

CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT IN ONE DAY

KEY CONCEPT: Relax and ... let your body ... and your mind ...
ABSORB ... the new language just as you did ... so well ... with
your first natural language, ... all those years ago ... MEDAKPE!"

NO. 299 - EWE FROM FRENCH

Version 2 - with some errors - May 2005
(Simplified - standard roman alphabet without accents)

Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Macmillan, Lonely Planet, phrase books and Crosslines - on the web.

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DEDICATION

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

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

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

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

Médakpé

Merci

Ndi

Bonjour

Ééé/ao

Oui/non

Me de kuku/Tôwodjô/

S'il vous plait

Médo taflatsè

Excusez moi

Égnôn

Tout va bien!

Ndi

Bonjour

Nkô nye e nyi...

Je m'appelle ...

Wo nkô dé?

Comment vous appelez vous?

Mi fôn nyuie a

Comment allez vous?

Mé fon nyuui, medakpo

Je vais bien, merci.

Yédé nyuie

Au revoir

Afika mi tso?

D'ou venez vous?

LEARN TO USE THE TWO MINUTE GEMINI ROUTINE AND BE IN CONTROL OF MIND AND BODY FOR LEARNING WITHOUT EFFORT

This is a simple two minutes GEMINI exercise, to give you the confidence to learn the new language ... naturally ... as you did ... so well ... when you were a very small child!!

When you tell yourself ... you cannot learn ... you won't learn!

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 can become clear, confident and ready to learn.

So do GEMINI now ... and again before every CRE session.

It takes only two minutes, and with practice, it becomes a powerful instinctive learning resource for you.

The two minute GEMINI begins as follows:

a. Tell yourself that you are going to do your GEMINI routine. Make yourself comfortable. Begin to relax and breathe deeply ... as you do these three things 1, 2, 3 as follows:

One - With head steady, roll up the eyes to the eyebrows.
Hold it ... for 20 seconds ...

Two - Gently close eyelids and take a very deep breath in.
Hold it ... for 20 seconds

Three - Exhale very slowly as you let your eyes relax ... and let your body float downwards ... permit your left hand... to feel like a buoyant balloon ... and allow it ... to float ... upwards ... without any conscious effort at all.

As it does so, your elbow bends and forearm floats into an upright position and your hand touches your forehead which is signal for you ... that you are in state of gentle ...very deep meditation ... in which you can concentrate on learning ...

b. Feel deeply relaxed in mind and body as you repeat to yourself the following key phrase, three times .. very slowly:

"I am, I can, I will, I believe ... I will learn the New natural language ... and help others to learn ... to speak and enjoy ... the NEW language ... with a beautiful accent ... naturally ... rapidly ... easily ... instinctively ... without any effort at all"

c. Then think deeply about **ABSORBIING** ... this simple positive suggestion deeply into yourself ... about the new language ... so that you help yourself ... to be in control of mind and body ... to achieve what you want ... with the New natural language.

d. Tell yourself that when you come back you will feel well, happy, very motivated and in control of the new natural language ... instinctively ... without effort ...

e. Then come back with 3, 2, 1 ...:

THREE - Get ready

TWO - With eyelids still closed roll up the eyes to the eyebrows

ONE - Let eyelids open slowly and when back to focus, let the left arm float gently downward and then make a decisive fist. You are now back to normal, feeling relaxed and well.

NOTES:

Practice!

Practice GEMINI for two minutes, ten times a day, for just ONE week. Be sure to do it on awakening in the morning and before sleeping at night, when it will turn into natural sleep from which you will awaken in your own time in the morning.

Suggestions: GEMINI can be used for learning, language, worry, smoking and other needs. Determine what you want. Make only those suggestions that are simple and positive. Repeat them several times

Always be clear on how you want to think, feel and behave.

Never suggest anything you do not want! Be only POSITIVE !!!

1. SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Ewe WORD many times slowly and then at HIGH speed)

Ago	AGO	Salut
Afeto	AF-EE-TO	Monsieur
Apeno.	AFEE-NO	Madame
Eee/eiin	EE/ENN	Oui
Ao/ooo	OW/OOO	Non
Nyui	NE-YEWR	Bien
Towod-jo/me de kuku	TOWOD-JJO/MAY DAY KUKU	S'il vous plait
Mie do ...a?	MEE-YAY DO ...AA?	Avez-vous ..?
Medaskpe	MEDAS-KKPAY	Merci
Yede nyui	YAY-DAY NEW-EE	Au-revoir
Fifi-laa/Mia ga dogo	FE-FEE LAA	A bientôt
Ameka?	A-MEE-KA	Qui
Nuka?	NEW-KA	Que?
Me dzi	MAY DDZZEE	Je veux
Afika	A-FEE-KA	Où?
Nyui!	NEW-EE	D'accord!

Note: For simplicity, this first rough program is typed using a standard 26 letter roman alphabet, without accents.

NATURAL SUGGESTIONS

Plan to learn GEMINI and then to do the whole CRE in one SIX-hour CRE day, with a partner or a small group. A NATURAL SPEAKER would be IDEAL 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 ...

Let it become 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 is a SIX-hour CRE day with a natural speaking partner, speaking all the time and making it fun!!! Play the tape many many times and use the "Alert Focus" and "Learning Reinforcement" as needed.

A possible timetable for one day or two half-days, with a natural speaking partner, alone or in a small group, follows. But feel free to make CRE work well for YOU, in YOUR own way.

OVERALL, ACCEPT THE CHALLENGE ... RELAX WITH GEMINI AND BELIEVE THAT YOU CAN DO IT ... AND BE VERY PROUD ... OF YOUR ACHIEVEMENT ... IN JUST ONE DAY ... WITH A PARTNER ... OR EVEN BETTER ... WITH A NATURAL SPEAKER ...

POSSIBLE TIMETABLE

A simple timetable to run CRE in one day (or two half days) could be as follows.

1. Pre-course learning (play CRE audio tape (twice)
speaking all the time (60 minutes).
2. Introduction - registration, explanation &
personal audio test on section 15
(for playback later) 09.00 - 09.20
3. Gemini technique (twice) 09.20 - 09.40
4. Exercise: basic phrases, throat &
sections 2-4 09.40 - 10.20
5. Coffee break 10.20 - 10.40
6. Exercise: sections 5-15 10.40 - 12.00
7. Exercise: grammar & mini phrase book 12.00 - 12.30
8. Lunch break with amusing film 12.30 - 13.30
9. Gemini technique 13.30 - 13.50
10. Exercise: 100 common words 13.50 - 14.20
11. Exercise: basic phrases, throat &
sections 2-15 14.20 - 15.00

- | | |
|--|----------------------|
| 12. Tea break | 15.00 - 15.20 |
| 13. Quiz test & tape playback | 15.20 - 15.40 |
| 14. Feedback and post-course reinforcement
(Gemini, text & audio three times) | 15.40 - 16.00 |

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 do GEMINI or play the relaxation sections in the car ... skip them please! Play the Alert Focus and Learning Reinforcement audios as Needed for encouragement. With difficulty ... be sure to blame your strategy ... and not yourself... and then on you go with a new strategy ...!!
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 apologize 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 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 recognizing 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 REINFORCMENT 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 liter 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 your very personal expectations.

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

You know ... and I know ... it is 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... « Ewe Place » ... in your mind ...

2. HERE & THERE :

Je suis ici.

Vous êtes là

Est ce que vous êtes là ?

Oui, vous êtes là.

Est-ce que vous êtes, ici ?

Non, vous n'êtes pas ici.

C'est ici.

Où est ce ?

C'est ici.

Est-ce que c'est là ?

Je ne sais pas.

Où est Miguel ?

Il n'est pas ici.

Où est il ?

Je ne sais pas.

Zut ! Il est là !

Il est formidable !

3. LIKING :

Je vous aime.

Est-ce que vous m'aimez ?

Me le afi-sia.

Mie le afi-ma.

Mie le afi-ma a (question) ?'

Eee, mie le afi-ma

Mie le afi-sia a ?

