

# CRE - CREATIVE RELAXATION EXERCISE

## THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT FOR JUST 30 MINUTES

KEY CONCEPT: WHEN you create new POSITIVE wave patterns in YOUR mind ... they give you STRENGTH for today ... and HOPE for the future ...Tashakor!

### NO. 399 - FARSI from ENGLISH

Version 3 - 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: Berlitz and Lonely Planet South East Asia Phrase books and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web.

Inspired by: Dr. Bob Boland (EI) and Dr Fay Kelly (AGL) and Dr. Giles Boland (Harvard) and Dr Sham Bathija (UNCTAD) and Boston University and the Team.

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

Copyright: RGAB/2003/1 - Free for aid workers ...

## 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.	Tashakor
Welcome	Kosh amaded
Hello	Salam
Yes/no	Bale/ne,na
Please	Lotfan
Excuse me	Bebakshid
Good morning	Salam
My name is ...	Ism-e man ... ast.
What is your name?	Ism-e shoma chist?
How are you?	Cha-tor haste-en?
I am well, thanks	Khub (well) hast-am, tashakor.
Where do you come from?	As (from) koja hast-id (come)?
I'm ...:	Man ... hast-am
I want ...	Me-kha-ham ...
Good-bye.	Khoda-hafez

... so ... start chatting now ... with EVERYONE ... and have fun... !!!

## 1.0 INTRODUCTION

### 1.1 STRUCTURE

This program gives you practice in understanding the structure of the language almost instinctively, as for each difficult phrase, English words are inserted. There is also a Mini Phrase-book, a Brief Note on Grammar and a list of the 100 "most used" words in conversation.

### 1.2 MEMORY

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

Yes ... ba-le ... say ...

... yes ... barley is always good in beer ... ba-le

Goodbye ... khoda-hafez ... say ...

... goodbye ... cool days always have fairs .... khoda hafez

I want ...me-kho-ham ... say ...

... I like ... may the coal hum ... me-kho-ham...

### 1.3 PRACTICE.

Learn very rapidly the list of "most used 100 words" and each day, take one page of the mini-phrase-book, to make 10 minutes of Farsi conversation with a natural speaker or aloud with yourself. Then make a friend of a Farsi Phrasebook.

# 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 exalation ... 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 the Farsi many times slowly ... and then at HIGH speed)

<b>Thank you</b>	<b>Tashakor</b>	<b>TAASHAKORRR</b>
<b>Hello</b>	<b>Salam-alaykum</b>	<b>SAALAAM-ALAYYKUM</b>
<b>Mr.</b>	<b>Agha</b>	<b>AGGHAA</b>
<b>Mrs.</b>	<b>Khanom</b>	<b>KHAANOM</b>
<b>Yes</b>	<b>Bale</b>	<b>BAALEY</b>
<b>No</b>	<b>Ne</b>	<b>NAY</b>
<b>Good</b>	<b>Khub</b>	<b>KHHUBB</b>
<b>Please</b>	<b>Lotfan</b>	<b>LOTTFAN</b>
<b>Do you have?</b>	<b>A-ya dar-en?</b>	<b>AA-YYA DAA-REN?</b>
<b>Goodbye</b>	<b>Khoda hafez</b>	<b>KKHHODAA HHAAFEZ</b>
<b>See you soon!!!</b>	<b>Ta pasan!!!</b>	<b>TAA PAA-SAN</b>
<b>Who?</b>	<b>Ki?</b>	<b>KEE</b>
<b>What?</b>	<b>Chi?</b>	<b>CHEE</b>
<b>I want</b>	<b>Me-kha-ham</b>	<b>MAY-KAA-HAMM</b>
<b>Where?</b>	<b>Ko-ja?</b>	<b>KOW-JAR</b>
<b>OK!</b>	<b>Khub!</b>	<b>KHHUBB</b>

**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.

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 and plan for 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.

## 1. GENTLE RELAXATION ...

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

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

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

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

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural language ... as you create new wave patterns ... in that special... "Farsi Place" ... in your mind ...



## 2. HERE AND THERE:

Man inja (here) hast-am.

Shoma (you) onja hast-id.

Aya (question) shoma onja hast-id?

Bale, shoma onja hast-id.

Aya shoma inja hast-id?

Ne, shoma inja n-isst-id (not).

In inja ast.

In koja (where) ast?

Inja ast.

Aya (question) in onja ast?

Man na-(not)-me-don-am (know).

Miguel koja ast?

O inja n-ist (not).

O koja ast?

Man na-me-don-am.

Aii. Onja (there) ast!

O khub ast (is)!

