

# CRE - CREATIVE RELAXATION EXERCISE

## CRE - KAZAKH & RUSSIAN FROM ENGLISH

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

Source: Laila Yermenbayeva, Language Center, Kazakh Language. KIMEP.  
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Audio: 30 minutes - freely available from [www.crelearning.com](http://www.crelearning.com)  
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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 now absorb some basics ...

English	Russian	Kazakh
Thank you.	Spasiba	Raqmet
Hallo	Privyet	Salem [Səlem]
Yes/no/not	Da/niet/ne	Ya\ Joq/ ... yemes
Please	Pazhalusta	Uotinemin
Excuse me	Izv-niti	Keshiriniz
Good morning	Dobraye-utra/kak dyela?	Qayirly tang
Good-bye.	Dasvi-daniya/poka	Sau bol(iniz)
My name is ...	Minya (my) zavut (name) ...	Mening atim
What is your name?	Kak vas (your) zavut?	Sizding atiniz kim?
How are you?	Zdrast-vuitiye?/Kak pazhi va-yeti?/Kak dyela?	Khaliniz qalay
Fine thanks	Spasiba atlichna (fine).	Raqmet, uote jaqsy
From where do you come?	At-kuda (where) vi rodam (come)?	Siz qay jerdensiz?

**So now ... start to chat ... with everyone ... on we go ... together ...**

## SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Russian or Kazakh word many times slowly ... and then at VERY high speed)

Thank you	Spa-si-ba <b>Raq-met</b>	SPAAA-SSSEEE-BA <b>Raqhh-meeet</b>
Hello	Pri-vyet <b>Sa-lem</b>	PREE-VEYYETTT <b>Sa-leeem</b>
Mr.	Gas-pa-din <b>Myr-za</b>	GASSS-PA-DIIIN <b>Myrr-zaa</b>
Mrs.	Gas-pa-zha <b>Kha-nym</b>	GASSS-PA-ZZZHAA <b>Khaa-nyyym</b>
Yes	Da <b>Ya</b>	DAAA <b>Y-AA</b>
No	Ni-et <b>Jooq</b>	NEE-YYETTT <b>JOO - OQQ</b>
Good	Khara-sho <b>Jaq-sy</b>	KKHHAARA-SSSHO <b>Jaaq-syy</b>
Please	pa-zhal-usta	PAAA-ZZHALLL-USSSTA

	<b>Uo-ti-ne-min</b>	<b>UO-TI-NE-MIN</b>
Do you have?	U vas yest? Sizde bar ma?	UUU VAASSS YESSSTTT? <b>SIIZ-DEE BAAR MA?</b>
Goodbye	Da-svi-dan-ya Sau bo-lin-iz	DAAA-SSVEE-DAAN-YYAA <b>SA-AU BOO-LIN-IIIZ</b>
See you soon !!!	Da-sko rava svi-dan-ya !!! Kø-ris-ken-she	DAA-SKA RAA-VA SVEE-DAAN-YYAA <b>KØØ-RIIS-KEEN-SHE</b>
Who?	Kto? Kim?	KKK-TOW <b>KIII-IIIM</b>
What?	Sch-to? Ni-ye?	SHSH-TOW <b>NIII-YYY-EEE?</b>
I want	Kha- tchu Men ... qalaymin	CARR-TCHEW <b>MEN QALAYMIN</b>
Where?	Gde? Qayda	GGGUD-DERR <b>QQQAAAYYY-DAA</b>
OK!	Khara-sho! Jaqsy	KAARRA-SHOW! <b>JAAQQ-SSYY</b>

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

## NATURAL SUGGESTIONS

Feel FREE to use CRE in any way ... that only YOU know ... will suit YOU best ... and allow you ... to relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minutes ... of new natural language ... which WILL become part of you ... intuitively ... without effort ... in the future ... !

So RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one week ... of PLAYING with the natural language ...

Our natural suggestions for the week are:

Day 1 - SPEAK AND HAVE FUN with the AUDIO - 30 minutes ... ([www.crelearning.com](http://www.crelearning.com)) in the DARK ... relaxed in any way that you know best ... just BEFORE sleeping for the night ...

Day 2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY with the AUDIO. Do SPEED READING (2-16) in 14 minutes (recorded if possible).

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

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

Day 5 - STUDY the Mini-phrase Book. Then do it as SPEED READING in 4 minutes. SPEAK with AUDIO and text using three different voices ... just for fun!

Day 6 - SPEED READING (2-16) ... in 8 minutes. Then SPEAK with the AUDIO ... with a beautiful CONFIDENT accent.

Day 7 - SPEAK with the AUDIO with fun and confidence. Email your feedback to [drbobboland@hotmail.com](mailto:drbobboland@hotmail.com). Plan reinforcement (Appendix A)

## NATURAL SUGGESTIONS (continued)

Generally:

1. REINFORCE the learning in the car 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!

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 happily ...

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 ... as 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 your 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 ... 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 (no English please) ... as you create new wave patterns ... in that special ... "Kazakh/Russian Place" ... in your mind ...



## 2. HERE AND THERE:

### RUSSIAN

### ENGLISH

### KAZAKH (script later)

Ya (I) zdyes.

I am here.

**Men osyndamin**

Vi (you) tam (there).

You (are) there.

**Siz sondasiz**

Vi tam ?

(Are) you there?

**Siz sondasiz ba?**

Da, vi (yest) tam.

Yes, you (are) there.

**Ye, siz sondasiz**

Vi zdyes?

(Are) you here?

**Siz osyndasiz ba?**

Niet (no), vi ne (not) zdyes.

No, you (are) not here

**Joq, siz osynda yemessiz**

Ono (yest) zdyes.

It (is) here.

**Ol osynda**

Gde (where) ono (it)?

Where (is) it?

**Ol qayda?**

Ono zdyes.

It (is) here.

**Ol osynda**

Ono tam?

(Is) it there?

**Ol sonda ma?**

Ya ne zna-yu (know).

I do not know.

**Men bilmeymin**

Gde Miguel?

Where (is) Miguel?

**Miguel qayda?**

On (he) ne zdyes.

He (is) not here.

**OI osynda emes**

Gde on?

Where (is) he?

**OI qayda?**

Ya ne zna-yu.

I do not know.

**Men bilmeymin**

Tful! On tam (there)!

Darn!! There he (is)!

**Tyu! OI sonda**

On prekrashiii (wonderful)!

He (is) wonderful!

**OI tamascha!**

### **3. LIKING:**

Ya lyu-blyu (like) vas (you).

I like you.

**Men seny jaqsy koremin**

Vi (you) lyu-bitye mienia  
(me)?

You like me?

**Sen meny jaqsy koresing  
be?**

Da, ya lyu-blyu vas.

Yes, I like you.

**Ya, men seny jaqsy  
koremin**

Vi lyu-bitye dyen-gi  
(money)?

You like money?

**Sen aqshany jaqsy koresing  
be?**

Da, ya lyu-blyu dyen-gi

Yes, I like the money

**Ya, men aqshany jaqsy  
koremin**

Ya lyu-blyu vad-u (water).

I like water.

**Men sudy jaqsy koremin**

Vi lyu-yite vad-u.

You like water.

**Siz sudy jaqsy koresiz**

Ya lyu-blyu knigi (books).

I like books.

**Men kitapty jaqsy koremin**

On lyu-bit maschinu.

He likes the car

**OI avtokolikty jaqsy koredi**

Ona ne lyu-bit maschinu.	She does not like the car.	<b>Ol avtokolikty jaqsy kormeydi</b>
Vi lyu-bitye ye-du?	Do you like the food?	<b>Siz tamaqty jaqsy koresiz be?</b>
Niet, ya ne lyu-blyu eto (that) ye-du.	I do not like that food.	<b>Men tamaqty jaqsy kormeymin</b>
O. Tful! Mate!!! Nikagda ne gavarite Mate!	Oh. Darn! Mate!!! Never say Mate!	<b>Yeshqashan Mate demeniz!!!</b>

#### **4. DOING:**

Ya dyela-yu (do).	I do	<b>Men isteymin</b>
Ya dyela-yu eto (this)	I do this	<b>Men buny isteymin</b>
Vi dyela-yitye.	You do.	<b>Siz isteysiz</b>
Vi dyela-yitye to (that).	You do that	<b>Siz ony isteysiz</b>
Me (we) dyela-yim to.	We do that	<b>Biz ony isteymiz</b>
I, mi (yest) shchaslivii.	And, we are happy.	<b>Biz bakhyttymiz</b>
Eto (that) lyeg-ko?	That (is) easy?	<b>Bul jenyl me?</b>
Da, eto ne trud-no.	Yes, it is not difficult.	<b>Ya, bul qyin yemes</b>
Vi dyela-yitye to?	You do that?	<b>Siz ... isteysiz be?</b>

Dyelay (do) eto pazhalusta. (please)!! Do that please!!! Istenizshi, uotynemin

Tfu!!! Darn!!!  
Eto prekrasno!! That is wonderful!!!

Bul tamascha!

## 5. CAN/ABLE TO DO:

Ya mag-u. I can Men (here must be some verb)  
alamin / Mening kolymnan keledi

Ya mag-u? Can I? Men (here must be some verb)  
alamin ba? Mening kolymnan kele me?

Da, ya mag-u. Yes, I can. Ye, (here must be some verb)  
alamin / Ya, mening kolymnan keledi

Vi mazh-itye to (this)? Can you do this? Siz (here must be some verb)  
alasiz ba? / Sizding kolyndan kele me?

Da, ya mag-u to. Yes, I can do that. Ya, mening kolymnan keledi.

Ya mag-u yest (eat) nimnogo. I can eat a little. Men azdap jey/ tamaq ishe alamin/

Ya mag-u pit (drink) nimnogo. I can drink a little. Men azdap ishe alamin

Ya mag-u itti (go)	I can go.	<b>Men bara alamin</b>
Ya mag-u priti (prikhadi).	I can come.	<b>Men kele alamin</b>
Ya mag-u spat.	I can sleep.	<b>Men yiqtay alamin</b>
Vi mazh-itye gavarit.	You can speak.	<b>Siz soyley alasiz (polite)/ Sen soyley alasing</b>
Vi mazh-itye gavarit?	Can you speak?	
Da, ya mag-u.	Yes, I can.	<b>Ya, soyley alamin.</b>
Vi mazh-itye dye-lat eto?	Can you do this?	<b>Siz mynani stey alasiz ba?</b>
Niet, ya ne mag-u dye-lat eto.	No, I can not do that.	<b>Joq, men stey almaymin.</b>
Vi mazh-itye ponyat?	You can understand?	<b>Siz tusine alasiz ba?</b>
Vi mazh-itye ponyat?	Can you understand?	<b>Siz tusine alasiz ba?</b>
Da, nimnogo.	Yes, a little.	<b>Ya, azdap</b>
Vi mazh-itye gavarit Mate?	Can you say Mate?	<b>Siz Mate dep ayta alasiz ba?</b>
Da, ya mag-u gavarit nimnogo po Russki!	Yes, I can speak a little Russian!	<b>Ya, Men azdap Oryscha soyley alamin</b>

Ffu! Ya prekrashiii!! / Oh,  
ya, tamasha!!!