Ooo, mie me le afi-sia ooo.

E le afi-sia

Afika wo le ?

Afika nye esi.

E le afi-ma a?

Nye me nya ooo.

Fika Miguel le ?

E me le afi-sia ooo.

Fika e ?

Nye me nya ooo

Tso ! E le afi-ma !

E le nyui-adé!

Me lon mie.

Mie lon nye a ?

Oui, je vous aime.

Eee, me lon mie.

Est-ce que vous aimez l'argent ?

Mie lon ga a ?

Oui, j'aime l'argent.

Eee, me lon ga,

J'aime l'eau.

Me lon tsi.

Vous aimez l'eau.

Mie lon tsi.

J'aime quelques livres.

Me lon agbale de-o.

Il aime la voiture.

E lon vu.

Elle n'aime pas la voiture.

E me lon vu ooo.

Est-ce que vous aimez le diner ?

Wo lon n'dud a ?

Non, je n'aime pas le diner.

Ooo, nye me lon n'dudu ooo.

Oh. Merde!

Oh. Tsot ! Mate !!

Ne dites pas Mate svp.

Me ga gblo be Mate. Towodjo !

4. DOING:

Je fais.

Me wor nu.

Je fais ceci

Me wor nu esi

Et nous sommes heureux.

Ewe, mie kpo dzi dzo.

Est-ce que c'est facile?

Esi le bobo a ?

Oui, ce n'est pas difficile.

Eee, esi me seso ooo.

Est-ce que vous faites cela?

Mie wor nu ma a?

Faites cela svp!!!

Me de kuku, Wor-nu ema.

Zut!!!

Tsol!!

C'est formidable.

Wo le nyuie-ade!

5. CAN/ABLE TO DO:

Je peux

Est-ce que (question) je peux?

Oui, je peux manger.

Est-ce que vous pouvez faire ceci?

Oui, je peux faire cela.

Je peux manger un peu.

Je peux boire un peu.

Je peux aller.

Je peux venir.

Je peux dormir .

Vous pouvez parler.

Pouvez vous parler?

Oui, je peux.

Est-ce que vous pouvez faire ceci?

Non, je ne peux pas faire cela.

Vous pouvez comprendre?

Pouvez vous comprendre?

Est-ce que vous pouvez comprendre?

Oui, un peu.

Me te-nu wor.

Me te-nu wor a?

Eee, me te-nu.

Mie te-nu wor nu sia a?

Eee, me te-nu wor nuy ema.

Me te-nu du-nu vi-ade.

Me te-nu nor tsi vi-ade.

Me te-nu dzo.

Me te-nu va.

Me te-nu do alor.

Mie te-nu po-nu.

Mie te-nu po-nu a?

Eee, me te-nu woe.

Mie te-nu wor nu sia a?

Aoo, nye me te-nu wor ema.

Mie te-nu segome a ?

Mie se-gome a?

Segome a?

Eee, vi-ade.

Est ce que vous pouvez dire Mate?

Oui, je peux parler un peu d'Ewe!

Zut! Je suis formidable!

6. UNDERSTANDING:

Je comprends.

Je ne comprends pas.

Vous comprenez.

Vous ne comprenez pas.

Comprenez-vous les femmes?

Non. Non. Je ne les comprends pas!!!

Oh. Zut! Merde!

Ne dites pas Merde svp.

Vous êtes formidable!

7. WANTING:

Je veux.

Je veux manger un peu.

Je veux boire l'eau.

Je veux aller aux toilettes!!!

Mie te-nu gblo be Mate a?

E, me te-nu po-nu Evegbe v-ade!

Zut !! Me le nyuiel!

Me segome.

Nye me segome ooo.

Mie segome.

Mie me segome ooo.

Mie se nyonu gome a ?

Ooo, nye me se wo gome ooo!!

Oh. Zut! Mate!

Towodjo, me ga gblo be MATE o.

Mie le nyuie-ade!

Me dzi.

Me dzi be ma du-nu v-ade..

Me dzi be ma no tsi.

Me dzi dzo-nu na afadzixo!!

Voulez vous manger un peu?

Non, je ne veux pas manger.

Zut! Je veux vous en donner un peu.

Non merci.

Je veux venir.

Voulez vous coucher avec moi?

Non, je ne veux pas dormir.

Miguel, voulez vous manger les grenouilles?

Zut! Pas maintenant, merci!

Nous sommes formidable!

8. GETTING:

Donnez moi l'argent, s'il vous plait.

Prenez l'argent, svp.

Je prend l'argent.

Donnez moi le billet, svp.

Prenez le billet, svp.

Je prends le billet.

Donnez moi la chose, svp

Où est la chose?

Je ne sais pas.

Donnez moi un homme, svp!

Zut!!! Quelle femme!!

Mie dzi be a du-nu -ade?

Aoo, nye me dzi be ma du-nu.

Zut. Me dzi be ma tso vi-ade na mie.

Aoo, medakpe.

Me dzi be ma va.

Mie dzi be a dor alo kpakple-m a?

Aoo, nye me dzi be ma do alo ooo..

Miguel, e dzi be a du kpokploa?

Zut. Ooo azo, medakpe!

Mie nyo nyua-nto!

Towod-jo, tso ga a nam.

Towod-jo tso ga.

Me tso ga..

Towod-jo, tso gaa a nam.

Towod-jo tso gaa.

Me tso gaa.

Towod-jo tso nu a nam.

Afika le nu?

Nye me nya ooo.

Towod-jo, tso nutsu a nam!

Zut!! Nu-ka le nyonu! (Strange)

Elle est formidable!

Wo le nyuie-ade!

9. HAVING:

J'ai une chose.

Nu le asinye.

Je n'ai pas une chose.

Nye me le asinye ooo.

Vous avez une chose.

Nu le mie asi.

Nous avons une chose.

Nu le mie asi.

Elle a une chose.

Nu le e asi.

J'ai du temps, Shu-shu!

Me do game, Dadavi! (strange)

Avezvous de l'argent, Monsieur?

Mei do ga a, Afeto?

Non

Aoo

Oh. Matel!

Oh. Matel!

Ne dites pas Merde svp.

Me ga gblo be MATE o. Tomodjo

10. ORDERING (POLITELY):

Svp donnez moi une chose

Towod-jo, tso nu a nam.

Svp donnez moi l'argent

Towod-jo, tso ga a nam.

Svp donnez moi de l'eau.

Towod-jo, tso tsi a nam.

Merci.

Medakpe.

Svp ne buvez pas l'eau en France.

Me ga nor tsi le France o., towod-joll.

Buvez le vin.

Nor aha.

Svp venez ici.

Tomod-jo va afi-sia

Svp allez la-bas.

Tomod-jo yi afi-ma.

Svp buvez ceci.
Ne mangez pas cela!

Tomod-jo nor esi.
Me ga du ema ooo!

Svp donnez moi ceci.
Svp ne prenez pas cela.

Tomod-jo tso esi a nam.
Tomod-jo me ga tso ema o.

O Mate!!
Ne dites pas Merde svp.
Merci. Vous etes formidable.

Oh. Mate!!
Me ga gblo be MATE o, tomodjo
Medakpe. Mie le nyuie-ade.

11. GREETING:

Salut Michelle.
Salut Paula.

Ag Michelle.
Ame Paula.

Bonjour Miche.
Bonjour Sancos.

Ndi Miche.
Ndi Sancos.

Comment allez vous, Eliza?
Je vais bien, merci, Khulu.

E fon nyuie a, Eliza?
Mé fon nyuie medakpe, Khulu.

Comment ça va, Xavier?
Ça va bien, merci Miguel.

Ale ke nefona., Xavier?
OK , medakpe Miguel.

Au revoir Giles.
Au revoir Judith.

Yede nyuie Giles.
Yede-yede Judith.

Oui ça va, Hollie
C'est formidable, Heidi!

Eee, OK, Hollie.
E nyuie-ade., Heidi!

Ça va, Sam.?

