

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 ...
Shokrya!

NO. 315 - HINDI from ENGLISH

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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 ...

Thank you.

Shokrya

Hallo

Namaste

Yes/no

Ji-han/nahin

Please

Marhabani se

Excuse me

Mafi ki jiyei

Good morning

Nmaste

My name is ...

Mera (my) nam ... hai

What is your name?

Ap-ka nam kya (what) hai?

How are you?

Ap kaise hain?

Fine, thanks

Thik hun, shokrya

INSTANT RELAXATION TECHNIQUE

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

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

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

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

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

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

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

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

SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Thank you	Shok-rya	SHOKK-REE-YA
Hello	Na-maste	NAA-MAS-TEE
Mr.	Ji-nab	GEE-NABBB
Mrs.	Be-gum	BAY-GUMMM
Yes	Ji-han	GEE-HARNN
No	Na-hin	NAA-HEEN
Good	Ach-ha	AAACH-HA
Please	Marhabani	MAAA-HABAAN-NEE
Do you have?	Ap ... kepas hai?	AAP KEE-PASSS HAY?
Goodbye	Ta-ta	TAA-TA
OK for now!	Abhi ke li-ye!	ABB-HH KAY LEE-YEY, OK!
Who?	Kaun?	KOWN
What?	Kya?	KEE-YAA
I want	Muj-he chah-ie	MUDJ-HAY CHAA-YAY
Where?	Kahan?	KA-HAAN
OK!	Thik hai!	TEEK HAY

NATURAL SUGGESTIONS

Plan to do the whole CRE in one 6 hour CRE day, with a partner or a small group. A natural speaker (if available) would be most welcome as a partner or group member. On the day before, as pre-learning (alone), play the 30 minute tape, just before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything. Try to make a rough tape of yourself speaking ... sections 2-15 ... now ... as fast as you can ... as a record of where you started ... just for fun!!

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

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

Do **SPEED READING** (2-16) and **Mini-phrase** book 14 minutes.

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

GENERALLY:

1. **REINFORCE** the learning in the **CAR/TRUCK** at any time ... make it an amusing **THEATRE** of one ... **YOU!!!** ... by playing and acting out ... **ONLY** Sections 2 - 16. **DO NOT** play the relaxation sections in the car ... skip them please! Play the Learning Reinforcement side of the tape as needed for encouragement, be sure to blame your strategy, and not yourself!!

2. **RECOGNIZE** that a **TERRIBLE** accent is **PAINFUL** ... for the hearer ... and so strive always for a beautiful accent in **EVERY WORD**.

3. Be **POSITIVE** and **NEVER** apologise for your language ... you are making the effort to learn the **LANGUAGE** ... and the **HUMAN VALUES** ... and thus the **CULTURE** ... of the people you speak with ... and **THEY** will appreciate **MORE** than you can **EVEN** imagine!! If they reply to you in **ENGLISH** ... then **YOU** just **CONTINUE** to speak in the **NATURAL** new language ... and they will too ...

4. **LISTEN** very carefully to what **PEOPLE** say to **YOU** ... and **BEFORE** replying ... **REPEAT** in **YOUR MIND** ... **EXACTLY** what they said ... this gives you excellent **PRACTICE** in recognising good **STRUCTURE**.

5. **HESITATE** before you **SPEAK** ... and then speak **FREELY** and **CONFIDENTLY** ... without long pauses and ... **WITHOUT** ... "Urrs and Umms" which are so **ANNOYING** and **BORING** ... for the listener ...

6. When you do not know a necessary word ... do **NOT** hesitate ... simply **USE** the **ENGLISH** word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the **LEARNING REINFORCEMENT** as needed but not in the car!

7. Use **SIMPLE SHORT** sentences and be **CONFIDENT** as you begin to talk to people ... expect **SUCCESS** ... and you will **NOT** be disappointed ... and try just one **MORE** new thing ... just for fun in this one week ... drink one litre of **WATER EVERY DAY** ... it rinses mind and body and has a **REMARKABLE** preventive/curative therapeutic effect ... to support new learning ... on we go together.