Darn! I am wonderful!!

**Oh, men sonday  
tamaschamin!!!**

## 6.

### UNDERSTANDING:

\Ya panima-yu.

I understand.

**Men tusinemin**

Ya ne panima-yu.

I do not understand.

**Men tusinbeymin**

Vi panima-yitye.

You understand.

**Siz tusinesiz**

Vi ne panima-yitye.

You do not understand.

**Siz tusinbeysiz**

Vi panima-yitye zhenshchin  
(women)?

Do you understand women?

**Siz ayelderdy tusinesiz  
be?**

Niet. Niet. Ya ne panima-yu  
eh (them)!!!

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

**Joq, Men olardy  
tusinbeymin**

O. Tfu. Mate!

Oh. Darn! Mate!

**Oh, saytan!**

Nikagda (never) ne  
gavaritye Mate!

Never say Mate!

**Yeshqashan saytan demeniz**

Vi prekrasni

You are wonderful!

**Siz sonday tamaschasiz!**

## 7. WANTING:

Ya khat-chu.

I want.

**Men qalaymin**

Ya khat-chu yest nimnogo.

I want to eat a little.

**Mening azdap tamaq jep  
algim keledi**

Ya khat-chu pit vad-u.	I want to drink the water.	<b>Mening su ishkim keledi</b>
Ya khat-chu itti (go) v tua-lyet!!	I want to go to the toilet!!!	<b>Mening daretkhanaga bargim keledi</b>
Via khat-yitye yest (eat) nimnogo (a little)?	You want to eat a little?	<b>Sening azdap tamaq jeging kele me?</b>
Niet, ya ne khat-chu yest.	No, I do not want to eat.	<b>Joq, mening tamaq ishkim kelmeydi</b>
Tfu. Ya khat-chu dat (give) vam nimnogo.	Damn! I want to give you a bit.	<b>Men Sizge bir zat bergim kelip tur</b>
Niet spasiba.	No thank you.	<b>Joq, raqmet.</b>
Ya khat-chu pritti (prikladit) (come).	I want to come.	<b>Mening kelgim keledi</b>
Vi khat-yitye spat (sleep) so mnoi(me)?	Do you want to sleep with me?	<b>Sizding menimen yuiqtaginiz kele me?</b> (In the Kazakh culture it is not accepted so to speak )
Niet, ya ne khat-chu spat.	No, I do not want to sleep.	<b>Joq, mening yuiqtagim kelmeydi</b>
Miguel vi khat-yitye yest lyagushki?	Miguel do you want to eat the frogs?	<b>Miguel, baqa jeging kele me?</b>
Tfu. Ne sichas, spasiba!	Darn! Not just now, thank you!	<b>Oh, joq, qazyr yemes</b>

Mi prekrasnyie!

We (are) wonderful!

**Biz sonday tamaschamiz!**

## **8. GETTING:**

Pazhalusta, da-ite (give)  
mnye (me) dyengi.

Please give me the money.

**Uotinemin, magan aqsha  
berinizshy**

Pazhalusta ber-ite dyengi  
(money).

Please take the money.

**Uotynemin, aqscha aliniz**

Ya ber-u dyengi.

I take the money .

**Men aksha alamin**

Pazhalusta da-ite mnye  
bilyet

Please give me the ticket.

**Uotynemin, magan bilyet  
berinizshy**

Pazhalusta ber-ite bilyet.

Please take the ticket.

**Uotynemin, bilyet  
alinizshy**

Ya ber-u bilyet.

I take the ticket.

**Men bilyet alamin.**

Pazhalusta da-ite mnye etu  
(the) vyeshch.

Please give me the thing.

**Uotynemin, magan mna  
zatty berinizshy**

Gde eta (the) vyeshch?

Where is the thing?

**Bul zat qayda?**

Ya ne zna-yu.

I do not know.

**Men bilmeymin**

Nye (me) bolsch-ogo (big)  
muschchin-u!!

Give me one big man!!!

**(In the Kazakh culture it  
is not accepted so to say  
that)**



Mate! Ona (she) bolsch-aya zhenschchina! Mate!! She is a big woman!! Ol ulken ayel yeken!

Ona prekrasnaya! She is wonderful! Ol sonday tamascha!

## 9. HAVING:

U miena yest (is) ad-na (one) vyeshch (thing). I have (to me is) one thing. Mende bir zat bar

U miena niet ad-ngi (one) vyeshchi. I do not have one thing. Mende bir zat joq

U vas yest ad-na vyeshch. You have (to you is) one thing. Sizde bir zat bar ma?

U nas adna vyeshch. We have one thing. Bizde bir zat bar

U nievo adna vyeshch.. She has one thing. Onda bir zat bar.

U miena (to me) nyemnogo vrye-mye (time).Kroshka! I have (to me is) a little time, Miss! Mening az gana uaqytym bar, karyndas!

No, u vas yest nimnogo dyengi, Paren? But, do you have a little money, Sir? Biraq, sizde azdap aqsha bar ma, jigitim?

Niet. No. Joq.

O. Mate.! Oh. Mate!

Nikagda ne gavar-ite Mate! Never say Mate! Yeshqashan Mate dep aitpaniz / demeniz

## 10. ORDERING - POLITELY:

Da-ite (give) mnye vyeshch. Give me the thing. Magan bir zat beriniz

Da-ite mnye dyengi.	Give me the money.	<b>Magan aksha beriniz</b>
Pazhalusta da-ite mnye etu (the) vad-u.	Please give me the water.	<b>Uotynemin, magan su berinizshy</b>
Spasiba.	Thank you.	<b>Raqmet.</b>
Nikagda ne (not) pi-ite (drink) vad-u vo Fran-tsiyi.	Do not drink water in France!	<b>Yeshqashan Fran-siya suin ishpeniz</b>
Pi-ite vi-no.	Drink wine.	<b>Sharap ishiniz</b>
Prikhadit-e syuda (here), Idite (go) (itti) tuda (there).	Come here. Go there.	<b>Mynda keliniz Anda bariniz</b>
Pi-ite eto. Ne yesh-ite to.	Drink this. Do not eat that!	<b>Mynany ishiniz Ony jemeniz!</b>
Da-ite mnye eto. Ne ber-ite to.	Give me this. Do not take that.	<b>Mynany beriniz Mynany almaniz</b>
Gavar-ite eto.	Say this.	<b>Mynany ayтинiz</b>
Si-chas, ya dolzhi-n (must) dyelat (do) eto.	Now, I must do this.	<b>Qazyr men mynany steuim kerek</b>
Si-chas (now), vi dolzhi-ni dyelat to.	Now, you must do that.	<b>Qazyr Siz anany steuiniz kereksiz</b>
Nikagda ne gavar-ite Mate!	Never say Mate!	<b>Yeshqashan Mate dep aytpaniz</b>

Oi. Vi prekrasnaya!

Oh. You are wonderful!

**Oh! Siz sonday  
keremetsiz!**

## **11. GREETING (COLLOQUIAL): POLITE AND SLANG**

Pri-vyet, Stalin!!

Hello Stalin!!

**Salem, Stalin!!**

Salut Paula.

Hello Paula.

**Salem, Paula**

Dobraye utra, Miche.

Good morning, Miche.

**Qayirly tang, Miche.**

Kak dyela, Sancos.

Good morning Sancos.

**Qayirly tang, Sancos.**

Kak pazhi-va-yeti, Eliza?

How are you, Eliza?

**Khaliniz qalay, Eliza?**

Ya atlichno, Khulu.

I am well, thank you, Khulu.

**Khalim jaqsy, Khulu**

Kak dyela, Xavier?

How goes it, Xavier?

**Khaliniz qalay, Xavier?**

Ne plaho, Henri.

Not too bad, Henri.

**Jaman yemes, Henri.**

Nor-malno, spacibo Miguel.

OK , thank you Miguel.

**Jaqsy, raqmet Miguel.**

Dasvidanya, Giles.

Goodbye Giles.

**Sau bol, Giles.**

Poka, Judith.

Bye bye. Judith.

**Sau bol, Judith.**

Da, kharasho Hollie.

Yes, excellent Hollie.

**Ya, jaqsy, Hollie.**

Otlichno, Heidi!  
Kharasho, Sam?

Wonderful, Heidi!  
OK Sam?

Uote jaqsy, Heidi!  
Jaqsy ma, Sam?

DA kharasho Lucie.  
Ne ploho, Henri

Yes, OK Lucie.  
Not too bad, Henri.

Ya, jaqsy Lucie.  
Jaman yemes, Henri.

Tyi schastliv, Laragoi?  
Niet!!

Are you happy, Darling?  
No!!!

Siz baqyttysiz ba?  
Joa!!!

Tfu. Ona prekrasnaya!

Darn! She is wonderful!

Oh. Ol sonday tamascha!

## 12. DESCRIBING:

Eto kharasho.  
Eto ne kharasho.

It is good.  
It is not good.

Bul jaqsy.  
Bul jaqsy yemes.

Eto ploho.  
Eto kniga (book).

It is bad.  
It is one book.

Bul jaman.  
Bul kitap

Eto lyigko?  
Niet, eto trud-no.

Is it easy?  
No, it is difficult.

Bul jenil me?  
Joa, bul qyin

Eto malinki  
Eto lyigko?

It is small.  
Is it easy?

Bul kishkentay  
Bul jenil me?

Da, eto ne trud-no.  
Va-da kharash-aya (good)?

Yes, it is not hard.  
Is the water good?

Ya, bul auir yemes  
Su jaqsy ma?

Va-da ne kharash-aya vo Franc-ii!

Water is not good in France!!

**Francia suyi jaqsy yemes!**

O. Mate!!

Oh Mate !!

**Oh Mate!!**

Nikagda ne gavar-ite Mate!

Never say Mate!

**Yeshqashan Mate demeniz!**

Mi prekrasnaya?

Are we wonderful?!!!

**Biz tamaschamiz ba?**

O. Tfu. Da!!

Oh! Darn!! Yes!!

**Oh! Ya!!**

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

Ya zna-yu eto.

I know this.

**Men myny bilemin.**

Vi zna-yitye eto?

Do you know this?

**Siz myny bilesiz be?**

Da, ya zna-yu eto.

Yes, I know this. **Ya,**

**Men myny bilemin.**

Vi zna-yitye to.

You know that.

**Siz ony bilesiz.**

Vi zna-yitye to?

Do you know that?

**Siz ony bilesiz be?**

Niet, ya ne zna-yu to.

No, I do not know that.

**Joq, Men ony bilmeymin.**

Ya zna-yu tu (that) zhensh-chinu (women).

I know that woman.

**Men ol ayeldy bilemin**

Ya zna-yu toro (that) mush-chinu.