Oui, ça va, Lucie.

Yes, pas mal, Henri ?

Ça va bien, "Mon Petit Chou" ?

Non!!!

Zut! Elle est formidable!

12. DESCRIBING:

C'est bon,

Ce n'est pas bon.

C'est mauvais.

C'est un livre.

C'est grand?

Non, c'est petit.

Est-ce que (question) c'est facile?

Non, c'est difficile.

L'eau est bonne?

Non, l'eau n'est pas bonne en France!!

Oh Merde!!!

Ne dites pas Merde svp.

Est-ce que nous sommes formidables?!!!

Zut! Oui!!

Wo fan nyuie a, Sam?

Eee, me fon nyuie., Lucie.

Eee, me bada ooo, Henri?

Ale fon nyui a lonlon nye ?

Aoo!!!

Zut! Wo nyuie-ade!

Esi le nyuie.

Esi me le nyuie ooo.

Esi le bada. (Esi me enyo o.)

Esi nye agbale

Esi le lorlor a?

Aoo, esi le vi.

Esi le bobo a?

Ooo, esi le sese.

Tsi le nyuie a?

Ooo, tsi me enyo le Francia ooo!!

Oh Matel!!!

Me ga gblo be MATE o. Tomodjo !

Mia le nyuie-ade a ?

Zut! Eee!!

13. KNOWING (THINGS & PEOPLE):

Je sais ceci.

Est-ce que vous savez ceci?

Oui, je sais ceci.

Vous savez cela.

Savez vous cela?

Non, je ne sais pas cela.

Je connais cette femme.

Je connais l'homme.

Il me connaît.

Connaissez-vous cette femme?

Non. Bonjour Madame.

Ça va bien, Madame?

Non, ça ne vas pas!! Au revoir!!

Vous ne la connaissez pas!

Zut! Elle est formidable!

14. NUMBERING:

J'ai un problème.

Oui, vous avez un problème.

Non, vous en avez deux (2).

Il en a trois.

Elle en a quatre.

Me nya esi.

Mie nya esi a?

Eee, me nya esi.

Mie nya ema.

Mie nya ema a?

Aoo, nye me nya ema ooo.

Me dze si nyonu ma.

Me dze si nutsu ma

E dze sim.

Mie dze si nyonuma a?

Ooo. Ndi Afgeno?

Ale ke nefoa, Afgheno?

Ooo, nye me le nyuie ooo. Yede-nyuie!!

E me dze sie ooo!

Zut! Wo le nyuie-ade!

Me do nya deka.

Eee, mie do nya deka.

Ooo, mie do nya eve..

Wo do nya eto.

Wo le nya ene.

Nous en avons cinq (5).

Es-ce que vous en avez cinq?

Oui maintenant, j'ai cinq problèmes!!!

Tous les enfants!

Les enfants sont formidables!

15. ASKING:

Combien est le livre?

Cinq dollars.

Combien est cette chose?

Combien?

Quatre dollars.

Où est ce?

C'est là.

Non, ce n'est pas là.

Où sont les toilettes, svp?

Les toilettes sont là-bas.

Qu'est-ce que (what) c'est ça?

Pardon. Quoi?

Cela.

Oh, c'est un bon livre.

Que voulez vous?

Mie do nya aton..

Mie do nya aton a?

Eee, fifia me do nya aton!!

Devia kata wole!

Devia wole nyuie!

Nenie le agbale?

Dollar aton.

Nenie le esi nu?

Nenie?

Dollar ene.

Afika le esi?

Esi le afi-ma.

Ooo, esa me le afi-ma ooo.

Afika le afodzixo, towodjo?

Afodzixo le afi-ma.

Nu-ka le ema?

Medo-taflatse. Nu-ka?

Ema.

O, esi nye agbale nyuie.

Nu-ka mie dzim?

Je veux le vin. svp.

Me le aha dzim owodjo.

Qui est ici?

Ameka le afi-sia?

Nous sommes ici.

Mia le afi-sia.

Qui est cette femme?

Ameka nye nyonu ma?

Je ne sais pas.

Nye me nya ooo.

Zut! C'est Madonna!

Zut! E nye Madonna!

Quelle femme! Elle est formidable.

Nu-ka nyonu! E le nyuie-ade!

16. EVERYTHING - COLLOQUIAL:

Je suis ici.

Me le afi-sia.

Vous êtes là

Ne le afi-ma.

Je vous aime.

Me lon wo.

Vous aimez l'argent.

Mie lo ga.

Il fait ceci.

E wor esi.

Elle fait cela.

E wor ema.

Oui, je peux parler un peu d'Ewe!

Ee, me se Evegbe vi-ade!

Vous ne pouvez pas dire Mate?

Mie me te-nu goblo be Mate!

Je vous comprends.

Me segome mie. (Strange)

Vous ne me comprenez pas.

Mie me segome nam ooo.

Je veux aller au bar.

Me dzi bi ma yi bar ade.

Vous voulez aller aux toilettes.

Mie dzi dzo a afodzixo. (strange)

J'ai du temps, Shu-shu!

Avez vous de l'argent, Monsieur?

Ne buvez pas l'eau en France, svp!!.

Buvez le vin.

Comment allez vous, Eliza?

Je vais bien, merci, Khulu.

Est-ce que (question) c'est grand?

Non, c'est petit.

Vous ne connaissez pas cette femme.

Zut! Elle est formidable!

Oui maintenant, j'ai cinq problèmes!!!

Tous les enfants!

Qu'est-ce que (what) c'est ça?

Pardon. Quoi?

Le voilà

Pas mal.

Zut!!!

Ça va?

Oui, c'est "cool".

Oui, c'est classe!

Oui, c'est bcbg!

Me do game vi-ade, Dadavi!

Mei do ga vi-ade, Afeto?

Me nu-nu tsa e Francia ooo, towod-jo!

Nu aha

Mi fôn nyuie a, Eliza?

Mé fon nyuie, medakpe Khulu.

Esi le lorlor a ?

Ooo, esi le vie.

Nye me dze si nyonuma ooo.

Zut! Wo le nyuie-ade !

Eee fifia, me do nya alon!!

Devia Kata wole!

Nu-ka le ema?

Medo-taflatse, Nu-ka?

Esi le afi-ma.

Me le bada ooo.

Zut!

Nyuie a?

Eee, esi le ngui-ngui!

Eee, ngui-ngui ! (classy)

Eee, esi ngui-nguil! (upper class)

Ne dites pas Mate!!!

Ce n'est pas bcbg!!!

Je dois faire ceci.

Vous devez faire cela.

Formidable?

Oui, vous êtes formidable!

Au revoir, à bientôt!

Me gblo Mate ooo!!!

Me le nyuie-ade ooo (upper class)!!!

Me hia ma wor nu esi.

Mei hia wor nu ema

Nyuie-ade a?

Eee, mie le nyuie-ade!

Yede-yede!

Speed reading time: 14 minutes

17. CLOSING

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

(with limited accents)

a. Greetings/ Exclamations:

ag/ame	ndi	mie fon nyuie a ?	me fon nyuie	medakpe
salut	bonjour	comment allez vous?	je vais bien	merci
yede-nyuie	eee/ein	ao/ooo/me/me- ga	enyon/OK	me bada
au revoir	oui	non	ça va	pas mal
Tso !	Mate !	le afi-ma	ngui-ngui/ nyonto !	
Zut !	Mate !	le voila !	cool/classe/ sympa/bcbg !!!	

b. Verbs:

le/nye	do/le asi	lo/lon	dzi	te-nu
être	avoir	aimer	vouloir	pouvoir
le-nu/wo	gblo/po-nu	dzo/yi	va	tso/na
faire	dire/parler	aller	venir	donner
tso	du-nu	no-nu	do alo	nya/dze si
prendre	manger	boire	dormir	savoir/connaitre
se gome	lena-be	do		
comprendre	devoir	travail		

c. Prepositions:

ado/de	de	la	o/na	tso
quelque/en	un/une	le/la	a	de

d. Pronouns:

me/nye	E(ne)/wo	E/(wo)	E/wo`	mia
je	vous	il	elle	nous

e/esiye	sia/esi	ema	Afete	Afgeno
ce	ceci	cela	Monsieur	Madame

e. Nouns:

ga/afe	nu	nutsu	nyonu	tsi
argent	chose	homme	femme	eau

vu	gaa	agbale	xo	Evegbe
auto	billet	livre	ami	Ewe/Eve

f. Adjectives/
Adverbs/Other:

nyuie	bada	lorlor/ga	vi	azo/fifia
bon	mauvais	grand	petit	maintenant

megbe	vi-ade	nyuie-ade	kpo dzi dzo	bobo/seso
plus tard	un peu	formidable!	heureux	facile/difficile

afi-sia, ye/

afi-ma

ici/là-bas

g. Interrogatives

nenie?

combien?

