

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"

NO. 392 - TAJIK 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.

Key books to buy: Lonely Planet Phrasebook - Central Asia (28 pages of Tajik)s 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 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!!

Hallo	Salom
Yes/no	Ha/Ne
Please	Lutfan
Excuse me	Me-bakh-shed
Good morning	As-salomu-alaykum
Good-bye.	Khayr
My name is ...	Nam e (of) man (me) ... ast
What is your name?	Namaton (you) chist?
How are you?	Chi khel shumom?
Fine thanks	Man khub (well) hast-am, rahmat.
From where do you come?	Shumom az (from) kujo meomodod (come)?

INSTANT RELAXATION TECHNIQUE

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

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

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

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

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

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

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

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

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Tajik word many times slowly ... and then at very high speed)

Hello	Sal-om	SA-LOMM
Mr.	Og-ho	OHG-HO
Mrs.	Kha-non	HAA-NOO
Yes	Ha	HAA
No	NE	NEE
Good	Kh-ub	KH-UUBB
Please	Lut-fan	LOOT-FAN
Do you have?	Shu-mo dor-ed	SHUU-MO DOOR-ED?
Thank you	Tur-shik-ur	TER-SHIK-OOUR
Goodbye	Kha-yr	HHIGH-YRR
See you soon!	Ta pas-an!	TOW PAS-SAAN!
Who?	Kist?	KEEST
What?	Chist?	CHEEST
I want	Me-khoh-am	MAY-HO-AMM
Where?	Ku-jo?	KUR-JO
OK!	Khub!	KHHUBB

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

NATURAL SUGGESTIONS

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

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

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

NATURAL SUGGESTIONS (continued)

Generally:

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

1. GENTLE RELAXATION ...

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

And then when 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... "Tajik Place" ... in your mind ... on we go ... together ...

2. HERE AND THERE (in-jo/on-jo):	
Man in-jo (here) hast-am.	I am here.
Shumo (you) on-jo hast-ed.	You are there.
Shumo on-jo hast-ed (question)?	Are you there?
Ha, shumo on-jo hast-ed.	Yes, you are there.
Shumo in-jo hast-ed?	Are you here?
Ne, shumo in-jo n-isst-ed (not).	No, you are not here.
In in-jo ast. In in-jast!	It is here.
In ku-jo (where) ast? In ku-jast!	Where is it?
In in-jo ast. In in-jast!	It is here.
In on-jo ast? In on-jast!	Is it there?
Man na-(not)-me-don-am (know).	I do not know.
Miguel ku-jo ast? Ku-jast?	Where is Miguel?
Err in-jo n-ist (not).	He is not here.
Err ku-jo ast? O ku-jast?	Where is he?
Man na-me-don-am.	I do not know.
Aii. On-jo (there) ast! On-jast!	Darn! There he is!
Err khub ast (is)!	He is wonderful!
3. LIKING (me-khoh-):	
Man me-khoh-am (like) shumo (you).	I like you.
Shumo me-khoh-ed man (me)?	Do you like me?
Ha, man me-khoh-am shumo.	Yes, I like you.

Shumo me-khoh-ed pul (money)?	Do you like money?
Ha, man me-khoh-am pul.	Yes, I like the money.
Man me-khoh-am aab (water).	I like water.
Shumo me-khoh-ed aab.	You like water.
Man me-khoh-am kitab.	I like the book.
Err (he) me-khoh-a mota (car).	He likes the car.
Err (she) na- (NOT) -me-khoh-a mota .	She does not like the car.
Shumo me-khoh-ed naan (food)?	Do you like the food?
Ne, man na- (NOT) -me-khoh-am naan.	No, I do not like the food.
O. Aii! Dost!	Oh. Darn! Mate!
Lutfan (please) na-(NOT)-shav-ed (say) Mate.	Please do not say Mate!
4. DOING (me-kard-):	
Man me-kard-am.	I do.
Man in-ra (this object) me-kard-am.	I do this.
Shumo me-kard-ed.	You do.
Shumo in-ra e-kard-ed.	You do that
Mo on-ra (that) me-kard-em.	We do that
Wa (and) mo khosh (happy) hast-em.	And we are happy.
+	
In assan (easy) ast?	Is it easy?
Ha (yes), in sakht n-ist.	Yes, it is not difficult.
Shumo on-ra me-kard-ed (do)?	Do you do that?

