

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
... Nandri!

NO. 380 - TAMIL from ENGLISH

Version 2 - with a few minor errors - April 2003

Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for accent improvement.

Books to buy: Pocket dictionary. Assimil and Planet phrase books. Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web.

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

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DEDICATION

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

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

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

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

Thank you.	Nandri
Hello	Vanakkam
Yes/no	Aamaam/Ille
Please	not used - implied by the tone
Excuse me	Mannite-hod-unge
My name is ...	Ye(n) payru...
What is your name?	Wonge payru enna?
How are you?	Ep-pedi iruk-kiinge?
I am well	Nallah iruk-kurren
What is your country?	Niinge yendha naandu?
I am from:	Yen naandu ...
I want ...	Enakku veendum ...

Good-bye.

Varen

... so start chatting now ... with everyone ... !!

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat each TAMIL word many times slowly ... and then at VERY high speed)

Hello	Vaange	VANN-A-GA
Mr.	Aiyaa	EYE-YA
Mrs.	Ammaa	AMM-AA
Yes	Aamaam	ARM-A
No	Ille	ILL-AY
Good	Nallaa	NALL-A
Is there any...?	... irruk-kuda?	IRRI-KUU-DAA?
Thank you	Nandri	NANDR-EE
Goodbye	Varet-tumaa	VARA-TUU-MA
Bye bye for now!!	Varen!	VARR-AH
Who?	Yaar?	YAA-RR
What?	Enne?	YEN-NR

I want	Enakku veendum	YANAKR-VENN-DUM
Where?	Engee?	YENN-GR?
OK!	Seri!	SE-REE

Note: For simplicity ... the program is mostly typed without accents and without any special capital letters for "D" etc.

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 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 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 ...

NATURAL SUGGESTIONS

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

After the one full day of CRE, plan revision during your NORMAL ROUTINE in the following week, for just an hour a day. Feel free to do it in any way ... that YOU know ... will suit YOU best ... and will allow you ... both to speak AND to understand ... what is spoken to you ...

So relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30-minute audio tape ... of new natural language ... which becomes part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ...

Our suggested schedule for the 6-hour CRE day (with breaks as needed) is:

- 1 - Do IRT. Do the Throat exercise - 16 key words
Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel)
... make it fun! Review the Glossary (2 pages).

- 2 - Repeat the text (Sections 2-4) to understand every word!
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE
AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).
Review the Grammar (1 page) and the Glossary.

- 3 - Repeat the text (Sections 5-10) to understand every word!
Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.
Repeat the Throat exercise.
Begin to create simple conversation with the Mini-phrase book
(Hello etc.).

4 - Repeat the text (Sections 11-16) to understand every word!
Play the tape with the text, SPEAKING SOFTLY with a good accent.
Do SPEED READING (Sections 2-16) and Mini-phrase Book.

5 - Play the tape WITHOUT the text, speaking with three different voices - just for fun! Create conversation with the Mini-phrase book.
Do SPEED READING (2-16).

6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.
Do the quiz (1 page). Create conversation with mini phrase book.
Do SPEED READING (2-16) and Mini-phrase book 14 minutes.
Do APS and plan for review next week, helping partners as needed.

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 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...
"Tamil Place" ... in your mind ...

2. HERE AND THERE:

Naan ingee (here) irrukken.

Niinge (you) ongee irukkureenge

Niinge ongee irukkureengala?

Ammaam. Niinge ongee irukkureenge.

Teriyum, niinge ongee irukkureenge

Niinge ingee (here) irukkureengala?

Ille, niinge ingee ille (not).

Idu (it) ingee irukku.

Idu engee (where)?

Idu ingee irukku.

Idu ongee irukka?

Enakku theri-yaadu (know-not).

Miguel engee?

Aver ingee - ille (not).

Aver engee?

Teri-yaadu (not).

Cheh!! Aver ongee irukkuraaru!

Aver romba nalla irukkuraru!

3. LIKING:

Enekku (to me) niinge pidikkum (liking)

Ungalukku (to you) ennai (me) pidikkuma?