Afi/fika?

où?

Nu-ka?

que/quoi/quel

ameka?

qui?

yekayi?

quand?

Note:

Nu-ka le esi a?

Qu'est-ce que
c'est?

Me ...ooo !

Ne ...pas !

a ?

Est-ce que?

h. Numbers:

de/deka

un

eve

deux

eto

trois

ene

quatre

aton

cinq

i. And some survival words:

afodzixo (toilette)
daa/yesiayi (toujours)
kaba/blewuu (rapide/lent)
gake (mais)
kpo (jamais)
medekuku/ towodjo (svp - s'il vous plait)
nududu (nourriture)
keteke (train)
amekovu (autobus)
afe/gbo (chez-soi)
do (travail)
yeyiyi (temps)
egbe (aujourd'hui)
etso (demain)
agbanle/pepa (papier)
nyadzodzogbale (journal)
gbe (jour)
kosida (semaine)
je (année)
gafobo (heure)

miniti (minute)
hamburger (hamburger)
bu (penser)
xle (lire)
glo (écrire)
ko-nu (rire)
du-ye (dancer)
yi (plus tard)
to-te (arrêter)
asrafo/polisi-towu (gendarme)
ade (six)
adre (sept)
enyi (huit)
asieka (neuf)
ewo (dix)
alafa deka (cent)
apke deka (mille)
xolu (mec/pote)
yede-yede (au revoir mon pote)!!

19. NATURAL FEEDBACK AND NEW IDEAS

(to drbobboland@hotmail.com)

1. HOW LONG DID YOU TAKE TO STUDY THE CRE?

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

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

BASICS:

Medakpe

Merci

Ndi

Salut

Eee, eib/ao, ooo

Oui/non

Me de kuku/Tomodjo

Svp

Medo taflatse

Excusez moi

Kata le nyuie!

Tout va bien!

INTRODUCTIONS:

Ndi

Bonjour

Mia dogo.

Au revoir

Nko nye e nyi ...

Je m'appelle ...

Wo nko de?

Comment vous appelez vous?

E fôn nyuie a

Comment allez vous?

Me fon nyuui

Je vais bien, merci.

Wo de?

Et vous ?

Afika netso?

D'ou venez-vous?

Me tso:

Je viens de:

France

France

England

Angleterre

America

l'Amerique

Me wo na le:

Je travaille à:

UN

l'ONU

Red Cross

la Croix Rouge

Nokia

Nokia

QUESTIONS:

Me hia be ma wor..

E hia be a wor...

Yekayi/aleke?

Nu-ka/nukata?

Ameka/eka?

Afika... e le?

Afike, me te-nu kpo ...?

Nenie le esi?

E te-nu kpekpedenunye?

Nu-ka esi le?

Je dois faire ceci.

Vous devez faire cela.

Quand/comment?

Quoi/pourquoi?

Qui/lequel?

Où est/sont ...?

Où puis je trouver ...?

Combien est-ce?

Pouvez-vous m'aider?

Que veut dire ceci?

UNDERSTANDING:

Me se gome

Nye me se gome o.

Na ga gbloe/Ebe... ?

E te nu gblo/nlo esi le Yevegbe (Anglais)/
Ewegbe?

Je comprends

Je ne comprends pas

Dites cela encore une fois, svp

Pouvez vous (diew/écrire) ceci en Anglais/
Ewe?

Note : Yevegbe = white man's speech

Nam...

E se ...?

Anglais (Yeyugbe)/Ewegbe?

Nye me se...

Me se ... deka deka .

Est ce que je peux avoir ...?

Est ce que vous parlez (entendre):

Anglais/Ewe?

Je ne parle pas ...

Je parle un peu de ...

COMMENTS:

E nye:

Enyo wu/me enyo o, gble
Lorlor/vie
Me xor asi o (bo)/E xor asi
Enyo/ Me enyo o
Xo dxo / Fafe
Mie / didi
Ame me le me o/ ame e le me o.

OK!

FOOD:

Me lor

Ndi nududu
Ndo Nududu
Fie nududu

Nam:

Abolo (Yevubolo)/Bota
Chisi
Azi (koklozi, tsaxezi)
La / Yevute
Apo / Anuti
Nescafe/ Ti
Nyinotsi
Kutsetsetsi
Tsi

Xo ga. / Ma ko ga nawo.

Me susu be e wo vodada.

E vivi.

C'est:

meilleur/pire
grand/petit
bon marché/cher
bon/mauvais
chaud/froid
tout près/loin
libre/occupé

D'accord!

J'aime:

le petit déjeuner
le déjeuner
le diner

Pourrais-je avoir;

du pain/beurre
du fromage
des œufs (chicken, guinea fowl)
de la viande/des pommes de terre
des pommes/oranges
du café/the
du lait
du jus de fruit
de l'eau

Je veux payer maintenant.

Je crois qu'il y a une erreur.

Nous nous sommes bien amusés

TRANSIT:

Afika e nye store ade ?>

Afika ma kpo tekisi?

Ga nenie e nye...?

Kplom yi na ...

To afi.

Mo sia me yina le...

Yi ngo.

Où est, le magasin le plus près?

Où puis je trouver un taxi?

Combien pour aller à ...?

Amenez-moi à cette adresse.

Arrêtez ici, svp.

Ceci n'est pas le bon chemin (to).

Allez tout droit.

E le afima le:

Mie/nudusi

Le...gbo/megbe

Anyiehe/dziehe

Yedzefe/yetodofe

Afika e nye:

dome

Atike dzra fe

Le voilà:

à gauche/droite

près de/après

nord/sud

est/ouest

Où est le/la:

centre de la ville?

pharmacie?

SHOPPING:

... E li a?

Nenie e nye nu sia/ma?

Ma flei.

Avez vous ...?

Combien coûte ceci/cela?

Je le prendrai.

Ama ka e li a?

Yibo

Blue

Dzi

yi

Quelles couleurs avez vous?

noir

bleu

rouge

blanc

Anutsididi
Anutsigboe

jaune
vert

Me dzi be ma fle, :

aspirin
adzale
half kilo apples
Nyinotsi tukpa deka
film/newspaper

Je veux acheter:

de l'aspirine
du savon
un demi kilo de pommes
un litre de lait
un film/un journal

TELEPHONE:

Allo, e nye...

Allo, ici ...

Me de ku, po nu :

Parlez svp:

sesie
blewuu

plus fort
plus lentement

... le afe me a ?

Je veux parler avec::

Afeto.
Apeno
Apenito

Monsieur
Madame
Mademoiselle

Yekayi a li a?

Quand sera-t-il/elle là?

Bie be a ring-m

Demandez-lui de me téléphoner

TIME:

Wotsi le asi wo a??

Avez-vous assez de temps?

Ga nenie fo?

Quelle heure est-il?

Ga fo...:

Il est:

eve miniti wuiato
asieke miniti wuiato
ene kple afa
ene miniti wuiato

deux heures et quart
neuf heures et quart
quatre heures et demie
six heures et quart

MEETINGS:

Mia ga dogo:

egbe

etso

kwasida yigbona

Ndi me

Ndo me

Fie me

Za me

fifia

Nous allons vous voir ...

aujourd'hui

demain

la semaine prochaine

le matin

l'après-midi

le soir

ce soir

bientôt

Towo dzo/ Towo me dzo o.