Lutfan, in-ra (that) be-kard-ed.	Do that please!!!
Ai!!!	Darn!!!
In khub ast!.	It is wonderful!
5. CAN/ABLE TO DO (me-tawan-):	
Man me-tawan-am.	I can
Man me-tawan-am?	Can I?
Ha, man me-tawan-am.	Yes, I can.
Shumo in-ra (this) me-tawan-ed (can) me-kard-ed (do)?	Can you do this?
Ha, man on-ra (that) me-tawan-am (can) me-kard-am (do).	Yes, I can do that.
Man kame (little) me-khur-am (eat).	I (can) eat a little.
Man kame me-nush-am (drink).	I (can) drink a little.
Man me-birav-am (go).	I (can) go.
Man me-omad-am (come).	I (can) come.
Man me-khor-kard-am.	I (can) sleep.
Shumo zabor-i (speak) me-tawan-ed.	You can speak.
Shumo zabor-ed?	(Can) you speak?
Ha. Man me-tawan-am.	Yes. I can.
Shumo in-ra (this) me-kard-ed (do) me-tawan-ed?	Can you do this?
Ne, man on-ra kard-a na-(NOT) me- tawan-am.	No, I can not do that.
Shumo me-fahm-ed?	You understand?

Shumo me-fahm-ed (understand) me-tawan-ed?	Can you understand?
Ha, yak-kame.	Yes, a little.
Shumo Dost me-shav-ed (say) me-tawan-ed?	Can you say Mate?
Ha. man ba zuboni (speak) Tajik-gap me-zan-am (do).	Yes, I do speak Tajik!
Aii! Man khele khub hast-am!	Darn! I am wonderful!
6. UNDERSTANDING (me-fahm-):	
Man me-fahm-am.	I understand.
Man na (NOT)- me-fahm-am.	I do not understand.
Shumo me-fahm-ed.	You understand.
Shumo na (NOT)- me-fahm-ed.	You do not understand.
Shumo zan (women) ro me-fahm-ed?	Do you understand women?
Ne. Ne. Man on-re (them) na (NOT) me-fahm-am!	No. No. I do not understand them!!!
Eh! Aii! Dost!	Oh! Darn! Mate!
Lutfan (please) na-(NOT)-shav-ed (say) Dost!	Please do not say Mate!
Shumo bysyer-maghboul hast-ed!	You are wonderful!
7. WANTING (kor-dor-/me-khoh-):	

Man kor dor-am.	I want.
Man kitab (book) kor dor-am	I want a book.
Man me-khoh-am.	I want.
Man me-khoh-am (want) kame (little) be-khur-am (eat).	I want to eat a little.
Man me-khoh-am aab (water) be-nush-am (drink).	I want to drink the water.
Man me-khoh-am tashnab (toilet) ba (to) be-birav-am (go).	I want to go to the toilet!!!
Shumo me-khoh-ed (want) kame be-khur-ed?	Do you want to eat a little?
Ne, man na (NOT) me-khoh-am be-khur-am (eat).	No, I do not want to eat.
Aii! Man me-khoh-am (want) yak kame (a little) ba shumo, me-deh-am (give).	Darn! I want to give you some.
Ne. Tashakur.	No, thank you.
Man me-khoh-am be-omad-am (come).	I want to come.
Shumo khor-kard-ed (sleep) me khoh-ed?	Do you want to sleep?
Ne, man khor-kard-am (sleep) na (NOT) me-khoh-am.	No, I do not want (to sleep).
Miguel, shumo bog-ho (frogs) me-khoh-ed?	Miguel do you want the frogs?
Err! Hala ne, tashakur!	Darn! Not now, thank you!
Mo bysyer maghboul hast-em!	We are wonderful!
8. GETTING (be-deh-/be-gir-):	