## 3. LIKING:

Man shoma ra (object) khosh-me-dar-am (like).

Aya (question) shoma man ra-me-khosh-dar-id?

Bale, man shoma-ra khosh-me-dar-am.

Aya (question) shoma pul khosh-dar-id?

I am here.

You are there.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

Darn! There he is!

He is wonderful!

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Bale, man pul khosh-me-dar-am.

Man aab (water) khosh-me-dar-am.

Shoma aab khosh-dar-id.

Man kitab khosh-me-dar-am.

O (he) mota ra khosh-me-dar-ad.

O (she) mota ra khosh-na (not)-me-dar-ad.

Aya shoma naan (bread) khosh-me-dar-id?

Ne, man naan khosh-na-me-dar-am.

O. Aii! Mate!

Mate ra na-gooy-id (not say) kha - esh (please) me-kon-am (do).

Yes, I like the money.

I like water.

You like water.

I like the book.

He likes the car.

She does not like the car.

Do you like the bread?

No, I do not like the bread.

Oh. Darn! Mate!

Please do not say Mate!

## 4. DOING:

Man me-kon-am.

Man in-ra (this object) me-kon-am.

Shoma me-kon-id.

Shoma in-ra me-kon-id.

Ma on-ra (that) me-kon-im.

Wa (and) ma khosh (happy) hast-im.

Aya (question) in asan (easy) ast?

Bale (yes), in sakht n-ist.

Aya shoma on-ra me-kon-id (do)?

Lotfan, in-ra (that) be-kon-id.

Aii!!!

In khub ast!.

I do.

I do this.

You do.

You do that

We do that

And we are happy.

Is it easy?

Yes, it is not difficult.

Do you do that?

Do that please!!!

Darn!!!

It is wonderful!

## 5. CAN/ABLE TO DO:

Man me-ton-am.

Aya (question) man me-ton-am?

Bale, man me-ton-am.

Aya shoma on me-ton-id (can) inra (this) be-kon-id (do)?

Bale, man inra (that) me-ton-am (can) be-kon-am (do).

Man kam (little) me-khor-am (eat).

Man kam me-nosh-am (drink).

Man me-ton-am (can) be-rav-am (go).

Man me-ton-am (can) be-amad-am (come)

Man me-ton-am be khab-am (sleep)

Shoma me-ton-id harf be-zan-id (speak).

Aya shoma me-ton-id harf be-zan-id (speak)?

Bale. Man me-ton-am.

Aya shoma me-ton-id inra be-kon-id (do)?

Na, man ne me ton am onra be-kon-am.

Shoma me-fam-id?

Aya shoma me-ton-id be famid(understand)?

Bale, yak-kam.

Aya shoma me-ton-id "Mate" be-goy-id (say)?

Bale. man me-ton-am yak kam Farsi harf be-zan-am (speak)

Aii! Man khele khub hast-am!

I can

Can I?

Yes, I can.

Can you do this?

Yes, I can do that.

I eat a little.

I drink a little.

I can go.

I can come.

I can sleep.

You can speak.

Can you speak?

Yes. I can.

Can you do this?

No, I can not do that.

You understand?

Can you understand?

Yes, a little.

Can you say Mate?

Yes, I can speak a little Farsi!

Darn! I am wonderful!

## 6. UNDERSTANDING:

Man me-fam-am.

Man na me-fam-am.

Shoma me-fam-id.

Shoma na (not) me-fam-id.

Aya shoma zan (women) ra me-fam-id?

Na. Na Man on ra (them) na me-fam-am!

O, Aii! Mate!

Lotfan, "Mate" na gu,

Shoma byssia-maghboul hast-id!

I understand.

I do not understand.

You understand.

You do not understand.

Do you understand women?

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

Oh. Darn! Mate!

Please do not say Mate!

You are wonderful!

## 7. WANTING:

Man me-khah-am.

Man me-khah-am kame be-khor-am (eat).

Man me-khah-am aab (water) be-nosh-am (drink).

Man me-khah-am tashnab be-rav-am.

Aya shoma me-khah-id kame be-khor-id?

Na, man ne me-khah-am be-khor-am (eat).

Aii! Man me-khah-am yak kame be shoma me-deh-am (give).

Ne. Tashakor.

Man me-khah-am be-aay-am.

Aya shoma me-khah-id ba-man (with me) be-khab-id?

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?

No, I do not want to eat.

Darn! I want to give you a bit.

No, thank you.

I want to come.

Do you want to sleep with me?

Na, man ne me-khah-am.

Miguel, aya shoma bagha (frogs) me-khah-id?