E dzo

Vous avez raison/tort.

C'est correct.

LOCATIONS:

Afi sia/afi ma

Le UN office me

E koa/E didia ?

Ga fo nenie?

Ici/là

Au bureau de l'ONU

Est ce tout près/loin?

Combien d'heures?

21. PLAY QUIZ

(Challenge - mixed phrases ... complete and discuss with a natural speaker)

- | | | |
|----------------------------------|--|------------------|
| a. Eginon | Merci. | |
| b. Medakpe | OK | |
| c. Me fon nyuie | Pardon | |
| d. Medo-taflatse | Je vais bien, merci.. | |
| e. Nyuie ! | Salut | |
| f. Esi le afi-sia | Comment allez vous ? | |
| g. Mie fon nyuie a ? | C'est ici ! | |
| h. Ag | Bon | |
| i. Milawo | Je veux ... | |
| j. Nu esi, mr de kuku | Bien venue.. | |
| k. Esi me le nya ooo. | Fates cec, svp | |
| l. Me dzi ... | Pas de problème | |
| m. Afeti | Non. | |
| n. Towodjo | Oui. | |
| o. Ao/ooo | Garcon ? | |
| p. Eee/ein | Svp. | |
| q. Ga nenie fo ? | Ou/quand/pourquoi ? | |
| r. Afi le afodzixo ?
nikata ? | Combien pour cela ?
Quelle heure est-il ? | . s. Afi/yekayi/ |
| t. Nenie le ema ? | Where is the toilet | |
| u. Mye me segome ooo | Vous avez raison | |
| v. Po-nu blewuu, towodjo | Parlez lentement, svp. | |
| w. Towo dzo | Je ne comprends pas | |
| x. Nu-ka le ema ? | Aidez-moi, svp ? | |
| .. | | |
| y. Esi me le bada. | A tout a l'heure. | |
| z. Mia ga do go. | Pas mal. | |

Answers: In the Berlitz phrase book ... if you need them ...

**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 - Do APS. Play the **LEARNING REINFORCEMENT** audio tape. Do relaxation and 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.

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

Special Vocabulary for UNHCR (100 WORDS)

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

English	Pashto	Dari	Ewe
Airport	hawaa dagar	maydaan-e hawaa-i	yamevudzefe
Army	pauz	fauj/ordu	avakor
Asylum	panaah	pamaah	sitsofe (dict)
Border	pdlay	sarhadd	lipo
Camp	dd kaamp	kaamp-d	asadabope(dict)
Children	muchouman	awladah	deviwo
Clothing	jama	poxaak	awu
Cooking pot	chainaq	dd paxldy loxay/deg	ze
Cooperation	hamkari	pd gdda kaar kawdl	hadowowo
Customs	gumruk	gumruj	konu (cult. Pract.)
delay	nawakta	dzandy	hede megbe
Detention	ndzar-band	tawkif	to ame di (dict)
Development program	dd wadi prograam	prograam-d ynkyshaafi	ngoyiyi projec
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	?
Electricity	breshna	brexnaa	Lite
Emergency	hajol	ber-dndy pexa	dzogbevoe
Expulsion	shar-dl	kharej/zxraaj	nyanyada (dict)
Family	koranay	hekraaj	fome
Government	hokumat	hokumat	dzidudu
Grandparents	padar kalan	padar wa maser kalan	torgbuiwo
Handicapped	saya	ma-yub	worme
Health	roghtyaa	seat/syhhat	lamesese

Hospital	roghtun	shafakhana	kodzi
House	kor	khana/kor	afe
HQ	mankaz	mankae	nofe tato (dict)
Human rights	dd bashar hakkuna	hokuk e basher	ameworwor?
Husband	mehra	shwahan	sron
Lamp	dewan	tsheragh	lite
Legal protection	kaanuni saatdna	hymayat e kanoun	?
Malnutrition	bada ghdzaa	sou-e taghziya	kwasiakor ?
Material assistance	maadi komak	komak-e mawadi	kpekpe de enu
Ministry	wdzaarat	wezarat	
Nutrition	ghdzaa	taghziya	amenyonyro (dict)
Pain - days/weeks	dard worat	dard e ruz/hafta	nuveve gbe/kwasida
Pain - months/years	dard hafta	dard e mo/sol	nuveve dzinu/fe
Pain - treatment	dard mehda	dard e ta-dow-wi	nuveve atike
Pain - arms/legs	dard bazou/paie	dard e dest/pal	abo/ata nuveve
Pain - chest	dard sina	dard e sina	akota nuveve
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/cheshom	to/nku nuveve
Pain - hands/feet	dard daste/paie	dard e dest/pai	asi/afo nuveve
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	eta/ko nuveve
Pain - stomach	dard mehda	dard e meda	do nuveve
Persecution	zawrawdi	aziyat	yometsitsi (dict)
Petrol	tel	petrol/tel	ami
Police-station	dd polis st-eshan	sar-mammuriyat-e- police	sedzikpofe
President	mdshir	ra-is	nunola
Prison	bandy-khana	zyndan	gaxo
Province	ayaalat	wela-yate	anyigba fe akpa de (dict)
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-I	?

Refugee	mohajer	panahenda	sisila (dict)
Representative	astaazy	nema-yandgh	amesi no ame tefe (dict)
Rural	da kdll		kofe
Sanitation	hyfzu-syhna	hyfzu syhha	?
Shelter	rijdi	panaga	sitsofe (dict)
Status	haysiyat	haysiyat	?
Tent	rijdi	gihejdi/khayma	agbado
Torture	shekanja	shykanja	fuworwor ame
Town	khar	shahr	du
Transportation	transport	transport	tsotso yiyi
Travel Docs	sdd safar sanaduna	sdd safar sanadun	mozozogbanle?
Tribe	t-dbdr	kabila	duko (dict)
Truck	lan mot-dr/lari	motar-d laar/lari	Vu/lori
Urban	dd khari	dd khari	duto
Village	kday	karya	kope
Voluntary repatriation	pd rdzaa-sara berta legal	bar-gasht-d yraadi	?
War	jagara	jangu	ava
Water	aaba	aab	tsi
Wife	kaza	zawja/khanom	sron

APPENDIX C - BRIEF GRAMMAR

1. Structure - subject, verb, object:

JE suis ici (cet endroit).

ME le afi-sia

L'ENFANT est ici?

DEVIA le afi-sia

EST-CE-QUE l'enfant est ici?

Devia le afi-sia a?

2. Articles:

UN enfant est ici

Devi ade le afi-sia.

3. Nouns:

Les ENFANT-S sont ici.

DEVIA le afi-sia.

Le BON enfant est ici.

Devia NYUIE le afi-sia.

IL est un enfant.

E le devia.

4. Possession:

Il est MON enfant.

Wo le devia nye.

5. Relative:

L'enfant QUI est ici.

Devia KE le afi-sia.

6. Demonstrative:

CET enfant est ici.

Devia SIA le afi-sia.

CET enfant LA est là.

Devia MA le afi-ma.

7. Interrogatives:

QUE-CE-QUE C'est cette chose?

NU-KA le nu ema?

QUI est ici?

AMEKA le afi-sia?

OU est l'enfant?

AFIKA le devia?

COMBIEN est le livre?

NE-NIE le agbale?

8. Imperatives:

Faites ceci!

WO esi

VENEZ ici!

WO-VA afi-sia!

9. Negatives:

Oui, j' AI le livre.

Eee, agbale le asinye.

Non. je N'ai PAS le livre.

Ooo, agbale NYE-ME le asinye o.

NE venez PAS ici.

Me-va afi-sia o.

9a. Prohibitive

Do not come here

ME GA va afisia O.