Lutfan, ba-ma pul be-deh-ed (give).	Please give me the money.
Lutfan, pul ro be-gir-ed (an order).	Please take the money.
Man pul ro me-gir-am.	I take the money.
Lutfan, ba-ma teket, be-deh-ed.	Please give me the teket.
Lutfan, teket ro be-gir-ed.	Please take the teket.
Man teket ro me-gir-am.	I take the teket.
Lutfan, ba-ma chistz be-deh-ed.	Please give me the thing.
Chistz koj-ast?	Where is the thing?
Man na (NOT) me-fahm-am.	I do not know.
Lutfan, ba-man (to me) yak nafap (man) be-deh-ed (give)!	Please give me a man!
Aii!! Chist yak zan-e!!	Darn!!! What a woman!!
Err byssia-maghboul ast.	She is wonderful!
9. HAVINGn (dor-):	
Man yak chistz dor-am (have).	I have one thing.
Man yak chistz na (NOT)-dor-am.	I do not have one thing.
Shumo yak chistz dor-ed.	You have one thing.
Mo yak chistz dor-em.	We have one thing.
Err yak chistz dor-ad.	She has one thing.
Man kame wakt (time) dor-am, Dokhtar!	I have a little time, Miss!
Og-ho, shumo kame pul (money) dor-ed?	Do you have some money, Sir?
Ne.	No.
O Aii. Dost!	Oh. Matel!

Lutfan, Dost, na-shav-ed.	Please do not say Mate!
10. ORDERING (POLITELY) (lutfan):	
Lutfan ba-man (to me) chistz re be-deh-ed.	Please give me the thing.
Lutfan ba-man pul be-deh-ed.	Please give me the money.
Lutfan ba-man aab (water) be-deh-ed.	Please give me the water.
Lutfan dor-Faransa aab na-nush-ed!!	Please don't drink the water in France!!
Araq be-nush-ed (drink).	Drink the wine.
Lutfan in-jo be-omad-ed.	Please come here.
Lutfan on-jo be-birav-ed.	Please go there.
Lutfan in-ra be-nush-ed.	Please drink this.
On-ra na (NOT) khur-ed!	Do not eat that!
Lutfan in-ra ba-man (to me) be-deh-ed.	Please give me this.
Lutfan, on-ra na (NOT) gir-ed.	Please do not take that.
Lutfan, in-ra be-shav-ed.	Please say this.
Lutfan, Dost na (NOT) shav-ed.	Please do not say Mate!
Aii!! Shumo bysyer khub hast-ed.	Damn it!! You are wonderful!
11. GREETING (polite and slang):	
Salom, Rakhima!	Hello Rakhima!
Salom, Paula.	Hello Paula.
As-salomu-alaykum, Miche.	Good morning Miche.

As-salomu-alaykum Sancos.	Good morning Sancos.
Chi(st) khel shumo, Eliza?	How are you, Eliza?
Khub hast-am, rahmat Khulu.	I am well, thank you, Khulu.
Chi koi karda, Xavier?	How goes it, Xavier?
Khub, rahmat Miguel.	OK , thank you Miguel.
Khayr Giles.	Goodbye Giles.
To didan, Judith.	Goodbye Judith.
Ha, Khub, Hollie	Yes OK, Hollie.
In bysyer khub ast.	It is wonderful!
Khub, Sam?	OK Sam?
Ha khub, Lucie.	Yes OK, Lucie.
Bad n-ist, Henri.	Not too bad, Henri.
Khub hast-i, azizem?	Are you well, my darling?
Ne!!	No!!!
Aii!!! Err khub ast!	Darn!!! She is wonderful!
12. DESCRIBING:	
In khub ast,	It is good.
In khub n-ist.	It is not good.
In bad ast.	It is bad.
In yak kitab ast.	It is a book.
In khalon ast?	Is it big?
Ne, in maida ast.	No, it is small.