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

1. GENTLE RELAXATION ...

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

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

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

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

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

2. HERE AND THERE:

Main yahan hun.

I am here.

Ap wahan hain.

You are there.

Kya (question) ap wahan hain?

Are you there?

Ji-han, ap wahan hain.

Yes, you are there.

Ap yahan hain?

Are you here?

Nahin, ap yahan nahin hain.

No, you are not here.

Veh yahan hai.

It is here.

Veh kahan hai?

Where is it?

Veh yahan hai.

It is here.

Kya veh wahan hai?

Is it there?

Mujhe nahin pa-ta.

I do not know.

Miguel kahan hai?

Where is Miguel?

Woh yahan nahin hai.

He is not here.

Woh kahan hai?

Where is he?

Mujhe nahin pa-ta.

I do not know.

Sabash! Woh whan hai!

Well-done! There he is!

Woh bahut acha hai!

He is wonderful!

3. LIKING:

Mujhe (to me) ap (you) pasand (liking) hai.

I like you.

Kya mujhe (me) ap-ko pasand hai?

Do you like me?

Ji-han, mujhe ap pasand hain.

Yes, I like you.

Kya ap ko paisa pasand hain?

Do you like money?

Ji-han, mujhe paisa pasand hai.

Yes, I like the money.

Mujhe pani pasand hai.

I like water.

Ap ko pani pasand hai.

You like water.

Mujhe kneh ketab-en pasand hain.

I like some books.

Us ko gari (car) pasand hai.

He likes the car.

Un-ko gari pasand nahin hai.

She does not like the car.

Kya ap ko khana pasand aya?

Do you like the food?

Nahin, mujhe khana pasand nahin aya.

No, I do not like the food.

O. Sabash. Mate!

Oh. Well-done! "Mate"!

Marhabani, se "Mate" na kah-ye!

Please, do not say "Mate"!

4. DOING:

Main kar-ta hun.

I do.

Main yeh kar-ta hun.

I do this

Ap karte hain.

You do.

Ap woh kar-te hain.

You do that

Ham woh kar-te hain.

We do that

Aur, ham khush hain.

And we are happy.

Kya woh asan hai?

Is that easy?

Jihan, woh mushkil nahin hai.

Yes, that is not difficult.

Kya ap woh kar-te hain?

Do you do that?

Marhabanise , woh kee-jeya!!!

Sabash!!!

Woh bahut acha hai!

Do that please!!!

Well-done!!!

It is wonderful!

5. CAN/ABLE TO DO:

Main kar sak-ta hun.

Kya main kar sak-ta hun?

Ji-han, main kar sak-ta hun.

Kya ap yeh kar sak-te hain?

Ji-han main woh kar sak-ta hun.

I can do

Can I do it?

Yes, I can do.

Can you do this?

Yes, I can do that.

Main thora khana kha sak-ta hun.

Main thora-sa pi (drink) sak-ta hun.

I can eat a little food

I can drink a little.

Main ja (go) sak-ta hun.

Main a (come) sak-ta hun?

I can go.

Can I come?

Main so (sleep) sak-ta hun.

Ap bol (speak) sak-te hain.

Kya ap bol sak-te hain?

Ji-han main bol sak-ta hun.

I can sleep.

You can speak.

Can you speak?

Yes, I can.

Kya ap yeh kar sak-te hain?

Nahin, main woh nahin kar (do) sak-ta hun.

Can you do this?

No, I can not do that.

Ap samajh sak-te hain?

Kya ap samajh sak-te hain?

You can understand?

Can you understand?

Kya ap samajh sak-te hain?

Can you understand?

Ji-han, thora sa.

Yes, a little.

Kya, ap "Mate" keh sak-te hain?

Can you say "Mate"?

Jihan, main thori Hindi bol sak-ta hun.

Yes, I can speak a little Hindi!