Ammaam, enekku ungalai pidikkum.

I am here.

You are there.

Are you there?

Yes, you are there.

Yes (I know), you are there.

Are you here?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

Zut!! There he is!

He is wonderful!

I like you.

Do you like me?

Yes, I like you.

Unekku panam (money) pidikkuma?
Ammaam, enekku panam pidikkum.

Do you like money?
Yes, I like the money.

Enekku thanni pidikkum.
Ungalukku thanni pidikkuma?
Enekku pusthagam pidikkum.
Averukku car pidikkum.
Avalukku (to her) car pidikk-aade (not).

I like water.
Do you like water?
I like books.
He likes the car.
She does not like the car.

Ungalukku saapadu pidikkuma?
Ille, enekku saapadu pidikk-aadhu.
Oh thah!!! Nalla papa!!
Nalla papa sollaande (say not)!

Do you like the food?
No, I do not like the food.
Oh. Zut!!! Mate!!! (small baby)
Please do not say Mate!

4. DOING:

Naan pannuren (do).
Naan idu (this) pannuren.
Niinge pannunge.
Niinge adu pannunge.
Naange adu pannrom.
Matrum naange sandoo-samaa (happy) irrukkom.

I do.
I do this.
You do.
You do that
We do that
And we are happy.

Adu easya irukka?
Aamaan, adu kastemaa ille.
Niinge adu pannu veengala?
Adu pannu!!

Is it easy?
Yes, it is not difficult.
Will you do that?
Do that please!!!

Thah!!
Adu romba nalla irukku!!

Zut!!!
It is wonderful!!!

5. CAN/ABLE TO DO:

Yennale mudiyum.

Yennale mudiyuma?

Aamaam, yennale mudiyum.

Adu panna mudi-yumaa (possible)?

Aamaam, adu panna mudiyum.

Yennale konjam sappida (eat) mudiyum.

Yennale konjam kudika (drink) mudiyum.

Yennale pooge (go) mudiyum.

Yennale vara (come) mudiyum.

Yennale tuunge (sleep) mudiyum.

Ungalaale peese mudiyum.

Ungalaale peese mudiyumaa (possible)?

Aamaam, mudiyum.

Adu pannu mudi-yumaa (possible)?

Ille, adu pannu mudiyaadu.

Ungelukku idu (this) puriyum.

Ungelukku idu (this) puriyumaa?

Aamaam (yes), kondjam.

Ungelukku nalla papa solla mudiyumaa?

Aamaam, konjam Tamil peese teriyum!

Naa romba nalla irukkuren!!

I can

Can I?

Yes, I can.

Can you do this?

Yes, I can do that.

I can eat a little.

I can drink a little.

I can go.

I can come.

I can sleep.

You can speak.

Can you speak?

Yes, I can.

Can you do this?

No, I can not do that.

You can understand this.

Can you understand this ?

Yes, a little.

Can you say Mate?

Yes, I can speak a little Tamil!

I am wonderful!!

6. UNDERSTANDING:

Enekku puri-yidhu.

Enekku puri-yale.

Ungalukku (you) puriyum.

Ungalukku puriyale (negative).

Ungalukku (question) penngal (woman) apathi puriyuma?

Ille, ille. Enekku avangele pathi puriyale!!!

Oh, cheh! Tata!!

Tata eppoodum soollaade (say not)!

Romba nalla irukkiinge!

I understand.

I do not understand.

You understand.

You do not understand.

Do you understand women?

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

Oh. Zut! Mate! (grandpa)

Never say Mate!

You are wonderful!

7. WANTING:

Enakku veendum.

Enakku konjam sappidu (eat) veendum.

Enakku thanni kudika (drink) veendum.

Enakku toilet pooga (go) veendum!!

Ungalukku konjam sappidu veenduma?

Ille, sappidu (eat) veendam.

Enakku ungalukku konjam kudukka vendum.

Nandri, ille veendam.

Naa varanum (want to come).

Ungalukku thoonganooma?

Ille, enakku thookam varale.