In assan ast?	Is it easy?
Ne, in sakht (hard) ast.	No, it is hard.
Aab khub ast?	Is the water good?
Ne da Faransa aab khub n-ist!	No, the water is not good in France!!
O Dost!!	Oh Mate!!!
Lutfan (please) na-(NOT)-shav-ed (say) Dost.	Please do not say Mate!
Mo bysyer khub hast-im?	Are we wonderful?
Aii! Ha!	Darn! Yes!!
13. KNOWING THINGS & PEOPLE (me-fahm-/me-shenas-):	
Man in-ra me-fahm-am (know).	I know this.
Shumo in-ra me-fahm-ed?	Do you know this?
Ha, man in-ra me-fahm-am.	Yes, I know this.
Shumo on-ra me-fahm-ed.	You know that.
Shumo on-ra me-fahm-ed?	Do you know that?
Ne, man an-ra na (NOT)-me-fahm-am.	No, I do not know that.
Man on zan (woman) ro me-shenas-am (know).	I know that woman.
Man on mard ro me-shenas-am.	I know the man.
Err man-ro me-shenas-ad.	He knows me.
Shumo on zan-ro me-shenas-ed?	Do you know that woman?

Ne. As-salomu-alaykum, Khanom?	No. Good morning Madame?
Shumo khub hast-ed, Khanom?	Are you well, Madame?
Ne, man khub n-ist. Khayr!!!	No, I am not well!!! Goodbye!!!
Shumo on-ro na (NOT) me-shenas-ed!	You do not know her!
Aii! Err khub ast!	Darn! She is wonderful!
14. NUMBERING:	
Man yak mouchkel (problem) dor-am.	I have one problem.
Ha. shumo yak mouchkel dor-ed.	Yes, you have a problem.
Ne, shumo doo (2) mouchkel dor-ed.	No, you have two (of them).
Err se (3) ro dor-ad.	He has three.
Err char (4) ro dor-ad.	She has four.
Ma panch (5) ro dor-am.	We have five.
Shumo panch dor-ed?	Do you have five?
Ha hala (now), man panch mouchkel-haa dor-am!	Yes now, I have five problems!!!
Hama (all) farz-and!	All the children!
Farzand khub hast-and!	Children are wonderful!
15. ASKING (chand?/ku-jo?/chist?/kist?):	
In kitab (book) chand dor-ad?	How much is the book?
Panch (5) dollar.	Five dollars.

In chand ast?	How much is this thing?
Chand?	How much?
Char (4) dollar.	Four dollars.
In ku-j-ast?	Where is it?
In on-j-ast.	It is there.
Ne, in on-jo n-ist.	No, it is not there.
Lutfan, kujat-khona (toilet) ku-j-ast?	Where is the toilet, please?
Kujat-khona on-j-ast.	The toilet is over there.
In chist (what) ast?	What is that?
Me-bakh-shed? Chist?	Pardon. What?
On.	That.
O, on kitab khub ast.	Oh, it is a good book.
Chist (what) me-khoh-ed?	What do you want?
Lutfan, man araq me-khoh-am.	I want the wine, please.
Kist (who) on-j-ast?	Who is here?
Mo (we) on-jo hast-im.	We are here.
On (that) zan (woman) kist?	Who is that woman?
Man na (NOT) me-don-am.	I do not know.
Aii! Err Madonna ast!.	Darn! It is Madonna!
Chist zan-e! Err maghboul ast!	What a woman! She is wonderful!
16. EVERYTHING - COLLOQUIAL (with slang)	