Aii! Hala ne, tashakor!

Ma byssiar maghboul hast-im!

No, I do not want (to sleep).

Miguel do you want the frogs?

Darn! Not now, thank you!

We are wonderful!

## 8. GETTING:

Lotfan, ba-ma pul be-deh-id (give).

Lotfan, pul ra be-gir-id.

Man pul me-gir-am.

Lotfan, ba-ma teket, be-deh-id.

Please give me the money.

Please take the money.

I take the money.

Please give me the teket.

Lotfan, teket ra be-gir-id.

Man teket me-gir-am.

Lotfan, ba-ma chiz be-deh-id.

Chiz koj-ast?

Man na me-dan-am.

Please take the teket.

I take the teket.

Please give me the thing.

Where is the thing?

I do not know.

Lotfan, ba-ma yak mard (man) be-deh-id (give)!

Aii!! Chi yak zan-e!!

O byssia-maghboul ast.

Please give me a man!

Darn!!! What a woman!!

She is wonderful!

## 9. HAVING:

Man yak chiz dar-am (have).

Man yak chiz na-dar-am.

Shoma yak chiz dar-id.

Ma yak ciz dar-im.

O yak chiz dar-ad.

I have one thing.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

Man kame vakt (time) dar-am, Dokhtar!  
Agha, aya shoma kame pul (money) dar-id?  
Na.  
O Aii. Mate!  
Lotfan, Mate, na-goo.

I have a little time, Miss!  
Do you have some money, Sir?  
No.  
Oh. Mate!  
Please do not say Mate!

## 10. ORDERING (POLITELY):

Lotfan ba-ma chiz ra be-deh-id.  
Lotfan ba-ma pul be-deh-id.  
Lotfan ba-ma aab (water) be-deh-id.  
Lotfan dar-Faransa aab na-nosh-id!!  
  
Sheraab be-nosh-id (drink).

Please give me the thing.  
Please give me the money.  
Please give me the water.  
Please don't drink the water in France!!  
  
Drink the wine.

Lotfan inja be-ya-id.  
Lotfan onja be-rav-id.  
Lotfan inra be-nosh-id.  
Inra na khor-id!  
Lotfan inra be-ma (to me) be-deh-id.

Please come here.  
Please go there.  
Please drink this.  
Do not eat that!  
Please give me this.

Lotfan, onra na gir-id.  
Lotfan, inra be-guy-id.  
Lotfan, Mate na guy-id.  
Aii!! Shoma byssiar khub hast-id.

Please do not take that.  
Please say this.  
Please do not say Mate!  
Damn it!! You are wonderful!

## 11. GREETING:

Salam alaykum, Nabila!!

Hello Nabila!!

Salam, Paula.  
Salam, Miche.  
Salam Sancos.

Chator hast-id, Eliza?  
Khub hast-am, tashakor Khulu.  
Chator-e, Xavier?  
Khub, tashakor Miguel.  
Khoda-hafez Giles.

Khoda-hafez, Judith.  
Bale, Khub, Hollie  
In byssiar khub ast.  
Khub-e, Sam?

Bale khub-e, Lucie.  
Bad n-ist, Henri.  
Khub hast-i, Azizam?  
Na!!  
Aii!!! O khub ast!

## 12. DESCRIBING:

In khub ast,  
In khub n-ist.  
In bad ast.  
In yak kitab ast.

Aya in bezorg ast?  
Na, in kuchek ast.

Hello Paula.  
Good morning Miche.  
Good morning Sancos.

How are you, Eliza?  
I am well, thank you, Khulu.  
How goes it, Xavier?  
OK, thank you Miguel.  
Goodbye Giles.

Goodbye Judith.  
Yes OK, Hollie.  
It is wonderful!  
OK Sam?

Yes OK, Lucie.  
Not too bad, Henri.  
Are you well, my darling?  
No!!!  
Darn!!! She is wonderful!

It is good.  
It is not good.  
It is bad.  
It is a book.

Is it big?  
No, it is small.

Aya in asan ast?  
Na, in sakht ast.  
Aya aab khub ast?

Is it easy?  
No, it is hard.  
Is the water good?

Na da Faransa aab pak n-ist!

No, the water is not good in France!!

O Mate!!!

Oh Mate!!!

Lotfan, Mate na-guy-id.

Please do not say Mate!

Aya ma byssiar khub hast-im?

Are we wonderful?

Aii! Bale!

Darn! Yes!!

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

Man in ra me-fahm-am (know).

I know this.

Aya shoma in ra me-fahm-id?

Do you know this?

Bale, man in ra me-fahm-am.