I know the man.

**Men ol jigitty bilemin.**

On zna-it mienia (me).

He knows me.

**Ol meny bile me?**

Vi zna-yitye tu zhensh-chin-u?	Do you know that woman?	<b>Siz ol ayeldy bilesiz be?</b>
Niet!	No!!	<b>Joq!!</b>
Dobraye utra, Sladenkaya.	Good morning Sweetie?	<b>Qayirly tang, suiktim.</b>
Kak dyela, Kroshka?	How goes it, Dear?	<b>Qaragym, khaling qalay?</b>
Ploknoi!!!! Dasvidanya!	Bad!!! Goodbye!	<b>Jaman! Sau boll</b>
Vi ne zna-ete etu zhensh-chin-ou!	You do not know that woman!	<b>Siz myna ayeldy bilmeysiz!</b>
Ona prekrashii-ya!	She is wonderful!	<b>Ol sonday tamaschall!</b>

## 14. NUMBERING:

U mienia (yest) adna (one) prab-lyema.	I have one problem.	<b>Mening bir masele bar.</b>
Da, u vas adna prab-lyema.	Yes, you have a problem.	<b>Ya, Sizding bir maselenyz bar</b>
Niet, u vas (yest) dve (two) iz-nikh.	No, you have two (of them).	<b>Joq, sizde oning yekeyi bar.</b>
U nievo (to him) tri.	He has three.	<b>Oning ush maselesy bar.</b>
U nieio chetiri (four) druga.	She has four friends.	<b>Oning tuort dosy bar.</b>
U nas pyat.	We have five.	<b>Byzding bes dosymiz bar.</b>

U vas pyati prob-lyem?	Do you have five?	<b>Sizding bes maselenyz bar ma?</b>
Da si-chas (now) u mienia pyat prob-lyem.	Yes now, I have five problems!!!	<b>Ya, qazyr mende bes masele bar</b>
Fsyoe(all) dye-ti!	All the children!	<b>Bary balalar!</b>
Dye-ti mi-lye.	Children are wonderful!	<b>Balalar syikimdy</b>

## **15. ASKING:**

Skolka stoit eta (the) kniga?	How much is the book?	<b>Myna kitap qansha turadi?</b>
Pyat dollarov.	Five dollars.	<b>Bes dollar.</b>
Skolka stoit eta vyeshch?	How much is this thing?	<b>Myna zat qansha turadi?</b>
Skolka?	How much?	<b>Qansha?</b>
Chitiri dollara.	Four dollars.	<b>Tuort dollar.</b>
Gde eta?	Where is it?	<b>Bul qayda?</b>
Eto tam.	It is there.	<b>Bul anda.</b>
Niet, eto ne tam.	No, it is not there.	<b>Joq, bul anda yemes.</b>
Gde ty-a-lyet?	Where (is) the toilet,	<b>Daretkhana qayda?</b>

Tya-lyet tam.	The toilet is over there.	<b>Daretkhana anda.</b>
Schto eta?	What is that?	<b>Anau ne?</b>
Pras-titi. Schto?	Pardon. What?	<b>Keshiriniz, ne?</b>
To.	That.	<b>Anau</b>
O, eto kharash-aye kniga.	Oh, it is a good book.	<b>Oh, anau jaqsy kitap.</b>
Schto vi (you) khat-yitye?	What do you want?	<b>Siz ne qalaysiz?</b>
Ya khat-chu vino, pozhalusta.	I want wine please	<b>Men sharap alamin.</b>
Kto zdes?	Who is here?	<b>Mynda kim bar?</b>
Mi zdes.	We are here.	<b>Mynda biz goy.</b>
Kto ta zhensh-china? Ya ne zna-yu.	Who is that woman? I do not know.	<b>Anau ayel kim? Men bilmeymin.</b>
Tfu!! Eto Madonna!	Darn! It is Madonna!	<b>Oh, bul Madonna goy!</b>
Ona prekrashii-ya!	She is wonderful!	<b>OI tamascha!!</b>

**16. EVERYTHING  
- COLLOQUIAL -  
POLITE AND  
SLANG:**



Ya zdes. Vi tam	I am here. You are there.	<b>Men myndamin. Sender andasingdar</b>
Ya lyu-blyu vas. Vi lyu-bitye dyengi.	I like you. You like money.	<b>Men sizdy jaqsy koremin. Siz akshany jaqsy koresiz.</b>
On dyela-yit eto. Ona dyela-yit eto.	He does this. She does that.	<b>Ol muny steydi. Ol muny steydi.</b>
Ya mag-u (can) gavarit nimnogo po Russkii.!	I can speak a little Russian!	<b>Men Orysha azdap soyleymin!</b>
Nikagda ne gavarit-e Mate!	Never say Mate!	<b>Yeshqashan Mate demeniz!</b>
Ya panima-yu vas. Vi ne panima-yitye mienia.	I understand you. You do not understand me.	<b>Men Sizdy tusinemin. Siz meny tusinbeysiz.</b>
Ya khat-chu itti (go) v-bar.	I want to go to the bar.	<b>Mening barga bargym keledy.</b>
Vi khat-chitye (want) itti v- tualyet.	You want to go to the toilet.	<b>Mening daretkhanaga bargim keledy.</b>
U miena yest mno-ga (lot) vrye-meni (time) Chica!	I have a lot of time, Dear!	<b>Mening kop uaqytym bar, qaragym!</b>
No (but) , u vas yest mno-ga dyeneg (money), Chico?	But, do you have a lot of money, Dear?	<b>Braq, sizding kop aqshaniz bar ma, qaragym?</b>
Niet.	No.	<b>Joq.</b>

Pazhalusta ne pit-e vad-u vo Franc-tsil! P-ite vi-no.	Please don't drink water in France!! Drink wine.	Uotynemin, Francia suin ishpeniz. Sharap ishiniz.
Kak pazhiva yeti, Eliza? Ya atlichna spasiba, Khulu.	How are you, Eliza? I am well, thank you, Khulu.	Khaliniz qalay, Eliza? Jaqsy, raqmet, Khulu.
On balschoi (big), Gaspadin? Niet, on malinki (small), Gaspazha.	Is it big, Sir? No, it is small, Madame.	Bul ulken be, myrza? Jog, bul kishkentay, khanyim.
Vi ne zna-yitye (know) tu zhensh-chinu.	You do not know that woman.	Siz anau ayeldy bilmeysiz be?
O. Ona prekrasnaya!	Oh. She is wonderful!	Oh, Ol sonday tamasha !
Da si-chas, u mienia pyat (five) prob-lyem! Fsye (all) dye-ti!	Yes now, I have five problems!! All the children!	Ya, qazyr mening bes maselem bar. Bary balalar!
Schto eto? Pras-titi. Schto? Ono tam.	What is that? Pardon. What? There it is.	Bul ne? Keshiriniz, ne? Ol onda.
Ne ploho.	Not bad.	Jaman yemes.
Tfu!! Eto uzhasno Eto catastrofal!!!	Darn! It is terrible!!! It is terrible!!!	Bul masqara!!! Bul sumdyq!!!
OK?	OK?	Jaray ma?

Kak dyela?	How goes it?	<b>Khaliniz qalay?</b>
Class!	It's cool!	<b>Keremet! / Gazhap!</b>
Da class!	Yes, it's cool! (very polite)	<b>Ya, keremet!</b>
Da. Nor-malno!	Yes,. It's cool! (upper class)	<b>Ya, jaksy!</b>
Si-chas (now) ya dolzhin-na dyelat (do) eto.	Now, I must do this.	<b>Qazyr magan mynany steu kerek.</b>
Si-chas, vi dolzhin-ni (muat) dyelat to.	Now, you must do that.	<b>Qazyr, Siz anany steu kereksiz.</b>
Kak (what) eto po Russkii?	What is this in Russian?	<b>Bul oryscha qalay?</b>
Nikagda ne gavarit-e (say) Mate!	Never say Mate!	<b>Yeshqashan Mate demeniz / jaman soz ayitpaniz/</b>
Eto tak sebel!	It is not cool! (upper class)	<b>Bul onscha yemes.</b>
Prekrashiii?	Wonderful?	<b>Tamasha ma?</b>
Da, vi (you are) prekrashiii!!!	Yes you are wonderful!	<b>Ya, Siz tamashasiz!!!</b>
Dasvi-daniya! Da sko-rava svidanya	Bye bye, See you soon!	<b>(Polite) Sau boliniz! (Simple) Sau bol! Koriskensche!</b>

Speed reading - 14 minutes

## 17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... in that special Kazakh/Russian 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 confidence ... 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 ... "Kazakh/Russian 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 end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continual support ... our Team ... 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

(English, Russian. Kazakh - without accents)

### a. Greetings/ Exclamations:

<b>hello</b>	<b>good morning</b>	<b>how are you?</b>	<b>I am well</b>	<b>thank you</b>
pri-vyet	dobraye utra	kak pazhi-va- yeti?	ya atlichna	spasiba
<b>Salem</b>	<b>Qayirly tang</b>	<b>Khaliniz qalay?</b>	<b>Mende ote jaqsy</b>	<b>Raqmet</b>
<b>goodbye</b>	<b>yes</b>	<b>no/not</b>	<b>OK</b>	<b>not too bad</b>
dasvidanya	da	niet/ne	kharasho/OK	ne pla-kho
<b>Sau bol(iniz)</b>	<b>Ya</b>	<b>Jaq</b>	<b>Jaqsy</b>	<b>Jaman yemes</b>
<b>Darn!</b>	<b>Mate!</b>	<b>there it is!</b>	<b>"cool"!!!</b>	<b>please</b>
Tfu!!	Mate	tam ono	holodno/npr- mann	pazhalusta
<b>Tfu!!</b>	<b>???</b>	<b>Ol sonda</b>	<b>salqyn</b>	<b>uotynemin</b>

### b. Verbs (infinitive and first person):

<b>to be</b>	<b>have</b>	<b>like</b>	<b>want</b>	<b>can</b>
byt	u-... (yest)	lyub-it	khat-yet	moch
<b>bolu</b>	<b>bar</b>	<b>jaqsy koru</b>	<b>qalau</b>	<b>qoldan kelu/ stey alu</b>
ya (yest)	u mienia ... (yest)	ya lyub-lyu	ya khat-chu	ya magu