10. To be, have and want - present tense:

Je suis/ai/veux

me nye/le asinye/me dzi

Vous etes/avez/voulez (plural)

mie nye/mie do/mie dzi

Vous etes/avez/voulez (sing)

e nye/e do/e dzi

Il est/a/veut

Wo nye/wo do/wo dzi

See helpful notes below ...

SOME HELPFUL NOTES ON GRAMMAR BY DAN BERGERT

I made a quick review of the CRE, with spelling closer to a standardized Ewe spelling, still using the Roman alphabet.

There are a few things I only edited once then gave up on because it was so pervasive, so would like to make these broad suggestions.

1. By far the most common way to say 'please' is "me de kuku". The use of "taflatse" for 'pardon' or 'kindly' is appropriate, but I recommend "me de kuku" in most cases.

2. The pronouns generally go :

Me/nye - I
E/wo - you (singular)
E/wo - he/she/it
Mi - we
Mie - You (plural)
Wo - They

The difference between "E" - 'you' and "E" - he/she/it', "wo" and "wo", and "mi" and "mi" and is purely tonal which will be tough to write. (Low tone "E" = you; high tone "E"= he/she/it)

However, the CRE seems to use the plural 'you' (Spelled "Mie") most of the time. "E" is most often used in speech.

Also "wo" is rarely used as the third person pronoun 'he/she/it". Only as a direct object and even then only certain cases. Better to exclusively use "E" for he/she/it.

3. "Nu" (generally 'something') in verb conjugation is usually only necessary in the infinitive.

Example: "du nu" is 'to eat", but 'I eat bread' is "Me du abolo".

"Po nu" is 'to speak' but 'he speaks Ewe' is "E fo Ewegbe".

In Ewe and many W. African languages the way to say 'do you speak (this language)?' is 'do you hear (this language)'. 'to hear' = "se nu"; examples:

'Do you speak Ewe?' literally 'do you hear Ewe?'
"E se Ewegbe?"

'I speak a little Ewe' = "Me se Ewegbe vie"

'Do you speak English/French?' both are "E se Yevugbe?" literally 'Do you hear the whiteman's language?'

4. Having something is "(Nu) le asi" literally '(thing) catches hand'.

Trickier yet is the pronoun comes after "asi" for you and me, before for he/she/it, we, y'all, and they. Examples:

'I have a house' = "Afe le asinye"

'We have a radio' = "Wilis le mi asi"

'You have a wife' = "Sron le asiwo"

'You (all) have money' = "Ga le mi asi"

'He/she/it' has a house' = "Afe le e si"

'They have a cat' = "Dadi le wo asi"

The CRE uses "do nu" for possession, but "do nu" is 'to put' or 'to send'.

5. "Dzo" is 'go away/leave'. "Yi" is a better way to say go in the examples.

6. "Nya" is to 'know' something. "Dze si" is to 'know' a person.

7. "Me da akpe" is literally 'I give thanks'. Simply "Akpe" is much more commonly heard.

8. Words that I did not recognize:

"Gaa" for 'ticket'. Usually use Ewenglish "tikit" or Frewe "bilet".

"Bada" for 'bad'. Usually "me enyo o" - 'not good' suffices, but "gble" = 'broken, spoiled'; "vodi" = 'evil, corrupt' are appropriate in context.

"Zut!" seems to be an interjection. "Tso!" is the most common. "Mate" I guess is a curse word. Cursing in any language is an art form, and could have its own page.

9. Some of the words, particularly from the aid workers wordlist are pretty tough to translate. For example, for me to accurately translate "voluntary repatriation" would take at least five sentences.

Some of the words I did have in a dictionary (marked by "(dict)") meaning I have never used them in speech so cannot guarantee understanding.

10. Otherwise, I think this is a decent start, but again Ewe is a tonal language with phonics not in western languages, so nothing can beat good old conversation. Feel free to ask and I will follow-up any time.

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

KEY CONCEPT: Relax and ... let your body ... and your mind ABSORB...
the new language just as you did ... so well ... with your first natural language ... all those years ago

Opportunity for 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, Ewe 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 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 to create the confidence to learn.

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**BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/GERMAN/EWE
(Challenge add Ewe ...)**

English	French	Spanish	German	Ewe
a	un/une	un/una	in/eine	
about	environ	cerca de	ungefähr	
accident	accident,l'	accidente	Unfall	
action	action,la	accion	Handlung	
actually	en fait	realmente	eigentlich	
after	après	depués	nach	
afternoon	aprèsmidi,l'	tardes	Nachmittag	
airport	aéroport,l'	aeropuerto	Flughafen	
alone	seul	solo/unico	allein	
also	aussi	también	auch	
always	toujours	siempre	immer	
am (I)	suis (je)	yo soy/estoy	bin (ich)	
and	et	y	und	
anniversary	anniversaire	cumpleaños	Jahrestag	
anybody	n`importe qui	cualquiera	irgendjemand	
anything	n`importe quoi	cualquier cosa	irgendetwas	
April	Avril	abril	April	
are(you)	êtes (vous)	usted es/está	sind	
arrive	arriver	llegar	ankommen	
at	à	a/en	an	
August	Aout	agosto	August	
bad	mauvais	malo	schlecht	
bank	banque,la	banco	Bank	
bar	bar	bar	Bar, die	
bath	bain,le	baño	Bad	
beat	battre	batir	schlagen	
beautiful	beau/belle	hermoso	schön	
because	parce que	porque	weil	
bed	lit,le	cama	Bett	
begin	commencer	comenzar	anfangen	
behind	derrière	detrás/atrás	hinter	
beside	à côté de	al lado de	nächst	
better	meilleur	mejor	besser	

bill	facture,la	cuenta	Rechnung, die
big	grand	grande	gross
biscuit	biscuit,le	galleta	Keks
black	noir	negro	schwarz
book	livre,le	libro	Buch
boy	garcon,le	niño/muchacho	Junge
bread	pain,le	pan	Brot
breakfast	petit dej,le	desayuno	Frühstück
brother	frère,le	hermano	Bruder, der
bus	autobus,le	autobús/camión	Bus
business	affaires,les	negocio	Geschäft
buy	acheter	comprar	kaufen
can (able)	pouvoir	poder	können
car	auto,l'	carro/coche	Auto
carefully	prudent	prudente	vorsichtig
carry	porter	llevar	tragen
cash	argent,le	dinero	Bargeld
chair	chaise,la	silla	Stuhl
cheap	bon marché	barato	billig
children	enfants	niños	Kinder
choose	choisir	seleccionar	wählen
cigarette	cigarette,la	cigarillo	Zigarette
clean	propre	limpio	sauber
clever	intelligent	inteligente	klug
clouds	nuages,les	nubes	Wolken, die
coffee	cafe,le	café	Kaffee
cold	froid	frio	kalt
colour	couleur,la	color	Farbe
come	venir	venir	kommen
complain	plaindre	reclamar	klagen
contract	contrat,le	contrato	Vertrag
cook	cuire	cocinar	kochen
cost	coût,le	costo	Kosten
count	conter	contar	zählen
creditors	créditeurs,les	acreedor	Gläubiger
cup	tasse,la	taza	Tasse
customer	client,le	cliente	Kunde

customs	douane,la	aduanas	Zoll
daughter	fille,la	hija	Tochter
day	jour,le	día	Tag
dear	cher	caro	teuer
debtors	débiteurs,les	deudores	Schuldner
December	Décembre	diciembre	Dezember
dinner	dîner,le	comida	Abendessen
dirty	sale	sucio	schmutzig
divided by	divisé par	dividir de	dividiert durch
do	faire	hacer	tun
doctor	médecin,le	doctor/médico	Arzt
doers	actifs,les	trabajadores	Täter
drink	boire	beber/tomar	trinken
drive	conduire	manejar/coduc.	fahren
dry	sec	seco/árido	trocken
early	de bonne heure	temprano	früh
easy	facile	fácil	leicht
eat	manger	comer	essen
eight	huit	ocho	acht
eighty	quatre vingt	ochenta	achtzig
either	ou	o	entweder
eleven	onze	once	elf
English	Anglais	inglés	Englisch
enjoy	s`amuser	gozar de	sich freuen
enough	assez(de)	bastante/suf.	genug
etc.	et cetera	etcétera	usw
evening	soir,le	tarde	Abend
every	chaque	cada	jeder
fall off	tomber	caer	fallen
family	famille,la	familia	Familie
father	père,le	padre	Vater
father/law	beau-père,le	suegro	Schwiegervater
fat	gros	gordo	fett
February	Février	febrero	Februar
fifty	cinquante	cincuenta	fünfzig
fight	combattre	luchar	kämpfen
finance	financer	finanza	finanzieren