Man me-tawan-am.	I can
Man in-jo hast-am.	I am here.
Shumo on-jo hast-ed.	You are there.
Man shumo ro me-khoh-am.	I like you.
Shumo pul me-khoh-ed.	You like the money.
Err in-ja me-kard-ad.	He does this.
Err on-ja me-kard-ad	She does that.
Ha. man ba zuboni (speak) Tajik kame (some) gap me-zan-am (do).	Yes, I do speak some Tajik!
Lutfan (please) na-shav-ed (say) Dost!	Please do not say Mate!
Man shumo ro me-fahm-am.	I understand you.
Shumo man-ro na me-fahm-ed.	You do not understand me.
Man me-khoh-am bar ba (to), me- birav-am (go).	I want to go to the bar.
Shumo me-khoh-ed kujat-khona ba, me-birav-ed.	You want to go (to) the toilet.
Man bysyer (more) wakt dor-am, Dokhtar!	I have more time, Miss!
Shumo bysyer pul dor-ed, Og-ho?	Do you have more money, Sir?
Lutfan dor-Faransa aab (water) na nush-ed!!	Please don't drink the water in France!!
Wine be-nush-ed.	Drink the wine.
Ch (st) khel shumo, Eliza?	How are you, Eliza?
Khub hast-am, tasakur, Khulu.	I am well, thank you, Khulu.
Khub, Eliza?	Well, Eliza?

Khub, tashakur Khulu?	I am well, thank you Khulu.
In khalon (big) ast, Og-ho?	Is it big, Sir?
Ne, in maida (small) ast, Bibi.	No, it is small, Miss.
Shumo on-ro na me-shenas-ed!	You do not know her!
Aii! Err bysyer khub ast!	Darn! She is wonderful!
Ha hala (now), man panch mouchkel-haa dor-am!!	Yes now, I have five problems!!!
Hama (all) farz-and!	All the children!
On chist ast?	What is that?
Me-bakh-shed. Chist. ?	Pardon. What?
In on-j-ast.	There it is.
Bad n-ist.	Not bad.
Aii!	Darn!
Khub?	OK?
Ha, in assan ast.	Yes, it's cool!
Ha, in bysyer khub ast!	Yes, it's cool!
Ha, in bad n-ist!	Yes, it's not too bad.
Ha, in khub ast!	Yes, it's OK.
Lutfan, Dost ro na-shav-ed.	Please do not say Mate!
In araan n-ist!!	It is not cool (upper class)!!!
Bysyer khub?	Wonderful?
Ha, shumo bysyer khub hast-ed!	Yes you are wonderful!
Ta pasan! Khayr!	See you soon! Bye bye.
Note: Speed reading - 14 minutes	

17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... in that special "Tajik 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 ... "Tajik 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 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:

(without accents)

a. Greetings/ Exclamations:				
hello	good morning,	how are you?	I am well	thank you
salom	salomu- alaykum	chi(st) khel shumo?	khub hast-am	tashakur/ rahmat
		khub hast-i?		
goodbye	yes	no	OK/please	not too bad
khayr	ha	ne/na	khub/lutfan	bad n-ist
Darn!	Mate!	there it is!	"Cool"!!!	welcome
Aii!	Dost	on on-jast	assan/araan/ khub	kosh amaded sahlan.
b. Verbs :				
to be	have	like	want	can
h-ast	dor-	khoh-	kor dor-/ khost-	tawan-/zan-
man hast-am	dor-am	me-khoh-am	kor dor-am	me-tawan-am
do	say/speak	go	come	give
kard-/kon-/ zan-	shav-/zabon-	birav-/raft-	omad-	de-deh-/bet-
me-kard-am	me-shav-am	me-birav-am	me-omad-am	me-bedeh-am
take	eat	drink	sleep	know
gir-	khur-	nush-	khoh-kard-	fahm-/ shenas-/don-
me-gir-am	me-khur-am	me-nush-am	khoh-me- kard-am	me-fahm-am
understand	must	possible		
fahm-	hatm-	mumken	-	

me-fahm-am	me-hatm-am			
c. Prepositions:				
some	a	the to	from	
kam	yak	-ro	ba	az
d. Pronouns:				
I	you	he she	we	
man	shumo	err	err	mo
it	this	that	Mr	Mrs.
in	in/ira/inra	on/ora/onra	Og-ho	Khanon
e. Nouns:				
money	thing	man	woman	water
pul	chistz	mard/nafap	zan	aab
car	teket	book	friend	time
mota	teket	kitab	dost	wakt
f. Adjectives/ adverbs/Other:				
good	bad	big	small	now
khub	bad	khalon	maida	hala
later	a little	wonderful!	happy	here/there
baad-ta	kam	bysyer maghboul	khosh	in-jo/on-jo