<b>Ya</b>	<b>mende(bar)</b>	<b>men jaqsy koremin</b>	<b>men qalaymin</b>	<b>mening qolymnan keledi</b>
<b>do</b>	<b>say/speak</b>	<b>go</b>	<b>come</b>	<b>give</b>
dyela-t	gavar-it	it-ti/idti	prikhad-it/pritti	da-vat
<b>steu</b>	<b>soyleu</b>	<b>baru</b>	<b>kelu</b>	<b>beru</b>
ya dyela-yu	ya gavar-yu	ya-it-yu	ya prikha-zhu	ya dav-u
<b>men steymmin</b>	<b>men soyleymmin</b>	<b>men baramin</b>	<b>men kelemmin</b>	<b>men beremin</b>
<b>take</b>	<b>eat</b>	<b>drink</b>	<b>sleep</b>	<b>know</b>
bra-t	yes-t	pi-t	sp-at	zna-t
<b>alu</b>	<b>Jeu / tamaq ischu</b>	<b>ischu</b>	<b>yiqtau</b>	<b>bilu/ blu</b>
ya ber-u	ya ye-m	ya pi-yu	ya sp-lyu	ya zna-yu
<b>men alamin</b>	<b>men jeymin</b>	<b>men ischemin</b>	<b>men yiqtaymin</b>	<b>men bilemin</b>
<b>understand</b>	<b>must</b>			
panima-t	dolzh-in			
<b>tusinu</b>	<b>tyis</b>			
ya panima-yu	ya dolzh-na			
<b>men tusinemin</b>	<b>men ... tyispin</b>			

**c. Prepositions:**

<b>some</b>	<b>a</b>	<b>the</b>	<b>to</b>	<b>from</b>
ni-mno-ga	adin	to	v-	is

**Azdap (there are no prepositions, just endings of the words change)**

**d. Pronouns:**

<b>I</b>	<b>you</b>	<b>he</b>	<b>she</b>	<b>we</b>
ya	vi	on	ana	mi
<b>Men</b>	<b>Siz</b>	<b>ol</b>	<b>ol</b>	<b>biz</b>
<b>it</b>	<b>this</b>	<b>that</b>	<b>Mr</b>	<b>Mrs.</b>
ono/eta	eta	eto/to	Gaspadin	Gaspazha
myna /mynau	bul	sol	Myrza	Khanym

**e. Nouns:**

<b>money</b>	<b>thing</b>	<b>man</b>	<b>woman</b>	<b>water</b>
dyengi	vyeshch	mushchina	zhenshchina	vad-a
aqsha	zat	yer/yerkek	ayel	su
<b>car</b>	<b>ticket</b>	<b>book</b>	<b>friend</b>	<b>problem</b>
maschina	bilyet	kniga	drug	prab-lye-ma
maschina	bilyet	kitap	dos	masele

**f. Adjectives/  
adverbs/Other:**



<b>good</b>	<b>bad</b>	<b>big/small</b>	<b>now</b>	<b>here/there</b>
kharasho	ploho	balshoi/malinkii	sichas	zdyes,sudah/ tam,touda
<b>jaqsy</b>	<b>jaman</b>	<b>ulken/ kischkentay</b>	<b>qazyr</b>	<b>mynda, osynda/ onda, anda</b>
<b>later</b>	<b>a little</b>	<b>wonderfull!</b>	<b>happy</b>	<b>easy/difficult</b>
pozhe	nimnogo	prekrashiii?	Shchislivi-i	lyokhki-i/ trudni-i
<b>keyin</b>	<b>azdap</b>	<b>tamascha</b>	<b>Baqytty</b>	<b>jenyl / qyin</b>

**g.**  
**Interrogatives:**

<b>how much?</b>	<b>where?</b>	<b>what?</b>	<b>who?</b>	<b>when?</b>
skolka?	gde?	schto?	kto?	kagda?
<b>Qanscha?</b>	<b>qayda?</b>	<b>Ne?</b>	<b>Kim?</b>	<b>Qaschan?</b>

Note:	What is that?	It is	Question?
	Schto e-ta?	Eto	Ne?

**h. Numbers:**

<b>one</b>	<b>two</b>	<b>three</b>	<b>four</b>	<b>five</b>
adin	dva	tri	chitiri	pyati
<b>bir</b>	<b>yeki</b>	<b>usch</b>	<b>tuort</b>	<b>bes</b>

i. And some survival Kazakh words:

Pardon (pras-titi)

WC (tua-lyet)

always (fsig-da)

fast/slow (bis-trii/mye-dlinii)

but (no)

never (nikagda)

food (ye-du)

train (po-ist)

bus (attobus)

home (dom)

work (rabota)

time (vryemya)

today (sivodnya)

tomorrow (zaftra)

paper (bu-ma-ga)

newspaper (gazyeta)

day (dyen)

week (nidyelya)

year (got)

hour (chas)

minute (minuta)

hamburger (hamburger?)

think (du-mat)

read (chitat)

write (pisat)

laugh (smeyatsya)

dance (tantsi-vat)

later (pozhe)

stop (stop)

policeman (miltsiya)

six (schest)

seven (syem)

eight (vosim)

nine (dyevit)

ten (dyesit)

hundred (sto)

thousand (ti-sicha)

mate (druk)

(bye bye (poka)

see you soon (da sko-rava svidanye)

## 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

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

<b>BASICS:</b>	<b>RUSSIAN</b>	<b>KAZAKH</b>
Hallo	Privyet	Salem
Yes/no/not	Da/niet/ne	Ya/ Joq/ ... yemes
Please	Pazhalusta	Ətinemin/ uotinemin
Thank you.	Spasiba	Raqmet
Excuse me	Izv-niti	Keschiriniz
 <b>INTRODUCTIONS:</b>		
Good morning	Dobraye-utra/kak dyela	Qayirly tang / khaliniz qalay? Khaliniz qalay
Good-bye.	Dasvi-daniya/poka	Sau bol(iniz)
My name is ...	Minya (my) zavut (name) ...	Mening atim ...
What is your name?	Kak vas (your) zavut?	Sizding atiniz kim?
How are you?	Zdrast-vuitiye?/Kak pazhi va-yeti?/Kak dyela?	Salemetsiz be? Khaliniz qalay?
Fine thanks	Spasiba atlichna (fine).	Raqmet jaqsy
And you?	A vi?	Al Siz she? Al Sen she?
From where do you come you?	At-kuda (where) vi rodam (come)?	Siz qaydansiz? /Siz qay jerden keldiniz?

<b>I live in:</b>	Ya zhi-vu:	<b>Men .... turamin (Men Kazakhstanda turamin.)</b>
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<b>France</b>	Fran-tsiya	<b>Franciada</b>
<b>England</b>	Ang-liya	<b>Ang-liyada</b>
<b>America</b>	A-mye-rica	<b>A-mye-ricada</b>

<b>I work with:</b>	Ya rabo-tayu ...	<b>Men ... jumys steymen</b>
<b>UN</b>	UN	<b>UN-de</b>
<b>Red Cross</b>	Krasni Krest	<b>Qyzyl Krete</b>
<b>Nokia</b>	Nokia	<b>Nokiada</b>

#### **QUESTIONS:**

<b>How is this in Russian?</b>	Kak eto po-Russki?	<b>Bul oryscha qalay?</b>
<b>When/how?</b>	Kag-da/kak?	<b>Qaschan? Qalay?</b>
<b>What/why?</b>	Shto/pache-mu?	<b>Ne? Nege?</b>
<b>Who/which?</b>	Kto/kakoi?	<b>Kim? / Qanday?</b>

<b>Where is ...?</b>	Gde (where) eta ...?	<b>... qayda?</b>
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<b>Where can I find ...?</b>	Gde ya mogu (can) nayti ...?	<b>... qaydan tabuga boladi?</b>
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<b>How much is it?</b>	Skolka stoit?/Kak e+-ta?	<b>Qanscha turadi? Bul qalay?</b>
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<b>Help me, please</b>	Pama gi (help) menye (me) pazhalusta	<b>Komektesinizschi</b>
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**What does this mean?**

Schto (what) eta znachit  
(mean)?

**Bul neny bildyredi?**

**UNDERSTANDING:**

**I understand**

Ya pani-mayu

**Men tusinemin**

**I don't understand.**

Ya ne pani-mayu

**Men tusinbeymin**

**Can you repeat that?**

Vi mozhete pavtaryat?

**Qaytalay alasiz ba?**

**What is this in Russian?**

Kak eto po-Ruski?

**Bul oryscha qalay?**

**Can I have...?**

Mazhno ..li ...?

**Bola ma?**

**Do you speak:**

Vi gavar-ite po:

**Siz ... scha / ...sche  
soyleysiz be?**

**english/russian?**

Anglis-ki/Ruski?

**Agilshynscha/ orysscha**

**I don't speak Russian..**

Ya ne gavar-yu (speak)po-  
Ruski.

**Men orysscha soylemeimin**

**I speak a little ...**

Ya gavar-yu nimono-ga ...

**Men azdap ... soyleymin**

**COMMENTS:**

**It's:**

Eto:

**Bul:**

**better/worse**

utschi/khu-zi

**jaqsyraq / nascharyraq**

**big/small**

bal-schol/ma-linkii

**ulken / kishkentay**

**cheap/expensive**

dyo-schiva/daragoi

**arzan/qymbat**

**good/bad**

kharasho/ploho

**jaqsy / jaman**

**hot/cold**

zha-kii/khalod-ii

**ystyq / salqyn**

**near/far**

bliska/daliko

**jaqyn / alys**

## FOOD:

<b>I want:</b>	Ya khat-chu:	Men ... qalaymin
<b>breakfast</b>	zav-trak	tangy as
<b>lunch</b>	a-byet	tusky as
<b>dinner</b>	u-zhin	keschky as
<b>I would like:</b>	Mnye nuzhna ....	Magan ... kerek
<b>bread/butter</b>	khl-yep/ma-sla	nan / may
<b>cheese</b>	sir	irimshik
<b>eggs</b>	yait-so	jumirtqa
<b>meat/potatoes</b>	mya-sa/karto-fil	yet/kartop
<b>apples/oranges</b>	yab-laka/apil-ain	alma / apelsin
<b>coffee</b>	ko-fye	ko-fye
<b>milk</b>	mala-ko	sut
<b>fruit juice</b>	frukto-vii sok	jyemys
<b>water</b>	vad-u	su
<b>tea</b>	chai	shay
<b>The bill please.</b>	Schot (bill) pazhalusta.	Yesep schot berinizschy

## TRANSIT:

<b>Where are the main shops?</b>	Gde (where) univir magi (shop)?	Duken qay jerde?
<b>Where can I find a taxi?</b>	Gde vzyat (find) taksi?	Taksidy qaydan tabuga boladi?
<b>How much is it to ...?</b>	Skolka itti (go) vi ...	Qanscha juru kerek?