find	trouver	encontrar	finden
fine	beau	fino/perf/bel.	schön (Wetter)
fingers	doigts,les	dedos	Finger
finish	finir	terminar	beenden
fish	poisson,le	pescado	Fisch
five	cinq	cinco	fünf
fog	brouillard,le	niebla	Nebel
food	nourriture,la	comida/alim.	Essen
fools	fous,les	tontos/locos	Verrückten
for	pour	para/por	für
fork	fourchette,la	tenedor	Gabel
four	quatre	cuatro	vier
forty	quarante	cuarenta	vierzig
Friday	Vendredi,le	viernes	Freitag
friendly	sympathique	amigable	freundlich
friends	amis,les	amigos	Freunde
future(adj)	futur	futuro	zukünftig
game	jeu,le	juego	Spiel
generally	généralement	generalmente	allgemein
get	obtenir	obtener	bekommen
girl	jeune fille,la	niña/muchacha	Mädchen
give	donner	dar	geben
glass	verre,le	vaso	Glas
go	aller	ir/andar	gehen
good	bon	bueno/buen	gut
goodbye	au revoir	adiós	auf Wiedersehn
good even.	bonsoir	buenas tardes	guten Abend
good morn.	bonjour	buenos días	guten Morgen
good night	bonne nuit	buenas noches	gute Nacht
greedy	gourmand	codicioso	gierig
half	moitié	medio/mitad	halb
happy	heureux	contento/feliz	glücklich
hate	détester	odiar	hassen
have	avoir (j'ai)	haber/tener	haben
he	il	él	er
hello	salut	hola	hallo
help	aider	ayudar	helfen

helpful	utile	util	beihilflich
her (acc.)	la/lui	la/le	ihr
here	ici	aquí	hier
herself	ellemême	ella misma	sie selbst
him	le/lui	le/lo	ihn/ihm
himself	luimême	él mismo	er selbst
his	son	suyo	sein
honest	honnêt	honrado	ehrlich
hope	espérer	esperar	hoffen
hospital	hopital,le	hospital	Krankenhaus
hot	chaud	caliente	heiss
hotel	hotel,le	hotel	Hotel
how are y.?	comment a.v.?	cómo está Ud?	wie geht e.l.?
how many?	combien de?	cuántos?	wieviel?
however	cependant	sín embargo	jedoch
hundred	cent	cien	hundert
hungry	avoir faim	tener hambre	hungrig
husband	mari,le	esposo/marido	Ehemann
I	je	yo	ich
I am well	je vais bien	muy bien	mir geht es gut
icecream	glace,la	helado	Eis
if	si	si	wenn
important	important	importante	wichtig
impossible	impossible	imposible	unmöglich
in front of	devant	enfrente de	vor
intelligent	intelligent	inteligente	klug
inventory	inventaire, l'	inventario	iventor
is (he)	est (il)	es	ist (er)
it	cela	eso	es (er)
itself	celamême	eso mismo	es selbst
January	Janvier	enero	Januar
journey	voyage,le	viaje	Reise
July	Juillet	julio	Juli
June	Juin	junio	Juni
knife	coûteau,le	cuchillo	Messer
know	savoir/conn.	saber/conocer	wissen
labour	main d`oeuvre	trabajo	Arbeit

language	langue,la	idioma	Sprache
late	tard	tarde	spät
later	plus tard	mas tarde/lu.	später
learn	apprendre	aprender	lernen
less	moins de	menos	minus/weniger
letter	lettre,la	carta/letra	Brief
life	vie,la	vida	Leben
like aimer	(v e r b) g u s t a r gern haben		
listen	écoûter	oir	zuhören
little	peu	poco	wenig
long	long	largo	lang
long run	finalement	a lo largo	auf die Dauer
look	regarder	mirar	schauen
look for	chercher	buscar	suchen
loss	perte,la	pérdida	Verlust
lot,lots	beaucoup de	mucho	viel
love	aimer bien	querer	lieben
low	bas	bajo	tief
lucky (be)	avoir/chance	tener suerte	Glück (haben)
luggage	bagages,les	equipaje	Gepäck
lunch	déjeuner,le	almuerzo	Mittagessen
make/do	faire	hacer/realizar	machen
man	homme,l'	hombre	Mann
manager	directeur,le	gerente/dir.	Manager
many	beaucoup (de)	muchos	viele
map	plan,le	mapa	Landkarte
March	Mars	marzo	März
marriage	marriage,le	matrimonio	Heirat
marry	se marier	casar	heiraten
materials	materiaux,les	materia prima	Materialien
May	Mai	mayo	Mai
me	me	mi	mich
meal	repas,le	comida	Essen
meat	viande,la	carne	Fleisch
meet	rencontrer	encontrar	kennen lernen
meeting	réunion,la	reunión	Versammlung

mind (not)	égal (etre)	no importa	egal (mir)
minute	minute,la	minuto	Minute
Miss	Mademoiselle	Señorita	Fräulein
mistake	erreur,la	error	Fehler
Monday	Lundi,le	lunes	Montag
money	argent,la	dinero	Geld
month	moins,le	mes	Monat
more	plus	más	mehr
morning	matin,le	mañana	Morgen
mother	mère,la	madre	Mutter
motheri.l.	bellemère	suegra	Schwiegermutter
Mr	Monsieur	Señor	Herr
Mrs	Madame	Señora	Frau
multipl.by	multiplier par	multiplic.por	multipliz.mit
must	devoir	deber/tener de	müssen
my	mon	mi/mis	mein
myself	moimême	mi	ich selbst
near	près de	cerca de	nahe
never	jamais	nunca/jamás	niemals
never mind	n'importe	no importa	nichts (macht)
new	neuf	nuevo	neu
nice	agréable	fino/bueno	nett
nine	neuf	nueve	neun
night	noit,la	noche	Nacht
ninety	quatrev.dix	noventa	neunzig
no	non	no	nein
nobody	personne	nadie	niemand
noise	bruit,le	ruido	Krach
not	ne...pas	no	nicht
nothing	rien	nada	nichts
November	Novembre	noviembre	November
now	maintenant	ahora	jetzt
o'clock	heures (7.00)	hora (7.00)	Uhr (7.00)
October	Octobre	octubre	Oktober
of course	naturellement	naturalmente	natürlich
Oh!	Oh!	O!	Ach!
old	vieux	viejo	alt

on	sur	sobre	auf
one	un	un/uno	eins
or	ou	o	oder
orders	ordres,les	órdenes	Bestellung
our	notre	nuestro	unser
ourselves	nous-même	nosostros	wir selbst
out	dehors	fuera	aus
overheads	frais gen.les	gasto gener.	Laufenden U.
owner`s eq.	capital,le	capital	Anlagekapital
parents	parents,les	padres	Eltern
passport	passeport,le	pasaporte	Pass
people	gens	gente	Menschen
place	endroit,le	sitio/lugar	Platz
plane	avion,le	avión	Flugzeug
plate	assiette,la	plato	Teller
please	s`il v. plaît	por favor	bitte
police	police,la	policía	Polizei
polite	poli	cortés	höflich
porter	porteur,le	portero	Träger
possible	possible	posible	möglich
present	présent	presente	gegenwärtig
pretty	joli	bonito	hübsch
products	produits,les	productos	Produkte
profit	profit,le	ganancia	Gewinn
put	mettre	poner	legen
quarter	quartier,le	cuarto	Viertel
quickly	vite	aprisa/de pri.	schnell
rain	pluie,la	lluvia	Regen
read	lire	leer	lesen
really	vraiment	de veras	wirklich
red	rouge	colorado/rojo	rot
relax	se relaxer	relajarse	entspannen
remember	rappeller	recordar	erinnern
restaurant	restaurant,le	restaurante	Restaurant
right	raison (avoir)	correcto/der.	richtig
road	rue,la	calle	Strasse
room	chambre,la	cuarto/habit.	Zimmer