Yes, I know this.

Shoma an ra me-fahm-id.

You know that.

Aya shoma on ra me-fahm-id?

Do you know that?

Ne, man an ra na me-fahm-am.

No, I do not know that.

Man on zan (woman) ra me-shenas-am.

I know that woman.

Man on mard ra me-shenas-am (know).

I know the man.

O ma-ro me-shenas-ad.

He knows me.

Aya shoma on zan-a me-shenas-id?

Do you know that woman?

Ne. Salam, Khanom?

No. Good morning Madame?

Hale shoma khub hast, Khanom?

Are you well, Madame?

Na, hale man khub n-ist. Khoda-hafez!!!

No, I am not well!!! Goodbye!!!

Shoma on ra na me-shenas-id!

You do not know her!

Aii! O khub ast!

Darn! She is wonderful!



## 14. NUMBERING:

Man yak moushkel (problem) dar-am.

Bale. shoma yak moushkel dar-id.

Ne, shoma doo (2) moushkelha dar-id.

O se (3) ra dar-ad.

O chahar (4) ra dar-ad.

Ma panj (5) ra dar-im.

Aya shoma panj dar-id?

Bale hala (now). man panj moushkel-haa dar-am!!

Hame (all) bacheha!

Bacheha khub hast-and!

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!

Children are wonderful!

## 15. ASKING:

In kitab (book) tchand qimat dar-ad?

Panch dollar.

In tchand-ast?

Tchand?

Chahar dollar.

In koja ast?

In onja ast.

Na, in onja n-ist.

Lotfan, tashnab koja ast?

Tashnab onja ast.

In chi (what) ast?

Chi, bebakhshid?

How much is the book?

Five dollars.

How much is this thing?

How much?

Four dollars.

Where is it?

It is there.

No, it is not there.

Where is the toilet, please?

The toilet is over there.

What is that?

Pardon. What?

On.

O, on kitab khub ast.

Chi me-khah-id?

Lotfan, man sherab me-khah-am.

Ki onja ast?

Ma onja hast-im.

On (that) zan (woman) ki-st?

Man ne me-don-am.

Aii! O Madonna ast!

Chi zan-e! O maghboul ast!

## 16. EVERYTHING - COLLOQUIAL (with slang)

Man me-ton-am.

Man inja hast-am.

Shoma onja hast-id.

Man shoma ra khosh-me-dar-am.

Shoma pul khosh-dar-id.

O inra me-kon-ad.

O inra me-kon-ad

Man me-ton-am yak kam Farsi harf be-zan-am.

Shoma ne-me-ton-id "Mate" be-guy-id.

Man shoma ra me-fam-am.

Shoma ma-ra na me-fam-id.

Man me-khah-am be bar be-rav-am (go).

That.

Oh, it is a good book.

What do you want?

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 woman! She is wonderful!

I can

I am here.

You are there.

I like you.

You like the money.

He does this.

She does that.

I can speak a little Farsi

You can not say Mate!!

I understand you.

You do not understand me.

I want to go (to) the bar.

Shoma me-khah-id tashnab me-rav-id.

You want to go (to) the toilet.

Man kame vakt dar-am, Dokhtar!

I have a little time, Doctor!

Aya shoma pul dar-id, Agha?

Do you have money, Sir?

Lotfan dar-Faransa aab (water) na nosh-id!!

Please don't drink the water in France!!

Sherab be-nosh-id.

Drink the wine.

Chatori, Eliza?

How are you, Eliza?

Khub hast-am, tashakor, Khulu.

I am well, thank you, Khulu.

Khub-i, Eliza?

Well, Eliza?

Khub-e tashakor, Khulu?

I am well, thank you, Khulu.

Aya (question) in bezorg (big) ast, Agha?

Is it big?

Na, in kuchek (small) ast, Bibi.

No, it is small.

Shoma o ra na me-shenas-id!

You do not know her!

Aii! O byssiar khub ast!

Darn! She is wonderful!

Bale hala (now). man panj (5) moushkel-haa dar-am!!

Yes now, I have five problems!!!

Hame bache-ha!

All the children!

On chi ast?

What is that?

Chi. Bebakshed?

Pardon. What?

In onja ast.

There it is.

Bad n-ist.

Not bad.

Aii!

Darn!

Khub-e?

OK?

Bale, o assan ast.

Yes, it's cool!

Bale, o assan ast!

Bale, in bad n-ist!

Bale, in khub ast!

Lotfan, Mate ra na-go-id.

In assan n-ist!!

Byssiar khub?

Bale, shoma byssiar khub hast-id!