Sabash! Main bahut acha hun!

Well-done! I am wonderful!

6. UNDERSTANDING:

Main samajh-ta hun.

I understand.

Main samajh-ta nahin hun.

I do not understand.

Ap samajh-te hain

You understand.

Ap samajh-te nahin hain.

You do not understand.

Kya ap auraten (women) ko samajh-te hain?

Do you understand women?

Nahin, Nahin. Main unk (them) nahin samajh-ta hun!!

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

Oh. Sabash! Mate!

Oh. Well-done! "Mate"!

Marhabani, se "Mate" na kah-ye!

Please, do not say "Mate"!

Ap bahut acha hain!

You are wonderful!

7. WANTING:

Mujhe chahie.

I want.

Mujhe thora khana chahie.

I want to eat a little.

Mujhe pani chahie.

I want to drink water.

Meh toilet jana, chahta hun!

I want to go to the toilet!!!

Kya ap-ko thora khana chahie?

Do you want to eat a little?

Nahin, mujhe khana nahin chahie.

No, I do not want to eat.

Sabash! Main ap-ko thora dena chahta hun.

Well done! I want to give you some .

Nahin, shokrya..

No thank you.

Main ana chahta hun.

I want to come.

Kya ap sona chate hain?

Do you want to sleep?

Nahin, main sona nahin chahta-hun.

No, I do not want to sleep.

Miguel, kya ap mendak (frogs) khana chahte hain?

Miguel do you want to eat frogs?

Abhi nahin, shokrya!

Not just now, thank you!

Ham bahut acha hain!

We are wonderful!

8. GETTING:

Marhabani se, mujhe paisa de-dain (give).

Please give me the money.

Paisa le lo (take).

Take the money.

Main paisa le raha-hun.

I take the money.

Marhabani se, mujhe ticket do.

Please give me the ticket.

Ticket le lo.

Take the ticket.

Main ticket le raha hun.

I take the ticket.

Marhabani, se mujhe chiz de do.

Please give me the thing.

Chiz kahan?

Where is the thing?

Mujhe nahin pata.

I do not know.

Mujhe ek acha admi do!
Sabash!!! Kaisee aurat he!

Give me one good man!
Damn-t!!! What a woman!!

Woh bahut achi hai!

She is wonderful!

9. HAVING:

Mere-pas e chiz hai.
Ek chiz mere-pas nahin hai.

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

Ap-kepas ek chiz hai.
Hamare-pas ek chiz hai.
Un-kepas ek chiz hai.

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

Mere-pas thora waqt hai, Behenji?
Lakin, thora paisa ap-kepas hai (question),
Jinab?
Nahin.

I have a little time, Honey?
But, do you have a little money, Sir?
No.

O. Mate!
Marhabani se "Mate" na kah-ye!

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

10. ORDERING (POLITELY):

Maharbani se mujhe chiz de-dain (give).
Maharbani se mujhe paisa de-dain.

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

Maharbani se mujhe pani de-dain.

Please give me the water.

Shokrya.

Thank you.

Marhabani se France-mein pani na pina
(drink)!!

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

Sharab pi!!

Drink the wine!!

Maharbani se yahan ao (come).

Please come here.

Maharbani se wahan jao.

Please go there.

Maharbani se yeh pi-yen (drink).

Please drink this.

Woh na khana!

Do not eat that!

Maharbani se mujhe yeh do.

Please give me this.

Maharbani hogi-agar woh na lo(take).

Please do not take that.

Maharbani hogi-agar yeh kano.

Please say this.

Marhabani, se "Mate" na kah-ye!

Please, do not say "Mate"!

Sabash! Shokrya.

Well-done! Thank you.

Ap bahut acha hain!

You are wonderful!

11. GREETING:

Namaste, Sahib.

Hello Sir.

Hal kaise hai Paula.

Hello Paula.

Namaste Miche.

Good morning Miche.

Namaste Sancos.

Good morning Sancos.