<b>Take me to this address.</b>	Dostav mienia po etomu a-drisu.	<b>Myna mekenjayga / addreske jetkizinizschy</b>
<b>Please stop here.</b>	Osto-novi zdes, pazhalusta.	<b>Osy jerge toqtaniz</b>
<b>This is not the right road.</b>	Eto ne ta daroga.	<b>Bul basqa jol</b>
<b>Go straight ahead.</b>	Id-itie pri-amo.	<b>Tura juriniz</b>
<b>It's there, on the: left/right next to/after north/south east/west</b>	Eto tam ... na: lievo/pravo okolo/posli syevir/yuk vas-tok/za-pat	<b>Ol anda goy, ... ong jaq/ sol jaq ... qasynda/ ... keyin soltustyk/ ongtustyk shygys / batys</b>
<b>Where is the: town centre? pharmacy? On/in/to/from</b>	Gde: tsentr gorata (town)? aptye-ka na/v-/vk/is	<b>... qayda ? Ortalyq qayda ? aptye-ka/ darikhana ...da, ...de/ ...ta, ...te</b>
<b>SHOPPING:</b>		
<b>Do you have ...?</b>	U-vas yest ...?	<b>Sizde ... bar ma?</b>
<b>How much is this/that?</b>	Skolka stoit eto/to?	<b>Bul .../mynau ... qanscha turadi?</b>
<b>I take it.</b>	Ya ber-u eto.	<b>Men ony alamin</b>
<b>What colours, do you have?</b>	Kakoi tsvyet, u vas yest?	<b>... tusi Sizde bar ma?/ Sizde qanday tuster bar?</b>
<b>Black</b>	chor-nii	<b>qara</b>
<b>Blue</b>	galo-boi	<b>kok</b>
<b>Red</b>	kras-nii	<b>qyzyl</b>



<b>White</b>	bye-lii	<b>aq</b>
<b>Yellow</b>	zhol-tii	<b>sary</b>
<b>Green</b>	zilyo-nii	<b>jasyl</b>
<b>I want to buy</b>	Ya khat-chu (want) paku-pat (buy) ...:	<b>Mening ... algim keledi</b>
<b>aspirin</b>	aspirin	<b>aspirin</b>
<b>soap</b>	mi-lo	<b>sabyn</b>
<b>half kilo apples</b>	palavina kilo yab-lak	<b>jarty kilogram alma</b>
<b>litre of milk</b>	adin litr mala-ko	<b>bir litr sut</b>
<b>film/newspaper</b>	film/gazye-ta	<b>film/gazye-t</b>
<b>TELEPHONE:</b>		
<b>Hello, this is ...</b>	Alo eta ....	<b>Allo, bul ...</b>
<b>Please speak:</b>	Gavarite ... pazhalusta:	<b>... soyleniz</b>
<b>louder</b>	grom-che	<b>qattyraq</b>
<b>slowly</b>	medlenno	<b>aqyrynyraq</b>
<b>Can I speak to:</b>	Magu-yu gavarit s...?	<b>... soylese alamin ba?</b>
<b>Mr.</b>	Gaspadin	<b>... myrzamen ...</b>
<b>Mrs.</b>	Gaspazha	<b>... khanymmen ...</b>
<b>Miss</b>	Devuska	<b>... qaryndas ...</b>
<b>When is he here?</b>	Kagda (when) on(a) budet zdes?	<b>Ol mynda qaschan boladi?</b>

**TIME:**

<b>Do you have time?</b>	U vas yest (to you is) vryemya (time)?	<b>Sizding uaqytiniz bar ma?</b>
<b>What time is it?</b>	Kato-rii chas	<b>Sagat nyesche? Uaqyt qanscha?</b>
<b>The time is:</b>	Vryemya ...:	<b>Uaqyt ... :</b>
five past one/ quarter to three	pyat (5) minut ftaraovo (to the 2nd hour)	<b>birden bes minut ketti</b>
twenty past four	bis (before) chyet-virti (quarter) tri (3)	<b>iyirma minutsiz usch</b>
half past three	dva-tsats (20) minut pyatogo (to the 5th hour)	<b>tuortten iyirma minut ketti</b>
	palavina (half) posle (after) tri (3)	<b>usch jarym</b>
<b>MEETINGS:</b>		
<b>We will see you:</b>	i-dyet:	<b>Biz ... kezdesse alamiz:</b>
today	sivod-nya	<b>bugyn</b>
tomorrow	za-tra	<b>yerteng</b>
next week	na slyedushchei (next) nidyelye (week).	<b>... kelesy aptada ...</b>
in the morning	utrom	<b>tanyerteng</b>
in the afternoon	posli-abye-du	<b>tusten keyin</b>
in the evening	vyechirom	<b>keschke</b>
tonight	v polnoch	<b>tunde</b>
<b>You are right/wrong.</b>	Vi pravi/nivverno.	<b>Sizdiki durys/ durys yemes</b>
<b>That is right</b>	Eto kharasho/OK.	<b>Bul jaqsy/ jaraydi</b>

**LOCATIONS:**

<b>Here/there</b>	Zdyes/tam	<b>Osynda / anda/ onda</b>
<b>At the office</b>	V-ofisy	<b>officte</b>
<b>Is it near/far?</b>	Eta bliska/dali-ko?	<b>Bul jaqyn ba?/ ... alys pa?</b>
<b>How many hours?</b>	Skolka chasu?	<b>Nyeshe sagat alady?</b>
<b>Is it possible?</b>	Eto vazmzh-na?	<b>Bul mumkyn be?</b>
<b>It is important</b>	Eto vazh-na.	<b>Bul manizdi</b>

## 21. PLAY QUIZ

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

- |                             |                                   |
|-----------------------------|-----------------------------------|
| a. Fine thanks.             | Jaraydi                           |
| b. Excuse me.               | Raqmet                            |
| c. Thank you.               | Raqmet jaqsy                      |
| d. OK.                      | Keschiriniz                       |
| e. Welcome!                 | Jaraysin                          |
| f. Well done!!              | Qos keldiniz                      |
| g. Hello.                   | Salemetsiz be?                    |
| h. How are you?             | Salem                             |
| i. You are right!           | Koriskensche.                     |
| j. How goes it?             | Qanscha turadi? Bul qalay?        |
| k. How much?                | Khaliniz qalay?                   |
| l. See you soon.            | Sizdiki durys                     |
| m. Yes                      | Dayashi                           |
| n. Please                   | Bul oryscha qalay?                |
| o. What is that in Russian? | Uotinemin                         |
| p. Waiter?                  | Ya.                               |
| q. How much is that?        | Daretkhana qayda?                 |
| r. Where is the toilet?     | Sagat nyesche? Uaqyt qanscha?     |
| s. Where/when/why?          | Bul .../mynau ... qanscha turadi? |
| t. What time is it?         | Qayda/Qashan/Nege?                |
| u. Help me please?          | Uotinemin aqyrynyraq soyleniz     |
| v. I do not understand      | Bul neny bildyredi?               |
| w. What does this mean?     | Komektesinizschy?                 |
| x. Please speak slowly      | Men tusinbeymin                   |
| y. See you later            | Quttiqtaw!!                       |
| z. Good food/cheers!!       | Keyinirek kezdesemiz!!            |

Answers: In the Harper-Collins phrase book ... or call the Team

## APPENDIX A - REINFORCEMENT

### ROUTINE ACCENT IMPROVEMENT

#### LONG TERM RE-INFORCEMENT - AFTER ONE WEEK/MONTH

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

Our natural suggestions for this week are:

Day 1 - Play the LEARNING REINFORCEMENT. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the AUDIO and RECORD your efforts.

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

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

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

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

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

Day 7 - SPEAK with the AUDIO with fun and confidence.

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

Special Vocabulary for UNHCR

English	Pashto	Dari	KAZAKH
Airport	hawaa dagar	maydaan-e hawaa-i	<b>auejay</b>
Army	pauz	fauj/ordu	<b>asker</b>
Asylum	panaah	Pamaah	<b>baspana</b>
Border	pdlay	sarhadd	<b>shyekara</b>
Camp	dd kaamp	kaamp-d	<b>lager</b>
Children	muchouman	awladah	<b>balalar</b>
Clothing	jama	poxaak	<b>kyiim</b>
Cooking pot	chainaq	dd paxldy loxay/deg	<b>qazan</b>
Cooperation	hamkari	pd gdda kaar kawdl	<b>byrygu</b>
Customs	gumruk	gumruj	<b>tapsyrystar</b>
Delay	nawakta	dzandy	<b>kydyrys</b>
Detention	ndzar-band	tawkif	<b>kydyrys</b>
Development program	dd wadi prograam	prograam-d ynkyshaafi	<b>Damu bagdarlamasy</b>
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	<b>auystyrlgan adamdar</b>
Electricity	breshna	brexnaa	<b>electr juyesy</b>
Emergency	hajol	ber-dndy pexa	<b>tuotensche</b>
Expulsion	shar-dl	kharej/zxraaj	<b>qugyn-surgyn</b>
Family	koranay	hekraaj	<b>otbasy</b>
Government	hokumat	hokumat	<b>Yikymet</b>
Grandparents	padar kalan	padar wa maser kalan	<b>Ata-aje</b>
Handicapped	saya	ma-yub	<b>mugedekter</b>

Health	roghtyaa	seat/syhhat	densaulyq
Hospital	roghtun	shafakhana	aurukhana
House	kor	khana/kor	yii
HQ	mankaz	mankae	schtap-pater
Human rights	dd bashar hakkuna	hokuk e basher	adam khuqyqtary
Husband	mehra	shwahan	kyueu
Lamp	dewan	tsheragh	sham
Legal protection	kaanuni saatdna	hymayat e kanoun	khyqyqtiq qorgau
Malnutrition	bada ghdzaa	sou-e taghziya	ashtiq
Material assistance	maadi komak	komak-e mawadi	Materialdyq komek
Ministry	wdzaarat	wezarat	Ministrlik
Nutrition	ghdzaa	taghziya	qorek
Pain - days/weeks	dard worat	dard e ruz/hafta	auru - kuinder/ aptalar
Pain - months/years	dard hafta	dard e mo/sol	auru - aylar / jyldar
Pain - treatment	dard mehda	dard e ta-dow-wi	auru - yem/ yemdeu
Pain - arms/legs	dard bazou/paie	dard e dest/pal	auru - shyntaq / san
Pain - chest	dard sina	dard e sina	auru - keude
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/ cheshom	auru - qulaq / kuoq
Pain - hands/feet	dard daste/paie	dard e dest/pai	auru - qol / ayaq
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	auru - bas / moyin
Pain - stomach	dard mehda	dard e meda	auru - asqazan
Persecution	zawrawdi	aziyat	angdu
Petrol	tel	petrol/tel	may
Police-station	dd polis st-eshan	sar-mammuriyat-e- police	policia bekety

President	mdshir	ra-is	<b>President</b>
Prison	bandy-khana	zyndan	<b>turme</b>
Province	ayaalat	wela-yate	<b>ayimaq</b>
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i	<b>qabyldau ortalygy</b>
Refugee	mohajer	panahenda	<b>bosqyn</b>
Representative	astaazy	nema-yandghi	<b>uakyldyk</b>
Rural	da kdll		<b>auyildyq</b>
Sanitation	hyfzu-syhna	hyfzu syhha	<b>tazartu</b>
Shelter	rijdi	panaga	<b>baspana</b>
Status	haysiyat	haysiyat	<b>Status</b>
Tent	rijdi	gihejdi/khayma	<b>Tent</b>
Torture	shekanja	shykanja	<b>azaptau</b>
Town	khar	shahr	<b>qala</b>
Transportation	transport	transport	<b>kuolyk</b>
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	<b>sayakhat</b>
Tribe	t-dbdr	kabila	<b>taypa</b>
Truck	lan mot-dr/lari	motar-d laar/lari	<b>ayirbastau/juk mashinasy</b>
Urban	dd khari	dd khari	<b>qalalyq</b>
Village	kday	karya	<b>aul</b>
Voluntary repatriation	pd rdzaa-sara berta legal	bar-gasht-d yraadi	<b>repatriacia</b>
War	jagara	janguie	<b>sogys</b>
Water	aaba	aab	<b>su</b>
Wife	kaza	zawja/khanom	<b>ayel</b>



## APPENDIX C - BRIEF GRAMMAR

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

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

**Men osyndamin**

I am here

**BALA osynda**

The CHILD is here.