Miguel, unekku thavalai sappidu veenuma?

I want.

I want to eat a little.

I want to drink the water.

I want to go to the toilet!!!

Do you want to eat a little?

No, I do not want to eat.

I want to give you a bit.

No thank you.

I want to come.

Do you want to sleep with me?

No, I do not want to sleep.

Miguel do you want to eat the frogs?

Ippo (now) vaanda, nandri!
Naange romba nalla irrukkom!

Not just now, thank you!
We are wonderful!

8. GETTING:

Enkitta kaas kudunge.

Please (not used!!!) give me the money.

Indhe kaas edhuthukoonge.

Please take the money.

Naa kaas edukkuren.

I take the money.

Enkitta ticketta kudunge.

Please give me the ticket.

Indhe ticketta edhuthukoonge.

Please take the ticket.

Naa tickettai edukkuren.

I take the ticket.

Enkitta adhu kudunge.

Please give me the thing.

Adhu engee irrukku?

Where is the thing?

Enakku teriyaadhu.

I do not know.

Enkitta oru periya aallu kudunge!

Give me one big man!!!

Aval oru periye penn!

She is a big woman!!

Aval romba nalla irukka!

She is wonderful!

9. HAVING:

Enakku (to me) oru porul irrukku.

I have one thing.

Enakku oru porul ille.

I do not have one thing.

Ungalukku oru porul irrukku.

You have one thing.

Namalukku oru porul irrukku.

We have one thing.

Avalukku oru porul irrukku .

She has onething.

Enakku neram irukku, Miss!
Sir, ungalukku konjam kaas iruukungla?
Ille.
Oh. Nalla papa!
Nalla papa eppoodum soollaade (say not)!

I have the time, Miss!
Do you have some money, Sir?
No.
Oh. Mate!
Never say Mate!

10. ORDERING (POLITELY - with "please" ... just in the tone):

Enakku andha porul kudunge.
Enakku kaas kudunge.
Enkitta thanni kudunge.
Nandri.
Franceille thanni kudikkadheenge.
Winea kudeenge.

(Please) give me the thing.
Give me the money.
Please give me the water.
Thank you.
Do not drink the water in France!
Drink the wine.

Inge vaange,
Ande poonge.
Idhu kudeenge.
Adhu saapidadheenge (eat not).

Come here.
Go there.
Drink this.
Do not eat that!

Enakku idha kudunge.
Adha edukkadheenge (take not).
Idhu sollainge.
Ippo, naa idhu pannanum.
Ippo, niinge adhu pannanum.

Give me this.
Do not take that.
Say this.
Now, I must do this.
Now, you must do that.

Tata (grandpa) eppoodum soollaade (say not)!
Niinge romba nalla irukkiinge!

Never say Mate!
You are wonderful!

11. GREETING (COLLOQUIAL):

Hello, Jason!!

Hello Paula.

Kaalai vanakkam, Miche.

Kaalai vanakkam, Sancos.

Eliza, eppedi irukkiinge?

Nallah irukkurren, Khulu.

Savukkiyamaa, Xavier?

Moosemaa ille, Henri.

Seri (OK), nandri Miguel.

Varen, Giles.

Varen, Judith.

Aamaam, seri, Hollie.

Adhu romba nalla irukku, Heidi!

Seri, Sam?

Aamaam, seri Lucie.

Moosemaa ille, Henri

Sandoo-samaa irukkiiya, chellam?

Ille!!!

Aval romba nalla irukka!!

Hello Jason!!

Hello Paula.

Good morning, Miche.

Good morning Sancos.

How are you, Eliza?

I am well, Khulu.

How goes it, Xavier?

Not too bad, Henri.

OK , thank you Miguel.

Goodbye Giles.

Goodbye Judith.

Yes, OK, Hollie.

It is wonderful, Heidi!

OK Sam?

Yes, OK, Lucie.

Not too bad, Henri.

Are you happy, Darling?

No!!!

She is wonderful!!

12. DESCRIBING:

Adhu nalla irukku.

Adhu nalla ille.

It is good.