Ap kaise hain, Eliza?

How are you, Eliza?

Thik hun, shokrya, Khulu.

I am well, thank you, Khulu.

Hal kaisa hai, Xavier?

How goes it, Xavier?

Thik hai, shokrya Miguel.

Ok, thank you Miguel.

Ta-ta Giles.

Ta-ta, Judith.

Ji-han acha hun, Hollie

Veh bahut acha hai, Heidi!

Thik hai, Sam.?

Ji-han thik hai, Lucie.

Bura nahin hai, Henri.

Meri jan ap thik (well) hain?

Nahin!!!

Sabash! Woh bahut acha hai!

Goodbye Giles.

Bye bye Judith.

Yes OK, Hollie.

It is wonderful, Heidi!

OK Sam?

Yes OK, Lucie.

Not too bad, Henri.

Are you well, my darling?

No!!!

Well-done! She is wonderful!

12. DESCRIBING:

Yeh acha hai,

Yeh acha nahin hai.

Yeh kharab hai.

Yeh kitab hai.

Kya (question) bara hai?

Nahin, chhota hai.

Asan hai?

Nahin, mushkil hai.

Pani acha hai (question)?

Nahin, pani France mein, acha nahin hai!!

O Mate!!!

It is good.

It is not good.

It is bad.

It is a book.

Is it big?

No, it is small.

Is it easy?

No, it is hard.

Is the water good?

No, the water is not good in France!!

Oh "Mate"!!!

Marhabani-se "Mate" na kah-iyel

Please, do not say "Mate"!

Kya ham bahut ache hain?

Are we wonderful?!

Sabash! Ji-han!! Bahut acha.

Well-done! Yes! Wonderful!!

13. KNOWING (THINGS & PEOPLE):

Main yeh jan-ta hun.

I know this.

Kya ap yeh jan-te hain?

Do you know this?

Ji-han, main yeh jan-ta hun.

Yes, I know this.

Ap woh jan-te hain.

You know that.

Kya ap woh jan-te hain?

Do you know that?

Nahin, main woh jan-ta nahin hun.

No, I do not know that.

Main us aurat ko jan-ta hun.

I know that woman.

Main us admi ko jan-ta hun.

I know the man.

Woh mujhe jan-ta hai.

He knows me.

Kya ap us aurat ko jan-te hain?

Do you know that woman?

Nahin. Namaste, Behengi.

No. Good moening Honey?

Thik hai. Behengi?

Are you well, Honey?

Nahin, main thik nahin hun. Chale-jaol!

No, I am not well!!! Go away!!

Ap us-ko nahin jan-te!

You do not know her!

Sabash! Woh bahut ache hai!

Well-done! She is wonderful!

14. NUMBERING:

Mujhe ek muskul hai

Ji-han, ap-ko ek muskul hai.

I have one problem.

Yes, you have a problem.

Nahin, ap-ko do hain (2).

Us-ke tin hain.

No, you have two (of them).

He has three.

Us-ke char hain.

Hamein panch (5) hain.

She has four.

We have five.

Kya ap-kepas panch hain?

Ji-han, ab (now) mujhe panch mushkul hain!

Do you have five?

Yes now, I have five problems!!!

Sub bache.

Bache bahut ache hain!

All the children!

Children are wonderful!

15. ASKING:

Yeh kitab kitne ki hai?

Panch dollars.

How much is the book?

Five dollars.

Yeh chiz kitne ki hai?

Kitna?

Char dollars.

How much is this thing?

How much?

Four dollars.

Veh kahan hai?

Veh wahan hai.

Nahin, veh wahan nahin hai.

Where is it?

It is there.

No, it is not there.

Toilet (WC) kahan hai?

Toilet wahan hai.

Woh kya hai?

Maf ki jiye. Kya?

Woh.

Oh, veh acha kitab hai.

Ap-ko kya chahie?

Mujhe sharab chahie.

Kaun yahan hai?

Ham yahan haini.

Woh auret kaun hai?