Ta pasan! Khoda-hafez!

Yes, it's cool!

Yes, it's not too bad.

Yes, it's OK.

Please do not say Mate!

It is not cool (upper class)!!!

Wonderful?

Yes you are wonderful!

See you soon! Bye bye.

Note: Speed reading - 14 minutes

## 17. CLOSING

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

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

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

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

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

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

## 18. NATURAL VOCABULARY:

(without accents)

### a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
salam-alaykum	salam	hale shoma chator-e? khub hast-i?	khub hast-am	tashakor
goodbye	yes	no	OK/please	not too bad
khoda-hafez	bale	ne/na	khub/lotfan	bad n-ist
Darn!	Mate!	there it is!	"Cool"!!!	welcome
aii! sahlan	Mate	on onja ast	assan	kosh amadid

### b. Verbs :

to be	have	like	want	can
h-ast-an man hast-am	dast-an dar-am	khosh dast-am khosh me-dar- am	khah-elan me-khah-am	taw-estan me-tawan-am me-ton-am
do	say/speak	go	come	give
kard-an man me-kon- am	goft-an/ me- goy-am	raft-an me-rav-am	amad-an me-aay-am	dad-an me-deh-am
take	eat	drink	sleep	know
gir-an man me-gir-am	khord-an me-khor-am	noshd-an me-nosh-am	khord-kard-an khor-me-kard- am	fahm-an/shen- an me-fahm-am

understand	must	possible	see
<b>famid-an</b>	<b>bayad</b>	<b>mumken</b>	<b>did-an/yash-an</b>
<b>man me-fahm-</b>	<b>bayad be-</b>		<b>me-bin-am</b>
<b>am</b>			

c. Prepositions:

some	a	the	to	from
<b>chand</b>	<b>yak</b>	<b>-ra</b>	<b>ba</b>	<b>az</b>

d. Pronouns:

I	you	he	she	we
<b>man</b>	<b>shoma</b>	<b>o</b>	<b>o</b>	<b>ma</b>
it	this	that	Mr	Mrs.
<b>in</b>	<b>in/inra</b>	<b>on/onra/ou</b>	<b>Agha</b>	<b>Khanom</b>

e. Nouns:

money	thing	man	woman	water
<b>pul</b>	<b>chiz</b>	<b>mard</b>	<b>zan</b>	<b>aab</b>
car	teket	book	friend	time
<b>mota</b>	<b>teket</b>	<b>kitab</b>	<b>dost</b>	<b>vakt</b>

f. Adjectives/  
adverbs/Other:

good	bad	big	small	now
<b>khub</b>	<b>bad</b>	<b>bezorg</b>	<b>kuchek</b>	<b>hala</b>

later	a little	wonderful!	happy	here/there
<b>baad-tar</b>	<b>kam</b>	<b>byssiar maghboul</b>	<b>khosh</b>	<b>inja/onja</b>

g.  
Interrogatives:

how much?	where?	what?	who?	when?
<b>tchand qimat?</b>	<b>koja?</b>	<b>chi?</b>	<b>ki?</b>	<b>che-vakt?</b>

<b>Note:</b>	What is this?	Sorry!	Question?
	<b>In chi ast?</b>	<b>bebakshid!</b>	<b>Aya ...?</b>

h. Numbers:

one	two	three	four	five
<b>yak</b>	<b>doo</b>	<b>se</b>	<b>chahar</b>	<b>panj</b>

i. And some survival words:

<b>easy/difficult (asan/sakht)</b>
<b>toilet (tashnob)</b>
<b>fun (mazaq)</b>
<b>but (ama)</b>
<b>never (hargez)</b>
<b>food (non)</b>
<b>train (rail)</b>
<b>bus (bus)</b>

<b>home (khona)</b>
<b>work (kar)</b>
<b>time (vakt)</b>
<b>today (imruz)</b>
<b>tomorrow (fardah)</b>
<b>paper (kaghaz)</b>
<b>newspaper (akhbor)</b>
<b>day (roz)</b>



<b>week (hafta)</b>
<b>year (sal)</b>
<b>hour (sa'at)</b>
<b>minute (daqiq)</b>
<b>hamburger (hamburger)</b>
<b>think (fikir kardan)</b>
<b>I think (man fikr me-kon-am)</b>
<b>remember (yod dushtan)</b>
<b>read (khondan)</b>
<b>write (naveshtan)</b>
<b>laugh (kandadan)</b>
<b>dance (rakcidan)</b>
<b>stop (estod)</b>
<b>policeman (police)</b>
<b>mate (non)</b>
<b>see you soon (ta pasan)</b>
<b>bye bye (khoda-hafez)</b>

## **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

(Challenge: make a copy ...chat with a natural speaker ... speed reading 4 minutes)

### BASICS:

Welcome

Kosh amaded

Hello

Salam

Yes/no

Bale/ne,na

Please

Lotfan

Thank you.