**Bala osynda ma?**

Question - is the child here?

### 2. Articles:

**Bala osynda**

A child here is.

### 3. Nouns:

**BalaLAR osynda**

Child-REN are here.

**ZHAKSY bala osynda**

The GOOD child is here.

**OL - bala (dash is necessary)**

HE is a child.

### 4. Possession:

**OI - MENYNG balam**

He is MY child.

### 5. Relative:

**OSYNDAGY (WHO here is) bala**

The child WHO here is.

### 6. Demonstrative:

**MYNAU bala osynda**

THIS child is here.

**ANAU bala anda**

THAT child is THERE.

### 7. Interrogatives:

**Bhul NE zat?**

WHAT is this thing?

**Anau KYM?**

WHO is that?

**Bala KAIDA?**

WHERE is the child?

**Kytap KANSHAdan?**  
(separately, "how-much" - "kansha")

HOW-MUCH is the book?

8. Imperatives:

**Mynany YSTE!**

DO this!

**Osynda KEL!**

COME here!

9. Negatives:

**Ya, MENDE kitap BAR**

Yes, I HAVE a book.

**Zhok, mende kitap ZHOK**

No, I do NOT have the book.

**Osynda kelME**

Do NOT come here.

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

**Men/Mende ... bar/Men ... qalaimyn**

I am/have/want

**Sen/Sende ... bar/Sen ... qalaisyn**

You are/have/want

**OI/Onyn ...(uakyt)y bar/OI ... qalaidy**

He is/has (time)/wants

**APPENDIX D - BROCHURE**  
**CRE - CREATIVE RELAXATION EXERCISE**  
**THE NATURAL WAY TO PLAY WITH LANGUAGE AND A**  
**BEAUTIFUL ACCENT - WITH JUST A 30 MINUTE AUDIO**

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

Opportunity for AID WORKERS and others on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local government, refugees, client and project staff as they perceive the effort to speak the local language with a good accent, and thus to respect and value the local culture.

Description: dynamic English-based brief language learning system developed with some UN staff and available in: Dari, Pashto, English, French, German, Spanish, Portuguese, Finnish, Arabic, Urdu, Indonesian, Malay, Shona, Russian, Mandarin and with other languages in process: Uzbek, Cantonese, Xhosa, Zulu, Tswana, Swedish, Hindi, Nepali, Italian, Zulu, Swahili etc.

Designed for: non-speakers to acquire a confidence very rapidly, in the basics of the local natural language, and for current speakers to achieve significant accent improvement.

Course duration: optional one hour of professional instruction in CRE and then at individual discretion during one week, with 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 the CRE technique to achieve intuitive absorption of the natural language with confidence and without stress. Designed to handle varying individual value systems and needs. CRE technique, once acquired, can be easily used for any other language or dialect. Instant relaxation exercise for confidence to learn.

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## APPENDIX E - ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - Make up phrases in KAZAKH and discuss with a natural speaker)

1. A/an -	2. After keyin	3. Again tagy	4. All bary	5. Almost ... derlik
6. Also tagy	7. Always yilgyi	8. And jane	9. Because sebeby	10. Before ... deyin
11. Big Ulken	12. But byraq	13. I can Men stey alamin	14. I come Men kelemen	15. Either/or ary
16. I find Men ... tabamin	17. First Birinshi	18. For ushin	19. Friend dos/ joldas	20. From ...dan, ...den ...
21. I go Men baramin	22. Good Jaqsy	23. Goodbye sau bol(iniz)	24. Happy baqytty	25. I have mende ... bar
26. He Ol	27. Hello Salemetsiz be	28. Here Osynda	29. How qalay	30. I Men
31. I am Men	32. If Yeger	33. In ...-da,...de	34. I know men bilemin	35. Last songgy
36. I like Men ... unatamin	37. Little azdap	38. I love men ... jaqsy	39. I make men jasaymin	40. Many kop
41. One Byr	42. More ...-raq,...-req	43. Most uote ...	44. Much yeng ...	45. My Mening
46. New Jana	47. No Jog	48. Not yemes	49. Now qazyr	50. Of

51. Often <b>Jyii</b>	52. On	53. One <b>bir</b>	54. Only <b>tyek</b>	55. Or <b>nemese</b>
56. Other <b>Basqa</b>	57. Our <b>bizding</b>	58. Out <b>-</b>	59. Over <b>... ustinde</b>	60. People <b>adamdar</b>
61. Place <b>Oryn</b>	62. Please <b>uotinemin</b>	63. Same <b>sonday</b>	64. I see <b>Men ... korip</b>	65. She <b>Ol</b>
66. So <b>Sonymen</b>	67. Some <b>byrnesche</b>	68. Sometimes <b>keydye</b>	69. Still <b>aly</b>	70. Such <b>ar</b>
71. I tell <b>Men aytamin</b>	72. Thank you <b>Raqmet</b>	73. That	74. The	75. Their <b>Olarding</b>
76. Them <b>Olardy</b>	77. Then <b>sosyn</b>	78. There is <b>munda</b>	79. They <b>olar</b>	80. Thing <b>zat</b>
81. I think <b>Men ...</b>	82. This <b>dep oylaymin</b>	83. Time <b>myna</b>	84. To <b>uaqyt</b>	85. Under <b>... astynda</b>
86. Up	87. Us <b>bizdy</b>	88. I use <b>Men ...qoldanamin</b>	89. Very <b>uote</b>	90. We <b>Byz</b>
91. What <b>Ne</b>	92. When <b>qaschan</b>	93. Where <b>qayda</b>	94. Which <b>qaysy</b>	95. Who <b>kym</b>
96. Why <b>Nyege</b>	97. With <b>...-men,...-ben,</b>	98. Yes <b>Ya</b>	99. You <b>Sen/Siz</b>	100. Your <b>Sening/Sizding</b>

**APPENDIX F - BRIEF DICTIONARY**  
**ENGLISH/ FRENCH/ SPANISH/ GERMAN/KAZAKH**  
**(Challenge: Make up phrases)**

ENGLISH	FRENCH	SPANISH	GERMAN	KAZAKH
a	un/une	un/una	in/eine	
about	environ	cerca de	ungefähr	... turaly
accident	accident,l'	accidente	Unfall	oqiga
action	action,la	accion	Handlung	areket
actually	en fait	realmente	eigentlich	jalpy
after	après	depués	nach	... keyin
afternoon	aprèsmidi,l'	tardes	Nachmittag	tyusten keyin
airport	aéroport,l'	aeropuerto	Flughafen	auejay
alone	seul	solo/unico	allein	jalgyz
also	aussi	también	auch	tagy
always	toujours	siempre	immer	yilgyi
am (I)	suis (je)	yo soy/estoy	bin (ich)	
and	et	y	und	jane
anniversary	anniversaire	cumpleaños	Jahrestag	jildyq
anybody	n`importe qui	cualquiera	irgendjemand	bireu
anything	n`importe quoi	cualquier cosa	irgendetwas	birdene
April	Avril	abril	April	Sair
are(you)	êtes (vous)	usted es/está	sind	sender/ Sizder
arrive	arriver	llegar	ankommen	jurip ketu
at	à	a/en	an	...-ga, -ge/ -qa, -qe
August	Aout	agosto	August	Tamyz
bad	mauvais	malo	schlecht	jaman
bank	banque,la	banco	Bank	Bank
bar	bar	bar	Bar, die	Bar
bath	bain,le	baño	Bad	shomyly / monsha

beat	battre	batir	schlagen	uru/ soqqy
beautiful	beau/belle	hermoso	schön	sulu
because	parce que	porque	weil	sebeby
bed	lit,le	cama	Bett	tosek
begin	commencer	comenzar	anfangen	bastau
behind	derrière	detrás/atrás	hinter	... artynda
beside	à côté de	al lado de	nächst	... basqa
better	meilleur	mejor	besser	jaqsyraq
bill	facture,la	cuenta	Rechnung, die	yesep shot
big	grand	grande	gross	ulken
biscuit	biscuit,le	galleta	Keks	Keks
black	noir	negro	schwarz	qara
book	livre,le	libro	Buch	kitap
boy	garçon,le	niño/muchacho	Junge	yer bala
bread	pain,le	pan	Brot	nan
breakfast	petit dej,le	desayuno	Frühstück	tangi as
brother	frère,le	hermano	Bruder, der	aga
bus	autobus,le	autobús/camión	Bus	avtobus
business	affaires,les	negocio	Geschäft	business/ is
buy	acheter	comprar	kaufen	satyp alu
can (able)	pouvoir	poder	können	... alamin/ qolimnan keledy
car	auto,l'	carro/coche	Auto	mashina
carefully	prudent	prudente	vorsichtig	abay
carry	porter	llevar	tragen	tasu / ustau
cash	argent,le	dinero	Bargeld	aksha
chair	chaise,la	silla	Stuhl	basshy
cheap	bon marché	barato	billig	arzan
children	enfants	niños	Kinder	balalar
choose	choisir	seleccionar	wählen	tangdau
cigarette	cigarette,la	cigarillo	Zigarette	shylym

clean	propre	limpio	sauber	taza
clever	intelligent	inteligente	klug	aqyldi
clouds	nuages,les	nubes	Wolken, die	bulttar
coffee	cafe,le	café	Kaffee	coffee
cold	froid	frio	kalt	salqyn
colour	couleur,la	color	Farbe	tyis
come	venir	venir	kommen	kelu
complain	plaindre	reclamar	klagen	a r y z d a n u shagymdanu
contract	contrat,le	contrato	Vertrag	contract
cook	cuire	cocinar	kochen	tamaq pisiu
cost	coût,le	costo	Kosten	shygyn
count	conter	contar	zählen	yesepteu/ yesep
creditors	crédeurs,les	acreedor	Gläubiger	nesie berushyler
cup	tasse,la	taza	Tasse	kese
customer	client,le	cliente	Kunde	klient
customs	douane,la	aduana	Zoll	kedon
daughter	fille,la	hija	Tochter	qyz
day	jour,le	día	Tag	kun
dear	cher	caro	teuer	qyrmetty
debtors	débiteurs,les	deudores	Schuldner	boryshker
December	Décembre	diciembre	Dezember	Jeltoqsan
dinner	dîner,le	comida	Abendessen	tyisky as
dirty	sale	sucio	schmutzig	las
divided by	divisé par	dividir de	dividiert durch	buolu
do	faire	hacer	tun	steu
doctor	médecin,le	doctor/médico	Arzt	doctor
doers	actifs,les	trabajadores	Täter	qayratker
drink	boire	beber/tomar	trinken	ishu
drive	conduire	manejar/coduc.	Fahren	jyungizu
dry	sec	seco/árido	trocken	qyrqaq