sales	ventes, les	venta/saldo	Verkäufe
Saturday	Samedi,le	sábado	Samstag
save	sauver	salvar	sparen
say	dire	decir	sagen
see	voir	ver	sehen
sell	vendre	vender	verkaufen
September	Septembre	septiembre	September
serve	servir	servir	bedienen
service	service	servicio	Dienst
seven	sept,le	siete	sieben
seventy	soixantedix	setenta	siebzig
she	elle	ella	sie
short	court	corto	kurz
should	devoir	deber	sollen
sick	malade	enfermo	krank
Sir	Monsieur	Señor	Mein Herr
sister	soeur,la	hermana	Schwester
sit	s'asseoir	sentar	sitzen
sit down	être assis	sentarse	sich setzen
six	six	seis	sechs
sixty	soixante	sesenta	sechzig
sky	ciel,le	cielo	Himmel
sleep	dormir	dormir	schlafen
small	petit	pequeño/chiqu.	kein
smoke	fumer	fumar	rauchen
snack	snack,le	snack	Imbiss
some	quelques	unos/poco de	etwas
somebody	quelqu'un	alguno	jemand
something	quelquechose	algo	etwas
sometimes	quelquefois	algún tiempo	manchmal
son	fils,le	hijo	Sohn
sorry	dommage	lo siento	Verzeihung
soup	potage,le	sopa	Suppe
speak	parler	hablar	sprechen
spend	dépenser	gastar	ausgeben
spoon	cuillère,la	cuchara	Löffel
stand up	se lever	pararse	aufstehen

station	gare,la	estación	Bannhof
stay	rester	quedarse	bleiben
stool	banc,le	taburete	Stuhl
sugar	sucre,le	azúcar	Zucker
summer	été,le	verano	Sommer
sun	soleil,le	sol	Sonne
Sunday	Dimanche,le	domingo	Sonntag
sweet(pud.)	dessert,le	dulce/postre	Süßspeise
table	table,la	mesa	Tisch
take	prendre	tomar/llevar	nehmen
talk	parler	hablar	sprechen
talkers	bavards,les	habladores	Schwätzer
taxi	taxi,le	taxi	Taxi
tea	the,le	té	Tee
téléphone	téléphone,le	teléfono	Telefon
tense	temps,le	tiempo	Zeitform
ten	dix	diez	zehn
terrible	terrible	terrible	schrecklich
thank you	merci	gracias	danke
that	la/cela/que	ese/aquel/cual	jener/jene/jenes
the	le/la	el/la/los/las	der/die/das
their	leur	su	ihr
them	eux	ellos/ellas	sie
themselves	euxmêmes	ellas/ellos	sie selbst
there	là	allí	dort/da
they	ils	ellos/ellas	sie
this	ce/cet	este/esta	dieser
thin	mince	delgado	dünn
thing	chose,la	cosa	Ding
thirsty	avoir soif	tener sed	durstig
thirty	trente	treinta	dreissig
thousand	mille	mil	tausend
three	trois	tres	drei
threeqtr.	troisquarts	tres cuartos	dreiviertel
Thursday	Jeudi	jueves	Donnerstag
ticket	billet,le	boleto/billete	Karte
time	heure,la	tiempo/vez	Zeit,die

tip	pourboire,le	propina	Trinkgeld
tired	fatigué	cansado	müde
to	à	para/a	nach
today	aujourd'hui	hoy	heute
tomorrow	demain	mañana	morgen
too much	trop	demasiado	zu viel
train	train,le	tren	Zug
travel	voyager	viajar	reisen
Tuesday	Mardi	martes	Dienstag
twelve	douze	doce	zwölf
twenty	vingt	veinte	zwanzig
two	deux	dos	zwei
under	sous	debajo/bajo	unter
up	en haut	arriba	oben
us	nous	nos/nosotros	uns
vegetables	légumes,les	legumbres	Gemüse
wait	attendre	esperar	warten
waiter	garçon,le	camarero	Kellner
walk	marcher	caminar/pasear	spazieren
want	vouloir	querer	wollen
waste(n)	gaspillage,le	desgaste	Abfall
we	nous	nosotros	wir
weather	temps,le	tiempo	Wetter
Wednesday	Mercredi	miércoles	Mittwoch
week	semaine,la	semana	Woche
wet	pluvieux	húmedo/mojado	nass
what?	quel/quoi?	qué?	was?
what time?	quelle heure?	qué hora?	wie spät.ist es?
when?	quand?	cuándo?	wann?
where	où?	dónde?	wo?
white	blanc	blanco	weiss
who?	qui?	quién?	wer?
wife	femme,la	esposa	Ehefrau
win	gagner	ganar	gewinnen
wine	vin,le	vino	Wein
winter	hiver,le	invierno	Winter
woman	femme,la	mujer	Frau

work	travail,le	trabajo	arbeiten
worse	pire	peor	schlechter
worst,the	le pire	el/lo peor	schlechteste
write	écrire	escribir	schreiben
wrong	avoir tort	falso/equiv.	falsch
year	année,la	año	Jahr
yes	oui	sí	ja
yes but	oui mais	si, pero	ja, aber
yesterday	hier	ayer	gestern
you (nom.)	vous	usted/ustedes	Sie
you (acc.)	vous	usted	Sie
young	jeune	joven	jung
your	votre	su	Ihr
yourself	vous-même	usted	Sie selbst
yourselves	vous-mêmes	ustedes	Sie selbst
zero	zero	cero	null

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge ... chat and absorb ... with a natural speaker)

1. A/an ade	2. After megbe	3. Again ake	4. All Kata	5. Almost kloi
6. Also ha	7. Always yesiyi	8. And kple	9. Because elebena	10. Before hafi
11. Big Lolo	12. But gake	13. I can me te nu	14. I come me va	15. Either/or /alo
16. I find Me kpo/Me for	17. First gbato	18. For na	19. Friend xolo	20. From tso
21. I go me yi	22. Good enyo	23. Goodbye Miadogo	24. Happy kpo dzi dzo	25. I have le asinye
26. He e	27. Hello (n/a)	28. Here afi	29. How Aleke	30. I Me/nye
31. I am me nye	32. If ne	33. In me	34. I know me nya	35. Last megbeto
36. I like M lor	37. Little vie	38. I love Me lor	39. I make me wor	40. Many sor gbor
41. One deka	42. More sor gbor wu	43. Most sor gbor wu kata	44. Much sor gbor	45. My nye (toe)
46. New yeye	47. No Ao	48. Not me ... o	49. Now fifia	50. Of ?

51. Often Enumake	52. On dzi	53. One deka	54. Only kpue	55. Or alo
56. Other bubu	57. Our Miafe	58. Out do go	59. Over dzi / wu	60. People amewo
61. Place tefe	62. Please Me de kuku	63. Same sor	64. I see me kpor	65. She e
66. So	67. Some adewo	68. Sometimes gbedagbe	69. Still ga	70. Such Eyate ?
71. I tell me gblo	72. Thank you akpe	73. That ma	74. The la	75. Their wofe
76. Them Wo	77. Then xema	78. There is	79. They e li	80. Thing
81. I think Me susu be	82. This nu sia	83. Time xekaxi	84. To le	85. Under te
86. Up dzi	87. Us mi	88. I use kor	89. Very sesie	90. We mi
91. What Nuka	92. When xekaxi	93. Where afika	94. Which ka	95. Who nuka
96. Why nukata	97. With Kple	98. Yes Ee	99. You E	100. Your towo

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!!**