It is not good.

Adhu nalla ille.

Adhu oru pusthagam.

Idhu easya irukka?

Ille, idhu kashtama ille.

Idhu chinnaa irukku.

Idhu easya irukka?

Ille, idhu kashtama irukku.

Thanni nalla irukka?

Franceille thanni nalla ille!!

Tata eppoodum soollaade (say not)!

Naange romba nalla irukkoma?

Aamaam!

It is bad.

It is one book.

Is it easy?

No, it is not difficult.

It is small.

Is it easy?

No, it is hard.

Is the water good?

Water is not good in France!!

Never say Mate!

Are we wonderful?!!!

Yes!!

13. KNOWING (THINGS & PEOPLE):

Enakku idhu teriyum.

Ungalukku idhu teriyuma?

Aamaam, enakku idhu (this) teriyum.

Ungalukku adu teriyum.

Ungalukku adu (that) teriyuma?

Ille, enakku adu teriyaadhu.

Enakku andhe pennai (woman) teriyum.

Enakku andhe aanai (man) teriyum.

Aver ukku yenna teriyum.

Ungalukku andha pennai (woman) teriyum?

I know this.

Do you know this?

Yes, I know this.

You know that.

Do you know that?

No, I do not know that.

I know that woman.

I know the man.

He knows me.

Do you know that woman?

Ille!!

Kaalai vanakkam, Ammaa.

Eppedi irukkureenge, Ammaa?

Moosemaa irukkurren!!!! Varen!

Ungalukku avalai teriyadhul!

Aval romba nalla irukka!

No!!

Good morning Madame?

How goes it, Madame?

Bad!!! Goodbye!

You do not know her!

She is wonderful!

14. NUMBERING:

Enakku oru prachanai irukku.

Aamaam ungalukku oru prachanai irukku.

Ille, ungalukku irendu irukku.

Avarukku moonu irukku.

Avalukku naalu irukku.

Namakku anju irukku.

Ungalukku anju irukka ?

Amaam ippo, enakku anju prachanaigal irukku.

Ellam kolandhaigal!

Kolandhaigal romba nalla irukkaange.

I have one problem (obstruction).

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Children are wonderful!

15. ASKING:

Indhe pusthagam ettane?

Anju dollara.

Idu ettane?

Ettane?

Naalu dollara.

How much is that book?

Five dollars.

How much is this thing?

How much?

Four dollars.

Adu engee irukku?

Adu angee irukku.

Ille, adu angee ille.

Toilet engee irukku?

Toilet angee irukku.

Adu enne?

Adha thiripiyum solla mudiyuma?

Adu.

Adu oru nallaa puthagam.

Ungalukku enna veenum?

Enakku wine veenum.

Yaar (who) angee (there)?

Naange ingee irukkom.

Yaar avangal?

Teriyaadu.

Avanga Madonna!.

Aval romba nalla irukka!

Where is it?

It is there.

No, it is not there.

Where is the toilet,

The toilet is over there.

What is that?

Could you repeat again?

That.

Oh, it is a good book.

What do you want?

I want wine (please).

Who is there?

We are here.

Who is that woman?

I do not know.

It is Madonna!

She is wonderful!

16. EVERYTHING - COLLOQUIAL:

Naan ingee irukkuren.

Niinge angee irukkiinge

I am here.

You are there.

Enekku ungalai pidikkum.

Unekku panam pidikkum.

Avan panran.

Aval adhu panraa.

Ennal konjam Tamil peesa mudiyum!

Ungalaale Tata solla mudiyuma!

Niinge solradhu enekku puriyidhu.

Unekku yenna puriyale.

Naa barukku pooganum.

Ungalukku toilet poonuma.

Enakku konjam neram irukku, Miss!

Sir, ungalukku konjam kaas iruukungla?

Franceille thanni kudikkadheenge.

Winea kudeenge.

Eppedi irukkiinge, Eliza?

Naa nalla irruken, nandri, Khulu.

Adhu perusa, Sir?

Ille, adhu chinna irukku, madame.