Main nahin jan-ta hun.

Sabash! Woh Madonna hai!

Kaise aurat hai. Woh bahut ache hai.

Where is the toilet, please?

The toilet is over there.

What is that?

Pardon. What?

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.

Well-done! It is Madonna!

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Yahan hun.

Ap wahan hain.

Maujhe ap pasand hain.

Ap paisa pasand kar-te hain.

Woh yeh kar-ta hai.

Wohyeh kar-ti hai.

I am here.

You are there.

I like you.

You like the money.

He does this.

She does that.

Main thori Hindi bol sak-ta hun!
Ap "Mate" nahin kah sakte hain!
Main ap ko samajh-ta hun.
Ap mujhe nahin samajh-te

I can speak a little Hindi!
You can not say "Mate"!
I understand you.
You do not understand me.

Main bar jana chahta hun.
Ap toilet jana chahte hain.

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

Mere-pas bahut waqt hai, Behenge!
Lakin, ap-kepas bahut paisa ha, Jinab?

I have a lot of time, Honey!
But, do you have a lot of money, Sir?

Marhabani, karke France-mein pani na pina!!
Sharab pi-yein.

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

Ap kaisi hain, Eliza?
Main thik hun, shokrya Khulu.
Yeh bara hai, Jinab?
Nahin, chhota hai, Begum.

How are you, Eliza?
I am well, thank you, Khulu.
Is it big, Sir?
No, it is small, Madam.

Ap us aurat ko jan-te nahin hain.
Sabash! Woh bahut ache hai!

You do not know that woman.
Well-done! She is wonderful!

Ji-han ab, mujhe panch mushul hain!!
Sub bachel!

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

Woh kya hai?
Mafi ki jiye. Kya?
Woh wahan hai.
Bura nahin hai.

What is that?
Pardon, What?
There it is.
Not bad.

Sabash!!!

Thik hai?

Ji-han, yeh "cool" hai.

Ji-han, yeh "classy" hai.

Ji-han yeh acha hai!

Mate na kaho!!

Acha nahin hai!!!

Mujhe yeh karna hai.

Ap-ko woh karna hai.

Bahut acha?

Ji-han ap bahut acha hain!

Abhi ke liye ta-ta!

Well-done!

OK?

Yes, it's cool!

Yes, it's cool! (classy)

Yes, it's cool! (upper class)

Do not say "Mate"!!!

It is not cool (upper class)!!!

I must do this.

You must do that

Wonderful?

Yes you are wonderful!

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

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

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

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

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

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

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
namaste	namaste	ap kaise hain?	main thik hun	shokrya
goodbye	yes	no	OK	not too bad
ta-ta	ji-han	nahin/na/mat	acha/thik hai	bura nahin hai
well-done	Mate!	there it is!	"cool"!!!	sorry
sabash	Mate	wahan hai	cool!	maf-ki-fiye

b. Verbs:

to be	have	like	want	can
hona main hun	-pas hon mere-pas hai	-ko pasand mujhe pasand hai	-ko chahna mujhe chahie	kar sakna m. kar sak-ta hun
do	say/speak	go	come	give
karna m.kar-ta hun	kahna/bolna m.bol-ta hun	jana m.ja-ta hun	ana m.a-ta hun	dena m.de-ta hun
take	eat	drink	sleep	know
lena m.le-ta hun	khana m.kha-ta hun	pina m.pe-ta hun	sona m.so-ta hun	janna/pata/ malum h. m.jan-ta hun
understand	must			
amajhna m.samajh-ta hun	-ko ... hai mujhe ... hai			

c. Prepositions:

some	a	the	to	from
kneh/thora	ek	-	ko	se

d. Pronouns:

I	you	he	she	we
Main	ap	woh	woh	ham

it	this	that	Mr	Mrs.
veh/woh	yeh/is	woh/us	Jinab	Begum

e. Nouns:

money	thing	man	woman	water
paisa	chiz	admi	aurat	pani

Car	ticket	book	friend	time
Gari	ticket	kitab	dost	wakt/baje

f. Adjectives/
adverbs/Other:

good	bad	big	small	now
acha	kharab	bara	chhota	ab-hi/ab

Later	a little	wonderful!	happy	easy/difficult
dairysena	thora	bahut acha	khush	asan/mushkil

here/there
yahan/wahan

g.
Interrogatives

how much?	where?	what?	who?	when?
kitna ... ka?	kahan?	kya?	kaun?	kab?
Note:	What is that?	Question?		
.	Woh kya hai?	..?		

h. Numbers:

One	two	three	four	five
ek	do	tim	char	panch

i. And some survival words:

WC (toilet)
always (hame-sha)
fast/slow (tet/ahista)
but, (lekin)
never (kabhi nahin)
please (marhabani-se)
food (khana)
train (tren)
bus (bus)
home (ghar)
work (kam)
time (wakt)
today (aj)
tomorrow (kal)
paper (kaghunz)
newspaper (akbgar)
day (din)
week (hafta)
year (sal)
hour (ghanta)

minute (minute)
hamburger (hamburger)
McDonalds (McDonalds)
think (soch-oo)
read (parhna)
write (likhna)
laugh (hasna)
dance (nacgna)
stop (rukna)
policeman (sipahi)
six (che)
seven (sat)
eight (ath)
nine (nau)
ten (das)
hundred (so)
thousand (hazar)
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. 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	Namaste/Hello
Yes/no	Ji-han/nahin,na
Please	Marhabani se/karke
Thank you.	Shokrya
Excuse me	Mafi ki jiyei
Everything is OK!	Sub (every) kuch (thing) thik hai!

INTRODUCTIONS:

Good morning	Namaste
Good-bye.	Ta-ta/khudahafiz
My name is ...	Mera (my) nam ... hai
What is your name?	Ap-ka nam kya (what) hai?
How are you?	Ap kaise hain?
Fine, thanks	Thik hun, shokrya
And you?	Aur ap?
Where do you come from?	Ap kahan-se (from) a-ye (come) hain?
I'm from:	Main ... -se hun.
France	France
England	England
America	America
I work with:	Main ... mein (with) kam (work) kar-ta (do) hun:
UN	ONU
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?

What does this mean?

UNDERSTANDING:

I understand.

I don't understand.

Please repeat that again..

Can you translate this?

Can I have it?

Do you speak:

English/Hindi?

I don't speak Hindi.

I speak a little Hindi.

COMMENTS:

It's:

better/worse

Mujhe yeh karna (to do) hai.

Ap-ko (up to you) woh (that) karna hai.

Kab/kaise?

Kya/Kiun?

Kaun/Konsa?

... kahan (where) hai?

Mujhe (for me), ... kahan miley-ga (to find)?

Woh kitna (how much) hai?

Kya (question) ap mujhe madad (help) kar-sakte-hain?

Is-ka (for this) kya matlab (meaning) hai?

Main (I) samajh-ta hun.

Main samajh-ta nahin hun.

Marhabani, se do-bara (two times) kehna (say).

Kya ap is-ka (for this) tarjama (translation) kar (make) sakte-hain (can)?

Kya (question) main yeh le sakta (can) hun?

Kya ap ... bol-te hain:

English/Hindi?

Main Hindi nahin bolta hun.

Main thori se Hindi bolta hun.

Woh ... hai:

bhettar/bahut kharab

big/small

cheap/expensive

good/bad

hot/cold

near/far

OK!

bara/chhota

sasta/mehenga

acha/kharab

garam/thnda

nazdik/duur

manzour/thik hai!

FOOD:

I want:

breakfast

lunch

dinner.

Mujhe ... chahie (want):

nashtha

khana

Ratka khana

May I have some:

bread/butter

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Mujhe thori/thora ... chahie?

roti/butter

anda

khana/aloo

seeb/kinno

coffee/cha

doudh

phaloon ka shurbet (fruit)

pani

I want to pay the bill.

