H / KICHU
81. I think AMI BHABI	82. This INI/E-TA	83. Time SOMOY	84. To PROTI	85. Under NICHEY
86. Up UPORE	87. Us AMRA	88. I use AMI BABOHAR	89. Very KORI KHUB	90. We AMRA
91. What KI	92. When KOKHON	93. Where KOTHAY	94. Which KON	95. Who KE
96. Why KENO	97. With SONGE	98. Yes HA	99. You APNI	100. Your APNAR

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!!**