Tashakor

Excuse me

Bebakshid

### INTRODUCTIONS:

Good morning

Salam

Good-bye.

Khoda-hafez

My name is ...

Nam e (of) man (me) ... ast (is).

Ism-e man ... ast.

What is your name?

Nam e shoma (you) ch-ist?

Ism-e shoma chist?

How are you?

Hale shoma cha tor-e?

Cha-tor haste-en?

I am well, thanks

Khub (well) hast-am, tashakor.

And you?

Va (and) shoma?

Where do you come from?

As (from) koja hast-id (come)?

I'm from ...:

Man ... hast-am

France

Faransawi

England

Englisi

America

Amerikai

I'm with ...:

UN

Shell

Man ... hast-am

UN

Shell

**QUESTIONS:**

When/how?

Che-vakt/chator?

What/why?

Chi/chera?

Who/which?

Ki/kodam?

Where is/are ...?

... koja ast?

Where can I find ...?

Man koja ... me-ton-am(can) payda  
konam (find)?

How much is it?

Qimat-e (how much) in tchand (cost)  
ast?

Please is it possible for you to help?

Lotfan (please), mumken (possible) ast,  
komak (help) me-kon-id (give) ?

What does this mean (do)?

In adam chi (what) me-kon-ad?

**UNDERSTANDING:**

I understand

Man fahm-am.

I don't understand.

Man na (not)mefahm-am.

Repeat it please.

Lotfan tek-raar kon.

Can you translate this?

Shoma mitavan-id (can) in-ra tarjoma  
(translation) be-kon-id (make)?

I want ...please?

Lotfan man ... me-khah-am.

Do you speak English?

Aya (question) shoma Englisi harf be-  
zan-id?

I cannot speak ....English

Man ...ne me-ton-am (cannot) Englisi  
harf be-zan-am (speak)

**I can speak a little ...**

**Man me-ton-am (can) yak kam (little)  
harf ba-zan-am (speak).**

**COMMENTS:**

**It's:**

**better/worse**

**big/small**

**cheap/expensive**

**good/bad**

**hot/cold**

**near/far**

**In ... ast:**

**beter/kharab**

**bezorg/kuchek**

**arzan/qimat**

**khub/bad**

**garm/sard**

**nazdik/dour**

**FOOD:**

**I like:**

**breakfast**

**lunch**

**dinner.**

**Man ... khosh-me-dar-am.**

**nashta/toha-e-sobh**

**nan-e-chasht**

**nan-e-shab**

**May I have some:**

**bread/butter**

**cheese**

**eggs**

**meat/potatoes**

**apples/oranges**

**coffee/tea**

**milk**

**fruit juice**

**water**

**Aya metanan-am (can) kame be-gir-am?**

**nan/maska**

**panir**

**tokhom**

**gosht/banjan-roumi**

**seb/malta**

**gawa/chae**

**shir**

**abe-e-mewa**

**aab**

**I want to pay now.**

**Man me-khah-am (want) hala pul be-  
deh-am (pay).**

We enjoy it.

Ma khosh hast-im.

#### TRANSIT:

Where is the nearest shop?

Nazdik-tarin (nearest) dakan (shop) koja ast?

Where is a taxi?

Taxi koja ast?

How much is it to ...?

Ta anja ... tchand-qimat (how much) mesh-a?

Take me to this address.

Ma (me) ra ba in (this) adres be-bar-id (take).

Please stop here.

Lotfan inja baashi (stop).

This is not right.

In dorost n-ist (is not).

Straight ahead.

Rubaru.

It's there:

In onja (there) ast:.

left/right

dast-e-chap/dast-e-rast

next to/after

ba-dasou/ba-dhan

north/south

chamaal.djanoub

east/west

charq/gharb

Where is the:

Inja ... koja ast:

town center

markaz-e-shahr (town)

pharmacy

dawa-khana

#### SHOPPING:

Do you have ...?

Aya (question) shoma ... dar-id?

How much is this/that?

In/on tchand qimat?

I take it.

Man in ra me-gir-am (take).

Colours?

Rang:

Black	siah
Blue	abi
Red	sorkh
White	safed
Yellow	zard
Green	sabz

I want to buy:

Man ... me-khah-am (want) be-khar-am (buy).

aspirin	aspirin
soap	saboun
half kilo apples	nim kilo seb
litre of milk	kam-e-shir
film/newspaper	film/akhbar

TELEPHONE:

Hello, I am ...