early	de bonne heure	temprano	früh	<b>yerte</b>
easy	facile	fácil	leicht	<b>jenil</b>
eat	manger	comer	essen	<b>tamaq ishu</b>
eight	huit	ocho	acht	<b>syegiz</b>
eighty	quatre vingt	ochenta	achtzig	<b>syegizinshi</b>
either	ou	o	entweder	<b>ar</b>
eleven	onze	once	elf	<b>on bir</b>
English	Anglais	inglés	Englisch	<b>Agylshin</b>
enjoy	s` amuser	gozar de	sich freuen	<b>raqat</b>
enough	assez(de)	bastante/suf.	Genug	<b>jetkilikty</b>
etc.	et cetera	etcétera	usw	<b>tagy sol siaqty (t.s.s.)</b>
evening	soir,le	tarde	Abend	<b>kesh</b>
every	chaque	cada	jeder	<b>ar/ arbir</b>
fall off	tomber	caer	fallen	<b>tyisu</b>
family	famille,la	familia	Familie	<b>otbasy</b>
father	père,le	padre	Vater	<b>ake</b>
father/law	beau-père,le	suegro	Schwiegervater	<b>ake / zang</b>
fat	gros	gordo	fett	<b>may</b>
Febuary	Février	febrero	Februar	<b>aqpan</b>
fifty	cinquante	cincuenta	fünfzig	<b>yelu</b>
fight	combattre	luchar	kämpfen	<b>kuresu/ kures</b>
finance	financer	finanza	finanzieren	<b>qarjy</b>
find	trouver	encontrar	finden	<b>tabu</b>
fine	beau	fino/perf/bel.	schön (Wetter)	<b>uote jaqsy</b>
fingers	doigts,les	dedos	Finger	<b>barmaq</b>
finish	finir	terminar	beenden	<b>ayaqtalu</b>
fish	poisson,le	pescado	Fisch	<b>balyq</b>
five	cinq	cinco	fünf	<b>bes</b>
fog	brouillard,le	niebla	Nebel	<b>tuman</b>
food	nourriture,la	comida/alim.	Essen	<b>azyq-tulik</b>

fools	fous,les	tontos/locos	Verrückten	<b>aqymaq</b>
for	pour	para/por	für	<b>... ushin</b>
fork	fourchette,la	tenedor	Gabel	<b>shanyshqy</b>
four	quatre	cuatro	vier	<b>tuort</b>
forty	quarante	cuarenta	vierzig	<b>qyryq</b>
Friday	Vendredi,le	viernes	Freitag	<b>Juma</b>
friendly	sympathique	amigable	freundlich	<b>tatu/ dostyq</b>
friends	amis,les	amigos	Freunde	<b>dostar</b>
future(adj)	futur	futuro	zukünftig	<b>bolashaq</b>
game	jeu,le	juego	Spiel	<b>oyin</b>
generally	généralement	generalmente	allgemein	<b>jalpy</b>
get	obtenir	obtener	bekommen	<b>... bolu</b>
girl	jeune fille,la	niña/muchacha	Mädchen	<b>qyz</b>
give	donner	dar	geben	<b>beru</b>
glass	verre,le	vaso	Glas	<b>shyny</b>
go	aller	ir/andar	gehen	<b>baru</b>
good	bon	bueno/buen	gut	<b>jaqsy</b>
goodbye	au revoir	adiós	auf Wiedersehn	<b>sau bol</b>
good even.	bonsoir	buenas tardes	guten Abend	<b>Qayirly kesh</b>
good morn.	bonjour	buenos días	guten Morgen	<b>Qayirly tang</b>
good night	bonne nuit	buenas noches	gute Nacht	<b>Qayirly tyun</b>
greedy	gourmand	codicioso	gierig	<b>sarang</b>
half	moitié	medio/mitad	halb	<b>jarty/jarym</b>
happy	heureux	contento/feliz	glücklich	<b>baqytty</b>
hate	dêtester	odiar	hassen	<b>jek koru</b>
have	avoir (j'ai)	haber/tener	haben	<b>... bar</b>
he	il	él	er	<b>ol</b>
hello	salut	hola	hallo	<b>salem</b>
help	aider	ayudar	helfen	<b>komek</b>
helpful	utile	util	behilflich	<b>paydali</b>
her (acc.)	la/lui	la/le	ihr	<b>oning</b>

here	ici	aquí	hier	osinda
herself	ellemême	ella misma	sie selbst	ol ozy/ oz betimen
him	le/lui	le/lo	ihn/ihm	ogon
himself	luimême	él mismo	er selbst	ol ozy
his	son	suyo	sein	oning
honest	honnêt	honrado	ehrlich	adal
hope	espérer	esperar	hoffen	senu
hospital	hopital,le	hospital	Krankenhaus	aurukhana
hot	chaud	caliente	heiss	ystyq
hotel	hotel,le	hotel	Hotel	qonaq yi/ meymankhana
how are y.?	comment a.v.?	cómo está Ud?	wie geht e.I.?	Khaling(iz) qalay?
how many?	combien de?	cuántos?	wieviel?	Qansha?
however	cependant	sín embargo	jedoch	degenmen
hundred	cent	cien	hundert	juz
hungry	avoir faim	tener hambre	hungrig	ash
husband	mari,le	esposo/marido	Ehemann	kyieu
I	je	yo	ich	Men
I am well	je vais bien	muy bien	mir geht es gut	Khalim jaqsy
icecream	glace,la	helado	Eis	balmuzdaq
if	si	si	wenn	yeger
important	important	importante	wichtig	manizdy
impossible	impossible	imposible	unmöglich	mumkin yemes
in front of	devant	enfrente de	vor	... aldinda
intelligent	intelligent	inteligente	klug	aqyldy
inventory	inventaire, l'	inventario	iventor	qural -jabdyq
is (he)	est (il)	es	ist (er)	
it	cela	eso	es (er)	bul
itself	celamême	eso mismo	es selbst	ol ozy
January	Janvier	enero	Januar	Qangtar
journey	voyage,le	viaje	Reise	sayakhat

July	Juillet	julio	Juli	<b>Shilde</b>
June	Juin	junio	Juni	<b>Mausym</b>
knife	coûteau,le	cuchillo	Messer	<b>pyshaq</b>
know	savoir/conn.	saber/conocer	wissen	<b>bilu</b>
labour	main d`oeuvre	trabajo	Arbeit	<b>yengbek</b>
language	langue,la	idioma	Sprache	<b>til</b>
late	tard	tarde	spät	<b>kesh</b>
later	plus tard	mas tarde/lu.	Später	<b>keyin/ keshirek</b>
learn	apprendre	aprender	lernen	<b>yirenu</b>
less	moins de	menos	minus/weniger	<b>...-siz, ...-syz</b>
letter	lettre,la	carta/letra	Brief	<b>khat</b>
life	vie,la	vida	Leben	<b>omir</b>
like (verb)	aimer	gustar	gern haben	<b>unatu</b>
listen	écoûter	oir	zuhören	<b>tyingdau</b>
little	peu	poco	wenig	<b>az/ azdap</b>
long	long	largo	lang	<b>alys</b>
long run	finalement	a lo largo	auf die Dauer	<b>uzaq basqaru</b>
look	regarder	mirar	schauen	<b>qara</b>
look for	chercher	buscar	suchen	<b>izdeu</b>
Loss	perte,la	pérdida	Verlust	<b>jogaltu</b>
lot,lots	beaucoup de	mucho	viel	<b>kop</b>
love	aimer bien	querer	lieben	<b>syiu</b>
low	bas	bajo	tief	<b>tomen</b>
lucky (be)	avoir/chance	tener suerte	Glück (haben)	<b>bagy bar/ satty</b>
luggage	bagages,les	equipaje	Gepäck	<b>jyk</b>
lunch	déjeuner,le	almuerzo	Mittagessen	<b>tyusky as</b>
make/do	faire	hacer/realizar	machen	<b>jasau</b>
man	homme,l'	hombre	Mann	<b>yer adam</b>
manager	directeur,le	gerente/dir.	Manager	<b>manager</b>
many	beaucoup (de)	muchos	viele	<b>biraz/birtalay</b>
map	plan,le	mapa	Landkarte	<b>karta</b>

March	Mars	marzo	März	Nauruz
marriage	mariage,le	matrimonio	Heirat	Neke
marry	se marier	casar	heiraten	uylenu
materials	matériaux,les	materia prima	Materialien	materialdar
May	Mai	mayo	Mai	May
me	me	mi	mich	magan
meal	repas,le	comida	Essen	as
meat	viande,la	carne	Fleisch	yet
meet	rencontrer	encontrar	kennen lernen	kezdesu
meeting	réunion,la	reunión	Versammlung	kezdesu
mind (not)	égal (etre)	no importa	egal (mir)	aqyl (joq)
minute	minute,la	minuto	Minute	minut
Miss	Mademoiselle	Señorita	Fräulein	Khanym
mistake	erreur,la	error	Fehler	qate
Monday	Lundi,le	lunes	Montag	Dyisenbi
money	argent,la	dinero	Geld	aksha
month	mois,le	mes	Monat	ay
more	plus	más	mehr	... -raq, -req
morning	matin,le	mañana	Morgen	tang
mother	mère,la	madre	Mutter	ana
motheri.l.	bellemère	suegra	Schwiegermutter	ana
Mr	Monsieur	Señor	Herr	Myrza
Mrs	Madame	Señora	Frau	Khanym
multipl.by	multiplier par	multiplic.por	multipliz.mit	
must	devoir	deber/tener de	müssen	... tyis
my	mon	mi/mis	mein	mening
myself	moi-même	mi	ich selbst	men ozym
near	près de	cerca de	nahe	... janynda
never	jamais	nunca/jamás	niemals	yeshqashan
never mind	n'importe	no importa	nichts (macht)	uoqasy joq
new	neuf	nuevo	neu	jana