Ungalukku andhe pennai teriyadhu.

Oh! Aval wonderfulla irukka!

I like you.

You like money.

He does this.

She does that.

I can speak a little Tamil!

You can not say Mate?

I understand you.

You do not understand me.

I want to go to the bar.

You want to go to the toilet.

I have a little time, Miss!

Do you have a little money, Sir?

Please don't drink the water in France!!

Drink the wine.

How are you, Eliza?

I am well, thank you, Khulu.

Is it big, Sir?

No, it is small, Madame.

You do not know that woman.

Oh. She is wonderful!

Amaam ippo, enakku anju sangadam irukkull!
Ellam kolandhaigal!

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

Adhu enna?
Adha thiripiyum solla mudiyuma?

What is that?
Can you say that again?

Angee adhu irukku.
Moosemaa ille.

There it is.
Not bad.

Seri?
Savukkiyamaa?

OK?
How goes it?

Ippo, naa idhu pannanum.
Adhu soopera irruke!!
Ippo, neenge adhu pannanum.

Now, I must do this.
It's cool!!
Now, you must do that.

Idhu Tamilille enna?
Mate eppoodum soollaade (say not)!

What is this in Tamil?
Never say Mate!

Romba nalla?
Aamaam, niinge romba nalla irukkiinge!!!

Wonderful?
Yes, you are wonderful!

Varen!

Bye bye, for now!

Note: Speed reading - 14 minutes

17. CLOSING

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

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

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

You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special "Tamil 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 continuing support ... of our Team ... which all began in Bayonne, France on August 15, 2001 ... and of course ... as with all things ... we believe can do ... together ... God Bless ...

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
vaNak-kam	kaalai vaNak-kam	ep-peDi iruk-kiinge?	Naanallaa-iruk-kurren	nandri
goodbye	yes	no	OK	not too bad
vareT-Tumaa	ammaam	ille	seri	moos-maae ille
Zut!	Mate!	there it is!	"cool"!!!	
Cheh!!	Tata!	aadu angee irrukku	super!	

b. Verbs (infinitive and first person):

to be	have (to me ... is)	like	want	can
iru	enekku	piDikkum	veeNum	mudi-yum
do	say/speak	go	come	give
paNnu	sollu/peesu	pooge	vaa	taa
take	eat	drink	sleep	know
eDu	sappi-Du	kuDi	toon-ge	teri-yum
understand	must			
purin-jukku	teevap-paDu			

c. Prepositions:

some	a	the	to	from
sile	oru	adhu	-kup-	-lendhu

d. Pronouns:

I/to me	you	he	she	we
Naan/enekku	niinge/unekku	aver/aver- nekku	aval/avalukku	naange/namakku

it	this	that	Mr	Mrs.
adu	idu	adu	aiyaa	ammaa

e. Nouns:

money	thing	man	woman	water
paNam	poruL	aaN	penn	thanni

car	ticket	book	friend
motor	tikke-ttu	pusthagam	naN-ber

f. Adjectives/
adverbs/Other:

good	bad	big/small	now	here/there
nallaa	moose-maane	periye/sinne	ippo	ingee/angee

later	a little	wonderful!	happy	easy/difficult
appa-ramma	konjam	romba nalla!	sandoo-samaane	easy/ kas- temaa-ne

g.
Interrogatives:

how much?	where?	what?	who?	when?
-----------	--------	-------	------	-------

evval-lavu?	engee?	enne?	yaar?	eppo?
Note:	What is that?		I know	I don't know
	Adhu enne?	Colloquial answer:	Teri-yum.	Teri-yaada.

h. Numbers:

one	two	three	four	five
onnu	rendu	munnu	naalu	anju

i. And some survival words:

WC (toilet)	think (nene)
always (eppevum)	read (vaasi)
fast/slow (seekram/mellam)	write (eludu)
but (aanaa)	laugh (siri)
never (eppoo-dum ille)	dance (naDe-nemaa-Du)
food (saapa-du)	later (appa-ramma)
train (rayil-treyin)	stop (nirut-te)
bus (baas)	policeman (police)
home (veedu)	six (aaru)
work (veele)	seven (eelu)
time (maNi)	eight (ettu)
today (innekkoo)	nine (ompadu)
tomorrow (naa-Lekkoe)	ten (pattu)
paper (kaagi-dam)	hundred (muru)
newspaper (newspaper)	thousand (aayi-ram)
day (naaL)	mate (ranbar)
week (vaaram)	goodbye (varen)
year (varu-Sam)	bye bye (varen)
hour (maNi neeram)	bye for now (vaaret-tumaa) ...
minute (minute)	
hamburger (hamburger)	

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?

Note: Be sure to send us a copy of YOUR APS tape, showing all you have learned from our CRE ... it will be much appreciated!

20. DAILY MINI PHRASE BOOK

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

BASICS:

Thank you.

Nandri

Hello

Vanakkam

Yes/no

Amaa/Ille

Excuse me

Man-nichu vidun-ge

INTRODUCTIONS:

Good morning

Kaalai (morning) vanakkam (hello)

Good-bye.

VareT-Tumaa

My name is ...

Ye(n) payru (name) ...

What is your name?

Wonge payru enna (what) ?

How are you?

Epp-pedi iruk-kiinge?

Fine thanks

Nallah(good) ikur-kurren.

What is your country?

Niinge (your) yendha naandu (country) ?

I am from:

Yen naandu... :

France

Francia

England

Angleta

America

Amerika

I work in:

Naan ... wode veele (work) :

UN

UN

Red Cross

Nokia

Red Cross

Nokia

QUESTIONS:

What is this in Tamil?

When/how?

What/why?

Who/which?

Where is/are ...?

How much is it?

Possible for you to help me?

What does this mean?

Idu (this) Tamil-ille?

Eppo/EppaDi?

Enne/Een?

Yaar/?

...engee?

Idu ettane...?

Niinge (you) enekku udavi (help) seyye
muDiyu-maa (possible)?

Appedi-naa enne?

UNDERSTANDING:

I understand

I don't understand.

Please say that again.

What does it mean?

Can I have...?

I want...

Do you speak English/Tamil?

Enekku (to me) puri-yidhu.

Enekku puri-yale (not) .

Innoru ta-Dave sollunge.

Appe-Dinaa enne?

Yennaku (to me) ... veeNDum?

...veeNDum.

Unge-Lukku English/Tamil peese teri-
yumaa?

I don't speak Tamil.

I speak a little ...

Enekku Tamil peese (speak) teri-yaadu.

Konjam (little) ... teri-yum.

COMMENTS:

It is:

better/worse

big/small

cheap/expensive

good/bad

hot/cold

near/far

... irri-kudaa:

nalle/moosa-maane

periye/sinne

vile kureinde/vile uyernde

nallaa /mosam

suuDaa-ne/kuLir-nde

kiTTe/duu-ram

FOOD:

I like:

breakfast

lunch

dinner.

Ennekku ... piDik-kum:

tiffin

lunch

dinner

Please I want:

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

... enkitte koDunge:

bread/venne

cheese

mutte

maa-misam/uruLe kka-langu

aappil/sattuk-kudi

coffee

milk

kofi

paal

fruit juice

water

tea

wine

pala-rasam

thani

chai

ooyin

Can I have the bill ?

Bill kon-daara (can you bring) mudi-yuma
(can you do it)?

TRANSIT:

Where is the nearest shop?

Kitte KaDe (shop) engee?

Where can I get a taxi?

Taxi engee?

How much is the taxi to ...?

... pooge (to go) ettane?

Take me to this address.

Idu addressu poonge.

Please stop here.

Ingee niri-thinge (to stop).

Go straight ahead.

Neeree naDandu poonge.

It's there, on the:

Adi angee:

left/right

valodu pakkam / yeDadu pakkam

next to/after

apram

north/south

vaDekku/terku

east/west

kilakku/meerku

Where is the:

Engee irukku...:

supermarket

superstore

pharmacy

marin-dhu (medicin) kaDe?