Halo, man ....

Please speak more:

Lotfan be-adtan begoo (more):

louder	beland-tar
slowly	ahaesta-tar

Who do you want?

Shoma ki (who) ra me-khah-id?

I want ...:

Me-khah-am ...:

Mr.	Agha
Mrs.	Khanom
Miss	Anissa

When is he here?

Chi-vakt (when) o inja (here) me-bash-ad?

Ask him to call me, please?

Lotfan ba o bego-id (tell), ke ba man zan-bezan-ad (call).

TIME:

Do we have a little time?

What time is it?

The time now is...

five past one

quarter to three

four o'clock

half past five

Aya (question) ma kame vakt dar-im?

Tchand baja (hours) ast?

Hala (now) baja ast.

yak (1) o panj (5) daqiqa  
(minutes)

panzdah (15) daqiqa ba se (3)  
manda (before)

chahar (4) baja

panj (5) o nim (half) baja.

### MEETINGS:

We want to see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

Ma me-khah-im (want) shoma ra be-  
bin-im (see).

emroz

farda

hafta-e-ayenda (coming)

sobh

pishin

shab

em-shab

zood

You are right/wrong.

That is right

Shoma haq/khatta dar-id (have).

In dorost ast.

### LOCATIONS:

Here/there

At the office

Is it near or far?

How many hours to go there?

Inja/onja

Ba daftar

Aya (question) in nazdik ya dour ast?

Ta anja tchand (how many) baja me-  
rav-ad?



## 21. PLAY QUIZ

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

- |                           |                               |
|---------------------------|-------------------------------|
| a. I am very well         | Khub.                         |
| b. Excuse me              | Tadshakor                     |
| c. Thank you.             | Khub hast-am.                 |
| d. OK                     | Bebakshid                     |
| e. Welcome                | Khub amadid.                  |
| f. Well done              | Ahlan wa sahlan               |
| g. Hello                  | Hale shoma chator-e?          |
| h. How are you?           | Khub karda.                   |
| i. What is this in Farsi? | Ne.                           |
| j. I can do that.         | Bebakshid                     |
| k. Excuse me.             | Be Farsi in chi hast?         |
| l. No.                    | Man me-ton-am in be-kon-am.   |
| m. Yes. It is "cool"!!    | Sably?                        |
| n. Please                 | Lotfan.                       |
| o. Where are you going?   | Bale. In assan ast!           |
| p. Waiter?                | Shoma koja raft-id?           |
| q. How much is that?      | Tchand baja ast?              |
| r. Where is the toilet?   | Koja/che-vakt/cheraa?         |
| s. Where/when/why?        | Tuolat koja ast?              |
| t. What time is it?       | On tchand qimat?              |
| u. Help me please?        | Man na-me-fahm-am.            |
| v. I do not understand    | Lotfan komak kon-id.          |
| w. What does this mean?   | Lotfan ahaste harf be-zan-id. |
| x. Please speak slowly.   | In yani chi -e?               |
| y. See you later.         | Kosh amadid!                  |
| z. Welcome!!              | Ta pasan.                     |
| Alham dualilla.           | God be praised.               |

**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](mailto: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	Farsi
Airport	hawaa dagar	maydaan-e hawaa- I	faroodgah
Army	pauz	fauj/ordu	artesh
Asylum	panaah	pamaah	pamaah (gah)
Border	pdlay	sarhadd	sarhad
Camp	dd kaamp	kaamp-d	ordu (gah)
Children	muchouman	awladah	bacheha
Clothing	jama	poxaak	libas/poushak
Cooking pot	chainaq	dd paxldy loxay/ deg	deh/dekchi
Cooperation	hamkari	pd gdda kaar kawdl	tavoon
Customs	gumruk	gumruj	gumruk
Delay	nawakta	dzandy	tagir
Detention	ndzar-band	tawkif	tawjkif
Development program	dd wadi prograam	prograam-d ynkyshaafi	toseh
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	tabeedi
Electricity	breshna	brexnaa	barg
Emergency	hajol	ber-dndy pexa	ber-dndy pexa
Expulsion	shar-dl	kharej/zxraaj	akraj
Family	koranay	hekraaj	khanevadeh
Government	hokumat	hokumat	hokumat
Grandparents	padar kalan	padar wa maser kalan	pedar/madar bozorg