g. Interrogatives:				
how much?	where?	what?	who?	when?
chand ?	ku-jo?	chist?	kist?	kay?
Note:	What is this?	I <u>would</u> like ...	Sorry!	I want ...
.	In chist ast?	Me-khost-am..	Be-bak-shed!	Man ... kor dor-am
	Who are you?	Do you have ...?		
	Shumo kist-ed?	Shumo ... dor-ed?		
h. Numbers:				
one	two	three	four	five
yak	doo	se	char	panch

i. And some survival words:

Easy/difficult (assan/sakht), toilet (kujat-khona/tashnab), fun (mazaq), but (ama), never (arges), food (naan), train (rail), bus (bus), home (khona), work (kar), time (so-at/wakt), today (im-roz), tomorrow (far-do), paper (kog-hoz), newspaper (akhbor), day (roz), week (hafta), year (sol), hour (so-at), minute (daqiqqa), hamburger (hamburger), McDonalds (McDonalds), think (freker-), remember (yod dusht-), read (khond-), write (navesht-), laugh (kandad-), dance (rakcid-) stop (estod), milici-yaroman (milici-yaro/police), six (shash), seven (haft), eught (hasht), nine (noh), ten (dah), hundred (sad/yak-sadu), thousand (hazor), Mate (dost) ... see you soon (ta pasan) ... bye bye (khayr) ...

19. NATURAL FEEDBACK AND NEW IDEAS

(to robertboland@wanadoo.fr)

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)

BASICS:	
Welcome!	Kosh amaded sahlān!
Hallo	Salom
Yes/no	Ha/ne,na
Please	Lutfan/tashakur/marhamat
Thank you.	Rahmat
Excuse me/sorry	Me-bakh-shed
INTRODUCTIONS:	
Good morning	Assalomu-alaykum
Good-bye.	Khayr
My name is ...	Nam e (of) man (me) ... ast (is).
What is your name?	Nam-a-ton (you) ch-ist?
How are you?	Chi khel shumō?
I am well, thanks	Man khub (well) hast-am, rahmat.
And you?	Am va shumō chi khel?
Where do you come from?	Shumō az (from) ku-jo me-omod-ed (come)?
I'm ...:	Man az ... omad-am.
France	Faranso
England	Engliso
America	Ameriko
I'm ...:	Man ba ... hast-am
UN	UN
Shell	Shell

QUESTIONS:	
When/how?	Kay/chator?
What/why?	Chist/chora?
Who/which?	Kist/kodam?
Where is/are ...?	... ku-jo-st? (ast)
Where can I find ...?	Man ku-jo ... paida-karda me-tawan-am (can)?
How much is it?	Narkhi (cost) in/on chand ast?
Can you help me, please?	Lutfan (please), yord-am (help) kon-ed(give) ?
What does it mean?	Ma-noi in chist?
UNDERSTANDING:	
I understand	Man me-fahm-am.
I don't understand.	Man na (not) me-fahm-am.
Do it again please.	Lutfan tak-rar (again) kon-ed.
Can you translate this?	Shumo me-tawan-ed (can) in-ro tarjoma (translation) zan-ed (do)?
Please, I want ...?	Lutfan me-khoh-am ...
Do you speak English?	Shumo ba zaboni Englisi-gap me-zan-ed?
I cannot speak	Man ba zaboni Tojik/Englisi-gap na me-zan-am (cannot).
I can speak a little Tajik.	Man kame (little) Tajik-gap me-zan-am (can).
COMMENTS:	
It's:	In ... ast:
big/small	khalon/maida
cheap/expensive	arzan/qimmat