nice	agréable	fino/bueno	nett	jagymdi
nine	neuf	nueve	neun	togyz
night	nuit,la	noche	Nacht	tun
ninety	quatrev.dix	noventa	neunzig	toqsan
no	non	no	nein	joq
nobody	personne	nadie	niemand	yeshkim
noise	bruit,le	ruido	Krach	shu
not	ne...pas	no	nicht	... yemes
nothing	rien	nada	nichts	yeshtene
November	Novembre	noviembre	November	Qarasha
now	maintenant	ahora	jetzt	qazyr
o`clock	heures (7.00)	hora (7.00)	Uhr (7.00)	sagat (7:00)
October	Octobre	octubre	Oktober	Qazan
of course	naturellement	naturalmente	natürlich	arine
Oh!	Oh!	O!	Ach!	Oh! / Ach!
old	vieux	viejo	alt	yesky
on	sur	sobre	auf	...-ga, ...-ge
one	un	un/uno	eins	bir
or	ou	o	oder	nemese
orders	ordres,les	órdenes	Bestellung	tapsyrystar
our	notre	nuestro	unser	bizding
ourselves	nousmême	nosostros	wir selbst	biz ozimiz
out	dehors	fuera	aus	-
overheads	frais gen.les	gasto gener.	Laufenden U.	shygyndar
owner`s eq.	capital,le	capital	Anlagekapital	ye
parents	parents,les	padres	Eltern	ata-ana
passport	passeport,le	pasaporte	Pass	p a s s p o r t / tuolquzhat
people	gens	gente	Menschen	adamdar
place	endroit,le	sitio/lugar	Platz	oryn
plane	avion,le	avión	Flugzeug	jazyktyk

plate	assiette,la	plato	Teller	<b>tabaqsha</b>
please	s` il v. plaît	por favor	bitte	<b>uotinemin</b>
police	police,la	policía	Polizei	<b>politcia</b>
polite	poli	cortés	höflich	<b>sypayi</b>
porter	porteur,le	portero	Träger	<b>shveytsar</b>
possible	possible	posible	möglich	<b>mumkin</b>
present	présent	presente	gegenwärtig	<b>syi/ usinu</b>
pretty	joli	bonito	hübsch	<b>ademi</b>
products	produits,les	productos	Produkte	<b>azyq-tulik</b>
profit	profit,le	ganancia	Gewinn	<b>payda</b>
put	mettre	poner	legen	<b>alu/ ornalastiru</b>
quarter	quartier,le	cuarto	Viertel	<b>shyrek</b>
quickly	vite	aprisa/de pri.	Schnell	<b>tez</b>
rain	pluie,la	lluvia	Regen	<b>jangbyr</b>
read	lire	leer	lesen	<b>oqu</b>
really	vraiment	de veras	wirklich	<b>shyn/ nagyiz</b>
red	rouge	colorado/rojo	rot	<b>qyzyl</b>
relax	se relaxer	relajarse	entspannen	<b>demalu</b>
remember	rappeller	recordar	erinnern	<b>yeste saqtau</b>
restaurant	restaurant,le	restaurante	Restaurant	<b>meyramkhana</b>
right	raison (avoir)	correcto/der.	Richtig	<b>ong</b>
road	rue,la	calle	Strasse	<b>jol</b>
room	chambre,la	cuarto/habit.	Zimmer	<b>bolme</b>
sales	ventes, les	venta/saldo	Verkäufe	<b>satu</b>
Saturday	Samedi,le	sábado	Samstag	<b>Senbi</b>
save	sauver	salvar	sparen	<b>saqtau</b>
say	dire	decir	sagen	<b>aitu</b>
see	voir	ver	sehen	<b>koru</b>
sell	vendre	vender	verkaufen	<b>satu</b>
September	Septembre	septiembre	September	<b>Qyrkyiek</b>
serve	servir	servir	bedienen	<b>qizmet yetu</b>

service	service	servicio	Dienst	<b>qizmet</b>
seven	sept,le	siete	sieben	<b>jeti</b>
seventy	soixantedix	setenta	siebzig	<b>jetpis</b>
she	elle	ella	sie	<b>ol</b>
short	court	corto	kurz	<b>qysqa</b>
should	devoir	deber	sollen	<b>... tyis</b>
sick	malade	enfermo	krank	<b>auru</b>
Sir	Monsieur	Señor	Mein Herr	<b>Myrza</b>
sister	soeur,la	hermana	Schwester	<b>apa/ singly/ qaryndas</b>
sit	s'asseoir	sentar	sitzen	<b>otyru</b>
sit down	être assis	sentarse	sich setzen	<b>otyr(iniz)</b>
six	six	seis	sechs	<b>alti</b>
sixty	soixante	sesenta	sechzig	<b>alpys</b>
sky	ciel,le	cielo	Himmel	<b>aspan</b>
sleep	dormir	dormir	schlafen	<b>yiqtaw</b>
small	petit	pequeño/chiqu.	Klein	<b>kishkentay</b>
smoke	fumer	fumar	rauchen	<b>temeki shegu</b>
snack	snack,le	snack	Imbiss	<b>tiske basar / jurek jalgar</b>
some	quelques	unos/poco de	etwas	<b>keibyr</b>
somebody	quelqu'un	alguno	jemand	<b>bireu</b>
something	quelquechose	algo	etwas	<b>birdene</b>
sometimes	quelquefois	algún tiempo	manchmal	<b>keyde</b>
son	fils,le	hijo	Sohn	<b>ul</b>
sorry	dommage	lo siento	Verzeihung	<b>keshiriniz</b>
soup	potage,le	sopa	Suppe	<b>sorpa</b>
speak	parler	hablar	sprechen	<b>soyleu</b>
spend	dépenser	gastar	ausgeben	<b>jumsau</b>
spoon	cuillère,la	cuchara	Löffel	<b>qasyq</b>
stand up	se lever	pararse	aufstehen	<b>tur</b>
station	gare,la	estación	Bahnhof	<b>beket</b>



stay	rester	quedarse	bleiben	qalu
stool	banc,le	taburete	Stuhl	orindyq
sugar	sucré,le	azúcar	Zucker	qant
summer	été,le	verano	Sommer	Jaz
sun	soleil,le	sol	Sonne	kun
Sunday	Dimanche,le	domingo	Sonntag	Jeksenbi
sweet(pud.)	dessert,le	dulce/postre	Süßspeise	tatty
table	table,la	mesa	Tisch	ustel
take	prendre	tomar/llevar	nehmen	alu
talk	parler	hablar	sprechen	angimelesu
talkers	bavards,les	habladores	Schwätzer	angimeshi
taxi	taxi,le	taxi	Taxi	taxi
tea	the,le	té	Tee	shay
téléphone	téléphone,le	teléfono	Telefon	telefon
tense	temps,le	tiempo	Zeitform	shaq
ten	dix	diez	zehn	on
terrible	terrible	terrible	schrecklich	masqara
thank you	merci	gracias	danke	raqmet
that	la/cela/que	ese/aquel/cual	jener/jene/jenes	
the	le/la	el/la/los/las	der/die/das	
their	leur	su	ihr	olarding
them	eux	ellos/ellas	sie	olardy
themselves	euxmêmes	ellas/ellos	sie selbst	olar ozderi
there	là	allí	dort/da	
they	ils	ellos/ellas	sie	olar
this	ce/cet	este/esta	dieser	bul
thin	mince	delgado	dünn	aryq
thing	chose,la	cosa	Ding	zat
thirsty	avoir soif	tener sed	durstig	sholdeu
thirty	trente	treinta	dreissig	otiz
thousand	mille	mil	tausend	myng

three	trois	tres	drei	ush
threeqtr.	troisquarts	tres cuartos	dreiviertel	ush shirek
Thursday	Jeudi	jueves	Donnerstag	Beysenbi
ticket	billet,le	boleto/billete	Karte	bilyet
time	heure,la	tiempo/vez	Zeit,die	uaqyt
tip	pourboire,le	propina	Trinkgeld	shaylyq/... yushy
tired	fatigué	cansado	müde	sharshau
to	à	para/a	nach	...-ga, ...-ge/...-qa,...-qe
today	aujourd'hui	hoy	heute	bugyn
tomorrow	demain	mañana	morgen	yerteng
too much	trop	demasiado	zu viel	ote kop
train	train,le	tren	Zug	poyiz
travel	voyager	viajar	reisen	sapar
Tuesday	Mardi	martes	Dienstag	Seysenbi
twelve	douze	doce	zwölf	on eky
twenty	vingt	veinte	zwanzig	jiyirma
two	deux	dos	zwei	yeki
under	sous	debajo/bajo	unter	... astynda/ ...artyq
up	en haut	arriba	oben	usty
us	nous	nos/nosotros	uns	bizdy
vegetables	légumes,les	legumbres	Gemüse	kogonis
wait	attendre	esperar	warten	kytu
waiter	garçon,le	camarero	Kellner	dayashi
walk	marcher	caminar/pasear	spazieren	juru
want	vouloir	querer	wollen	...-gim keledi/...qim keledi
waste(n)	gaspillage,le	desgaste	Abfall	jumsau
we	nous	nosotros	wir	biz
weather	temps,le	tiempo	Wetter	aua rayi
Wednesday	Mercredi	miércoles	Mittwoch	Sarsenbi

week	semaine,la	semana	Woche	apta
wet	pluvieux	húmedo/mojado	nass	ilgal / dymqyl
what?	quel/quoi?	qué?	was?	Ne?
what time?	quelle heure?	qué hora?	wie spät.ist es?	Uaqyt neshe?
when?	quand?	cuándo?	wann?	Qashan?
where	où?	dónde?	wo?	Qayda?
white	blanc	blanco	weiss	aq
who?	qui?	quién?	wer?	Kim?
wife	femme,la	esposa	Ehefrau	ayel
win	gagner	ganar	gewinnen	jenu/ utu
wine	vin,le	vino	Wein	sharap
winter	hiver,le	invierno	Winter	qys
woman	femme,la	mujer	Frau	ayel
work	travail,le	trabajo	arbeiten	jumys
worse	pire	peor	schlechter	nasharyraq
worst,the	le pire	el/lo peor	schlechteste	yeng nashar
write	écrire	escribir	schreiben	jazu
wrong	avoir tort	falso/equiv.	Falsch	jaman
year	année,la	año	Jahr	jil
yes	oui	sí	ja	Ya
yes but	oui mais	si, pero	ja, aber	Ya, braq
yesterday	hier	ayer	gestern	argy kuny
you (nom.)	vous	usted/ustedes	Sie	<b>Sen/Siz</b> (polite form)
you (acc.)	vous	usted	Sie	<b>seni/Sizdi</b>
young	jeune	joven	jung	<b>Jas</b>
your	votre	su	Ihr	<b>Sening/Sizding</b>
yourself	vous-même	usted	Sie selbst	<b>Siz oziniz/Sen ozing</b>
yourselves	vousmêmes	ustedes	Sie selbst	<b>Siz oziniz/Sen ozing</b>
zero	zero	cero	null	nol

## APPENDIX G - IRT - RELAXATION TECHNIQUE FOR LEARNING

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

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open your 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. NOW ... play the IRT AUDIO three times ... first time repeating gently, second time repeating in your mind, third time repeating VERY loud ...please ...

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

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

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

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

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

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you face ... with a code word "IRT"!