There is a mistake.

We are happy.

Muin bill ada chahta hun.

Mere (my) bill men ghalti (mistake) hai.

Ham khush (happy) hain.

TRANSIT:

Where is the nearest shop?

Where is a taxi?

Sub se nazdik (near) dukan (shop) kahan (where) hai?

Taxi kahan hai?

How much to go to ...?

Go with me to this place.

Please stop here.

This is not the right road.

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 will take it.

What colours are there?

Black

Blue

Red

White

I want to buy:

Jane (go) ka ... kitna paisa (how much)?

Mere-saath wahan (place) chalo (go).

Marhabani-se, ruk (stop) jao (do it).

Yeh sarak (road) thik nahin hai.

Seedha agai (ahead) jao (go).

Woh wahan hai ...:

bain/seedha

aamei/baad

shomal/junub

mashrar/mughrab

... kahan hai:

markat

pharmacie?

Kya (question) ap-kepas ... hai?

Woh kitnai (how much) ka hai?

Main yeh laita (take) hun.

Kaunsey rang (colours) hain?

kala

neela

lal

safed

Main ... kharid-na chahta hun.

aspirin
soap
half kilo apples
litre of milk
film/newspaper

aspirin
sabun
adha kilo saib
ek litre doodh
film/akhbar

TELEPHONE:

Hello, I am ...

As-salam-aleikum, main ...hun.

Please speak:

Bol-iye:

louder

uncha

slowly

ahista

I want to speak to:

Mujhe ... se (with) baa karmi.

Mr.

Jinab/Mohtaram

Mrs.

Begum

When will he be there?

Woh kub (when) wahan hon-ge (will be)?

Ask him to telephone me.

Un-ko kehna (ask) mujhe (to me) hone krein (call).

TIME:

Do you have some time?

Kya (question) ap-kepas kuch (some) wakt (time) hai?

What time is it?

Kya wakt hai?

The time now is:

Iss wakt:

five past one

ek (1) baje kur panch (5) minute

quarter to three

tin (3) baje ponay (less) teen (quarter)

twenty past four

char (4) baje kur (and) bis (20) minute

half past six

sadhe (half) cheh (6)

MEETINGS:

We will see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

Ham ap-ko ... milen-ge (will see).

aj

kal

agle hafta

subah ko

dopaher ko

sham ko

aj rat ko

juld hi

You are right/wrong.

That is right

Ap thik hain/ghalat hain.

Yeh thik hai.

LOCATIONS:

Here/there

At the UN office

Is it near/far

How many hours to go?

Yahan/wahan

UN office main

Kya (question) woh nazdik/dur hai?

Kitna wakt rehta hai?

21. PLAY QUIZ

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

- | | |
|--------------------------------|----------------------------------|
| a. I am well, thank you | Acha/thik hai |
| b. Excuse me | Shokrya. |
| c. Thank you. | Main thik hun, shokrya. |
| d. OK | Mafki jaye. |
| e. You're here! | Acha kam. |
| f. Good work | Ap yahan hain! |
| g. Hello | Ap kaise hain? |
| h. How are you? | Namaste |
| i. Good morning! | Mafi ki jiye. |
| j. What does this mean? | Bahut achall!!! |
| k. Sorry | Namaste. |
| l. Great!!! | Is-ka kya matlab hai? |
| m. Yes | Bera? |
| n. Please | Marhabani se. |
| o. I can speak a little Hindi. | Main thori Hindi bol sak-ta hun. |
| p. Waiter? | Ji-han. |
| q. How much is it? | Kya wakt hai? |
| r. Where is the toilet? | Kahan/Kab/Kiun? |
| s. Where/when/why? | Toilet kahan hai? |
| t. What time is it? | Woh kitnai ka hai? |
| u. Can you help? | Main nahin samajha. |
| v. I do not understand. | Ahista bol-iye. |
| w. Drink the wine. | Kya ap meri madab sak-tai hain? |
| x. Please speak slowly | Sharab piyo. |
| y. Bye bye for now!! | Sub kuch thik hai!! |
| z. Everything is OK!! | Abhi ke ta-ta!! |

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

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

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

Our natural suggestions are:

1 - Play YOUR APS. Then play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. THEN make a recording of sections 2-15 at high speed - your starting point! DO NOT ERASE IT. Then SPEAK with the tape. LIST your five key problems!