good/bad	khub/bad
hot/cold	jush/khunnu
near/far	nazdik/dur
FOOD:	
I like:	Man ... me-khoh-am.
breakfast	nashta/toha-e-sobh
lunch	nan-e-chasht
dinner.	nan-e-shab
I would like some:	Man me-khoh-am kam ...
bread/butter	nan/maska
cheese	paner
eggs	tukhmho
meat/potatoes	gosht/banjan-roumi
apples/oranges	seb/malta
coffee/tea	gawa/chaе
milk	shir
fruit juice	abe-e-mewa
water	aab
Give the bill please.	Lutfan, hisobto (bill) be-deh-ed (give).
It is good.	In khub ast.
TRANSIT:	
Where is the nearest bazaar?	Nazdi-ktarin (nearest) bozor ku-jost (where)?
Where is a taxi?	Taxi ku-jost?
How much is it to go to ...?	Ta ... raftan (go), chand (how much)?
Take me to this address.	Ma (me) ro ba in (this) adres be-bar-ed (take).

Please make a stop here.	Iltimos in-jo isted (stop)man kun-rd (make).
This is not right.	In durost n-ist (is not).
Go straight ahead.	Nustaqim rav-ed (go) .
It's there:	In on-jo (there) ast:.
left/right	chap/rost
next to/after	ba-dasou/baad-ha
north/south	shimol/janub
east/west	sharq/gharb
Where is the:	Ku-jost ...:
town center	markaz-e-shahr (town)
pharmacy	doru-khona
SHOPPING:	
Do you have ...?	Shumo ... dor-ed?
How much is this/that?	In/on chand ast?
I take it.	Man in ro me-gir-am (take).
Colours?	Rang:
Black	Siyoh
Blue	Nilgun
Red	Surkh
White	Safed
Yellow	Zard
Green	Sabz
I want to buy:	Man me-khost-am ... ro be-har-am (buy)..
aspirin	aspirin
soap	saboun
kilo apples	kilo seb

litre of milk	litro shir
film/newspaper	film/akhbar
TELEPHONE:	
Hello, I am ...	Allo, man
Please speak more:	Lutfan kame ... gap zan-ed.
louder	baland-tar
slowly	ostatar
Who do you want?	Nima me-khoh-ed?
I would like to speak with:	Man me-khost-am (like) ... me-zabon-am
Mr.	Og-ho
Mrs.	Khanon
Miss	Anissa
When is he there?	Kay (when) o en-jo (there) ast?
Ask him to call me, please?	Lutfan ba o bego-ed (ask), ke ba man zan-bezan-ad (call).
TIME:	
Do we have a little time?	Ma-da kame wakt dor-em?
What time is it?	So-at chand ast?
The time now is...	So-at:.
five past one	yak (1) wa panch (5) daqiqa (minutes) choryak (quarter) manda (before) ba se (3)
four o'clock	char (4) so-at
ayaf past five	nimi (half past) panch (5).
MEETINGS:	
We want to see you: (see).	-em Ma me-khoh-em (want) shumo ro be-bine
today	imroz

tomorrow	fardo
next week	hafta-oyanda (coming)
in the morning	sahar
in the afternoon	zhur
in the evening	shab
tonight	im-shab
soon	zood
You are right/wrong.	Shumo durust/khatta dor-ed (have).
That is right	In durust ast.
LOCATIONS:	
Here/there	In-jo/on-jo
At the office	Ba daftar
Is it near or far?	In nazdik ya (or) dur ast?
How many hours to go there?	Radsta ta on-jo chand (how many) so-at ast?