SHOPPING:

Is there any ...?

How much is this/that?

I will take it.

... irrukkuda?

Idu/adu enne vile (price)?

Naan adu (it) eDukkiren.

What colours have you?

Black

Blue

Red

White

Yellow

Green

Enne (what) niram irrukku-dae ?

karuppu

neela

segappu

velle

manja

pachche

I want to buy:

aspirin

soap

litre of milk

film/newspaper

... veendum:

aspirin

soap

litr paal

film/gazetta, newspaper

TELEPHONE:

Hello, ... here speaking

Please speak:

louder

slowly

I want to speak to:

Mr.

Mrs.

When is he there?

Haloo ... ingee pee-suren.

... pee-sunge:

sathama

meduvaa

...kitta peesan-nudi-yuma (can speak):

Aiyaa

Ammaa

Aver ungee eppo iru-paaruu?

TIME:

Do you have time?

What time is it?

The time is:

five past one

quarter past three

four o'clock

half past three

MaNi yenna?

Ippe maNi enne?

Ippe maNi:

maNi onnu (1) anju (5)

muuNay (3) kaal (quarter)

naalu (4)

muuN (3)arai (half)

MEETINGS:

We will see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

now

Naange paar ninge:

innekoo

naa-Lekko

aDutte vaaram

kaalai-yilee

maadi-yaanam

sain-galam

innekoo raatiri

ippe

You are right/wrong.

That is not right (for them).

Niinge sari/thappu.

Adu avvaal-aukku sariy-ille.

LOCATIONS:

Here/there

At the office

Is it near/far?

How many hours?

Ingee / angee

Offisillee

Idu kitte / duu-ram irrukke?

MaNi ettane ?

Is it possible?

This is important

Seyya-laama?

Idhu mukhi-yam.

21. PLAY QUIZ

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

- | | |
|--------------------------------|--------------------------------------|
| a. I am well, thank you | Seri. |
| b. Excuse me | Nandri |
| c. Thank you. | Nalla irukkuren |
| d. OK | Mannichu vidunge |
| e. This is important | Nallaa |
| f. Good | Idhu mukhi-yam. |
| g. Hello | Eppedi irukkiinge? |
| h. How are you? | Vanakkam |
| i. I speak a little | Ye payru |
| j. I want to buy | Niinge sari |
| k. My name is | Konjam teri-yum |
| l. You are right | Veendum |
| m. Yes | Enakku veendum |
| n. Thank you | Yen naandu |
| o. I want | Aamaam |
| p. I am from | Nandri |
| q. How much is that? | Ippe mani enne? |
| r. Where is the toilet? | Engee?/epo?/een? |
| s. Where/when/why? | Toilet engee? |
| t. What time is it? | Adu enne vile? |
| u. Possible to help me please? | Enekku puriyale. |
| v. I do not understand. | Meduvaa peesunge. |
| w. What does this mean? | Niinge enekku udavi seyye mudiyumaa? |
| x. Please speak slowly | Appedinaa enne? |
| y. Bye bye for now | Adu enne vile |
| z. How much is that? | Vaaret-tumaa |

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

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT
AND LONG TERM RE-INFORCEMENT AFTER ONE MONTH -
WORKING 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 our APS. Then play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then 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 drbobboland@hotmail.com. And be sure to send us a copy of your APS tape.

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

Special Vocabulary for UNHCR

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

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

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

APPENDIX C - BRIEF GRAMMAR

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

1. Structure - subject, object and verb:

NAAN ingee irukkuren.

I am here.

PILLE ingee irrukku.

The CHILD is here.

Ingee pille?

Question - is the child here?

2. Articles:

Ingee ORU pille irrukku.

A child here is.

3. Nouns:

Pille-NGE ingee irukkange.

Child-REN are here.

NALLA pille ingee irrukku.

The GOOD child is here.

AVEN pille.

HE is a child.

4. Possession:

Aven ENN pille.

He is MY child.

5. Relative:

Pille YAAR ingee.

The child WHO here is.