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

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

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

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

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording and laugh Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to drbobboland@hotmail.com.

**APPENDIX B - ADDITIONAL VOCABULARY SELECTED TO
MEET THE SPECIAL NEEDS OF EACH CLIENT**

ORGANIZATION

(100 WORDS)

Special Vocabulary for UNHCR

English	Pashto	Dari	Hindi (insert)
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxdy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkysaafi	
Displaced persons	be-zaya shdwi xaldk	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	
Handicapped	saya	ma-yub	
Health	roghtyaa	seat/syhat	

Hospital	roghtun	shafakhana
House	kor	khana/kor
HQ	mankaz	mankae
Human rights	dd bashar hakkuna	hokuk e bashar
Husband	mehra	shwahan
Legal protection	kaanuni saatdna	hymayat e kano
Malnutrition	bada ghdzaa	sou-e taghziya
Material assistance	maadi komak	komak-e mawadi
Ministry	wdzaarat	wezarat
Nutrition	ghdzaa	taghziya
Pain - days/ weeks	dard worat	dard e ruz/hafta
Pain - months/ years	dard hafta	dard e mo/sol
Pain - treatment	dard mehda	dard e ta-dow-wi
Pain - arms/legs	dard bazou/paie	dard e dest/pal
Pain - chest	dard sina	dard e sina
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/cheshom
Pain - hands/ feet	dard daste/paie	dard e dest/pai
Pain - head/neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e-police
President	mdshir	ra-is
Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/

Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	?
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaga
Status	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma
Torture	shekanja	shykanja
Town	khar	shahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna
Tribe	t-dbdr	kabila
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	karya
Voluntary repatriation	pd rdzaa-sara	berta legal
War	jagara	jangu
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

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

1. Structure - subject, object and verb:

Man yahan hun.

I (am) here.

BACHA yahan hai.

The CHILD is here.

Bacha yahan hai?

Question - is the child here?

2. Articles:

Ek bacha yahan hai.

A child here is.

3. Nouns:

Bach-E yahan hain.

Child-REN are here.

Acha bacha yahan hai.

The GOOD child is here.

Veh bache hai.

HE is a child.

4. Possession:

Veh mera bacha hai.

He is MY child.

5. Relative:

Bacha VEH yahan hai.

The child WHO here is.

6. Demonstrative:

Yeh bacha yahan hai.

THIS child is here.

Woh bacha wahan hai.

THAT child is THERE.

7. Interrogatives:

Yeh chiz KYA hai?

WHAT is this thing?

Woh KAUN hai?

WHO is that?

Bacha KAHAN hai?

WHERE is the child?

Yeh kitab kitna ki hai?

HOW-MUCH is that book?

8. Imperatives:

Yeh KARO!

Yahan AO!

DO this!

COME here!

9. Negatives:

Jihan, merepas ek kitab hai.

Nahin, merepas kitab nahin hai.

Yahan NAHIN ao.

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

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

Main hun/mere-pas hai/mujhe chahie

Ap hain/ap-kepas haiu-ne/apko chahie

Veh hai/un-kepas hai/-ne/un-ko chahie

I am/have/want

You are/have/want

He is/has/wants

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

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

Opportunity: for managers and staff on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local companies, governments, refugees, clients and project staff. The effort to speak the local language with a good accent will be much appreciated, as it shows clearly a deep respect for local values and culture.

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

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

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

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

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

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

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION
(Challenge - complete with HINDI and then check and discuss with a natural speaker)

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

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

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

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