21. PLAY QUIZ

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

- | | |
|---------------------------|------------------------------------|
| a. I am very well | Khub. |
| b. Excuse me | Rahmat/Tashakur |
| c. Thank you. | Khub hast-am. |
| d. OK | Me-bakh-shed |
| e. That is right | Salom. |
| f. Well done | In durust ast. |
| g. Hello | Chi khel shumo? |
| h. How are you? | Khub karda. |
| i. What is this in Tajik? | Ne. |
| j. I can do that. | Khayr. |
| k. Goobye. | Tajik men in chist ast? |
| l. No. | Man on ro kard-an me-tawan-am. |
| m. Yes. It is "cool"!! | Sably? |
| n. Please | Lutfan. |
| o. Where are you going? | Ha. In assan ast! |
| p. Waiter? | Shumo ku-jo raft-ed? |
| q. How much is that? | Soat chand ast? |
| r. Where is the toilet? | Ku-jo/kay/cheraa? |
| s. Where/when/why? | Kujat-khona ku-jast? |
| t. What time is it? | On chand ast? |
| u. Help me please? | Man na-me-fahm-am. |
| v. I do not understand | Lutfan komak kon-ed. |
| w. What does this mean? | Lutfan kame ostatar gap be-zan-ed. |
| x. Please speak slowly. | Ma-noi in chist? |
| y. See you later. | Kosh amaded sahlan! |
| z. Welcome!! | Ta pasan. |

Answers: In the Lonely Planet 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 the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts. 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. Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to robertboland@wanadoo.fr.

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

Special Vocabulary for UNHCR

(Challenge - complete in Tajik and then discuss with a fluent speaker)

English	Pashto	Dari	Tadjik (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 paxldy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	

Handicapped	saya	ma-yub
Health	roghtyaa	seat/syhhat
Hospital	roghtun	shafakhana
House	kor	khana/kor
HQ	mankaz	mankae
Human rights	dd bashar hakkuna	hokuk e bashar
Husband	mehra	shwahan
Lamp	dewan	tsheragh
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/ markaz-d paziraa-i
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	bar-gasht-d yraadi
War	jagara	jangu
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

1. Structure - subject, object and verb:	
MAN (I) in-jo (here) hast-am (am).	I am here.
FARZAND in-jo ast (is).	CHILD is here.
FARZAND in-jo ast (question)?	Question - is child here?
2. Articles - limited use with "yak" as one:	
YAK farzand in-jo ast.	A child is here.
3. Nouns - plural ("haa") & modifier ("e"):	
Farzand-haa in-jo hastan.	Child-REN are here.
Farzand e SARA in-jo ast.	Child GOOD is here.
Err (he) FARZAND ast.	He is a CHILD.
4. Possession - with "aini":	
Err farzand AINI-MAN (my) ast.	He is MY child.
5. Relative - with who ("ki"):	
Farzand KI in-jo ast.	Child WHO is here.
6. Demonstrative - this ("in") and that ("on"):	
IN farzand in-jo ast	THIS child is here.
On farzand on-jo ast.	THAT child is there.
7. Interrogatives - what ("chist"), who ("kist"), where ("ku-jo") and how much:	
In CHIST ast?	WHAT is this?
On KIST ast?	WHO is that?
Farzand KU-JO ast?	WHERE is the child?

Kitab CHAND ast?	HOW-MUCH is the book?
8. Imperatives - ordering (with a "be"):	
In-ja BE-KARD-ED!	This DO!
In-jo BE-OMAD-ED!	Here COME!
9. Negatives - no ("ne") and not ("na"):	
Ha, man kitob DO-RAM	Yes, I HAVE a book.
Ne, man kitob NA dor-am.	No, I do NOT have a book.
In-jo NA-birav-ed!	Do NOT come here.
10. To be, have and want (with "me" to indicate the present tense):	
Man hast-am /dor-am /me-khoh-am	I am/have/want
Shumo hast-ed /dor-ed /me-khoh-ed	You are/have/want
Err ast /dor-ad /me-khoh-ad	He is/has/wants

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

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

Opportunity: for managers and staff members on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local companies, governments, refugees, client and project staff, as they perceive the effort to speak the local language with a good accent, and thus to show clearly a deep respect for local values and culture.

Description: dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa and with other languages in process: Cantonese, Zulu, Tswana, Sutu, Swedish, 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 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: 33 450 408982 or 199 Chemin Garenne, Prevechin, 01280 France or email: robertboland@wanadoo.fr 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 TADJIK 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. I 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. One | 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. Out | 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 |

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|-------------|----------|--------------|-----------|-----------|
| 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 |