Handicapped	saya	ma-yub	ma-yub
Health	roghtyaa	seat/syhat	haal/salamat
Hospital	roghtun	shafakhana	bimarestan
House	kor	khana/kor	khaneh
HQ	mankaz	mankae	markaz
Human rights	dd bashar hakkuna	hokuk e bashar	hokuk e bashar
Husband	mehra	shwahan	shohar
Lamp	dewan	tsheragh	cheragh
Legal protection	kaanuni saatdna	hymayat e kanoun	himayat e kanuni
Malnutrition	bada ghdzaa	sou-e taghziya	sou e tagziyah
Material assistance	maadi komak	komak-e mawadi	komake assahssy
Ministry	wdzaarat	wezarat	vizarat
Nutrition	ghdzaa	taghziya	tagziyah
Pain - days/weeks	dard worat	dard e ruz/hafta	dard e rooz/hafte
Pain - months/ years	dard hafta	dard e mo/sol	dard e mah/saal
Pain - treatment	dard mehda	dard e ta-dow-wi	dard e tadavai
Pain - arms/legs	dard bazou/paie	dard e dest/pal	dard e dast/
Pain - chest	dard sina	dard e sina	dard e sina
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/ cheshom	dard e goch/ cheshom
Pain - hands/feet	dard daste/paie	dard e dest/pai	dard e dest/pai
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda	dard e meda
Persecution	zawrawdi	aziyat	shekanje
Petrol	tel	petrol/tel	benzeen
Police-station	dd polis st-eshan	sar-mammuriyat-e- police	kalantari

President	mdshir	ra-is	ra-is/raid jumhur
Prison	bandy-khana	zyndan	zindan
Province	ayaalat	wela-yate	vilayat/astan
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa- I	markaze pazieresh
Refugee	mohajer	panahenda	mohajir
Representative	astaazy	nema-yandghi	nemayandeh
Rural	da kdll		roostayi
Sanitation	hyfzu-syhna	hyfzu syhha	hyfzu syhha
Shelter	rijdi	panaga	panahgah
Status	haysiyat	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma	kimeh/chador
Torture	shekanja	shykanja	shakinjeh
Town	khar	shahr	shahr
Transportation	transport	transport	haml o nagh
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	guzarnameh
Tribe	t-dbdr	kabila	ihl
Truck	lan mot-dr/lari	motar-d laar/lari	kamion
Urban	dd khari	dd khari	shahri
Village	kday	karya	dehkadeh
Voluntary repatriation	pd rdzaa-sara berta legal	bar-gasht-d yraadi	bazgardahndane dahtalahbahne
War	jagara	jangu	jang
Water	aaba	aab	aab
Wife	kaza	zawja/khanom	zan

## APPENDIX C - BRIEF GRAMMAR

(Challenge: study and discuss with a natural speaker)

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

Man (I) inja (here) hast-am (am).

BACHE inj'ast (is) (inja ast is shortened)

AYA (question) bache inj'ast?

I am here.

The CHILD is here.

Is the child here?

### 2. Articles - limited use with "yak" as one:

YAK bache inj'ast (inja ast is shortened)

A child is here.

### 3. Nouns - plural ("haa"), modifier ("e") & accusative (with a "ra"):

Bache-HAA inja hast-and.

Bache E KHUB inj'ast.

O (he) BACHE ast.

The child-REN are here.

The GOOD child is here.

HE is a CHILD.

### 4. Possession - connected with "e":

O bache-E-MAN (my) ast.

He is MY child.

### 5. Relative - with who ("ki"):

Bache KI inja ast.

The child WHO is here.

### 6. Demonstrative - this ("in") and that ("on"):

IN bache inja ast

ON bache onja ast.

THIS child is here.

THAT child is there.

### 7. Interrogatives - what ("che"), who ("ki"), where ("koja") and how much ("tchand"):

In CHE ast?

On KI ast?

Bache KOJA ast?

WHAT is this?

WHO is that?

WHERE is the child?

Kitab TCHAND-QIMAT ast?

HOW-MUCH is the book?

8. Imperatives - ordering (with a "be"):

In BE-KON-ID!

DO this!

Inja BE-YAA-ID!

COME here!

9. Negatives - no ("ne") and not ("na"):

Bale, man kitab DAR-AM

Yes, I HAVE the book.

Ne, man kitab NA dar-am.

No, I do NOT have the book.

Inja NA-be-aa!

Do NOT come here.

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

Man hast-am/dar-am/me-khah-am

I am/have/want

Shoma hast-id/dar-id/me-khah-id

You are/have/want

O ast/dar/me-khah-ad

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](mailto: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

(Insert Farsi ... and then 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!!**