6. Demonstrative:

INDHE pille ingee irrukku.

THIS child is here.

ANDHE pille ONGEE irrukku.

THAT child is THERE.

7. Interrogatives:

Indhe porul ENNE?

WHAT is this thing?

Adu YAAR?

WHO is that?

Pille ENGEE?

WHERE is the child?

Pusthagam ENNA VILAI?

HOW-MUCH is the book?

8. Imperatives:

Idu PANNU!

DO this!

Ingee VAA!

COME here!

9. Negatives:

Ammaam, ENEKKU oru pusthagam irrukku.

Yes, I HAVE a book.

Ille, ENKITTAI buk ILLE.

No, I do NOT have the book.

ILLE ingee varaandhe.

Do NOT come here.

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

Naan/enekku/enekku veenum

I am/have/want

Niinge/ungalukku/ungalukku veenum

You are/have/want

Aver/averekku/averekku veenum

He is/has/wants

BRIEF GRAMMAR CONTINUED - STRUCTURAL PHRASING EXERCISE - TO HELP YOUR ENGLISH/TAMIL THINKING!

ENGLISH	ENGLISH/TAMIL
1. What do you want?	You-to what he wants Unekku enne (what) veeNum?
2. I want nothing	Me-to one thing is not needed. Enekku onnum veendam.
3. He does not understand.	He-to understood not. Avan-ukku puri-yaadu.
4. The children much like the milk.	Children-to milk much to like. Pille-engalikka paal (milk) romba pidikkum .
5. Do you like the milk or not?	You-to milk pleases, pleases-not. Unekku paal pidikk-umaa pidikk-aadaa.
6. I want some more.	To-me more has need. Enekku innum veeNum.
7. What is available in this town?	This town what is available? Inde uuril enne ke-dekkum?
8. Nothing is available.	A thing and is available not. Onnum kidekk-aadu.
9. Any cheap restaurant here?	Here a-whatever cheap restaurant is there?

Ingee edaavadu malivaane oottel irukkudaa?

10. Bring me another glass.

Another glass having-taken come.

Veeru glaas eduutu vaagge.

11. Give me a little water.

To-me a little water give.

Enneku konjam tanni ko-dunge.

12. Give me the bill

Bill give.

Bil kodunge.

13. Is there a good tailor here?

Good tailor where is?

Nalle teylakade engee irukkudu?

14. Where is the Chennai (Madras)?

Chennai bus where?

Chennai bas engee?

15. How long to Chennai?

To Chennai go how-much o time takes?

Chennai-ekku pooge evval avu neeram aagum.

16. Where is the toilet?

Toilet where?

Toilet engee?

17. Where do you want to go?

You where go-want?

Niinge engee pooge-Num?

18. Stop, I must get out here.

Stop here get-out must.

Nisuthunge, ingee naa erangeNum.

14. How much is that?

How-much money necessary?

15. I want to hire a bicycle
Evval-avu panam veeNum?
A hire bicycle I want.
Oru vaaldege saikkil veeNum.
16. Leave me alone.
Without speaking leave.
Peesaame poonge.
17. That is not right.
That something correct is not.
Adu avval-avuu sariy-ille.
18. I speak the truth.
I true speak.
Naan unmai peesureen.
19. What do you want?
To-you what to-want?
Unge-lukku enne veenum?
20. What can I do for you?
For-you I what to do is-possible?
Ungel-lukku naan enne seyyalaam?
21. Can we go?
Can one go?
Pooge-laama?
22. Yes. No.
I know. I do not know.
Teri-yum. Teri-yaada.
23. Can you clean the room?
Room clean having-done give is-possible?
Ruum sutham panni tare mul-diyumaa?
24. I am thirsty.
To me thirsty is.

Enakku thaagamaa irrukkudu.

25. What is the price?

This what price?

Adhu enna vala?

BROCHURE

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

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

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

Description: dynamic English-based brief language learning system developed 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. etc.

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

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

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

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

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

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION
(Challenge ... insert missing TAMIL words ... and discuss with a natural speaker)

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

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

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

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