

# 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... KO-SZO-NOM

## NO. 405 - HUNGARIAN FROM ENGLISH

Version 5 DRAFT - - with some errors ... January 2007

### Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Lonely Planet Phrasebook. Colloquial Hungarian - Jerry Payne (Routledge)

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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	Ko-szo-nom
Hallo	Jo na-pot/Szi-a (informal)!
Yes/no	I-gen/nem
Please	Ke-rem
Good morning	Jo re-ggelt
My name is ...	A ne-vem ...
What is your name?	Hogy hiv-jak?
How are you?	Hogy van/hogy va-gy (infomal)?
Fine thanks	Ko-szo-nom, jol.
Excuse me	Bo-csa-nat
OK!	Jo!
Where do you come from?	On hon-nan jott?
I am from	-bol jot-tem ...

**I want ...**

**Sze-ret-nek**

**Goodbye**

**Szia (informal)**

**... so ... start chatting now ... with EVERYONE ... and have fun...**

## 1.0 INTRODUCTION

### 1.1 STRUCTURE

This program gives you practice in understanding the structure of the language almost instinctively, as for each difficult phrase, English words are inserted. There is also a Mini Phrase-book, a Brief Note on Grammar and a list of the 100 "most used" words in conversation.

### 1.2 MEMORY

A simple technique for the memory of difficult sounds is to make up a ridiculous English phrase as a memory "trigger", for example:

Yes ... igen ... say ...

... yes ... ee-bi-gum you're right ... i-hen

Goodbye ... szia ... say ...

... goodbye ... see ya soon ... sz-ia

I want ... szeretnek ... say ...

... I want ... say-red-neck I want it ... sze-ret-nek

### 1.3 PRACTICE.

Learn very rapidly the list of "most used 100 words" and each day, take one page of the mini-phrase-book, to make 10 minutes of Hungarian conversation with a natural speaker or aloud with yourself. Then make a friend of the main Hungarian Phrasebook.

# 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 ...



## SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Thank you	Ko-szo-nom	KOARE-SIRR-NORRMM
Hello	Szi-a	SAEE-AHH
Mr.	Ur	OO-RR
Mrs.	Assz-ony	ASS-SONN
Yes	I-gen	EE-GENN
No	Nem	NEMM
Good	Jo	Y-OH
Please	Ke-rem	KAY-REMM
Do you have?	Van ...	VANN .. ?
Goodbye	Vi-szont-la-tas-ra	VEE-ZONT-LA-TASH-RA
Internet access	Inter-net Hasznal-hatom?	IN-TER-NETT HARSNALL-HATTOM?
Who?	Ki?	KEE?
What?	Mi?	M-EE?
I want ...	Sze-ret-nek	SZAY-RRET-NECK
Where?	Hol?	HOL?
OK!	Jo	JOH



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

## NATURAL SUGGESTIONS

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

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

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

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

## 2. HERE AND THERE:

En itt (here) vagyok.

I am here.

Onok ott van. (formal)

You are there.

Te ott vagy. (informal)

You are there.

Ott van?

Are you there?

Igen, ott van.

Yes, you are there.

Itt van?

Are you here?

Nem, nincs itt.

No, you are not here.

Itt van.

It is here.

Hol van?

Where is it?

Itt van..

It is here.

Ott van?

Is it there?

Nem tudom.

I do not know.

Hol van Miguel?

Where is Miguel?

Nincs itt.

(He) is not here.

Hol van?

Where is he?

Nem tudom.

I do not know.

Jaj!. Ott van!

Zut! There he is.

O csodálatos!

He is wonderful!

O csodás!

He is wonderful!

### 3. LIKING:

Teccel nekem.

Teccem neked?

Igen, teccel nekem.

I like you.

Do you like me?

Yes, I like you.

Szereted a penz-t?

Igen, szeretem a penz-t.

Do you like money?

Yes, I like the money.

Szeretem a vizet (water).

Maga szererti a vizet.

Szeretem a konyv-eket.

I like water.

You like water.

I like some books.

O szereti az auto-t.

O nem szereti az auto-t.

He likes the car.

She does not like the car.

Izlik a vacsoru?

Nem, nem izlik a vacsora.

Do you like the dinner?

No, I do not like the dinner.

Oh. Jaj!. Mate!

Ker-em, nem mondja hogy Mate.

Oh. Darn-it! Mate!

Please do not say Mate!

### 4. DOING:

Tesz-em.

Meg tesz-em ezt.

I do.

I do this.

Meg-tesz.

Tegye ezt meg.

Mi meg tes-szuk.

You do.

You do that

We do that

Boldogok vagyunk.

And we (are) happy.

Konnyu?

Is it easy?

Igen, nem nehéz.

Yes, it is not difficult.

Csinalja?

Do you do that?

Csinaljul, kerem !!

Do that please!!!

Jaj!! (A fene eg- ye meg)

Darn-it!!!

Csodalatos.

It is wonderful!

## 5. CAN/ABLE TO DO:

Tudom.

I can

Meg-tudom?

Can I?

Igen, tudom.

Yes, I can.

Tud-gya ezt?

Can you do this?

Igen, meg-tudom azt.

Yes, I can do that.

Tudok enni egy kicsit.

I can eat a little.

Tudok inni egy kicsit.

I can drink a little.

Haza tudok menni.

I can go.

Tudok jönni.

I can come.

Tudok aludni (sleep)?

I can sleep.

Tud beszélni (speak).

You can speak.

Tud beszélni ?

Can you speak?

Igen, tudok.

Yes, I can.



Tud-ja ezt megtenni?

Nem, nem tudom ezt megtenni.

Can you do this?

No, I can not do that.

Tudja megerteni?

Tudja megeteni?

You can understand?

Can you understand?

Megerti?

Igen, egy kicsit.

Can you understand?

Yes, a little.

Tud-ja mondani?

Igen, tudok beszélni egy kicsit magyarul!

Can you say it?

Yes, I can speak a little Hungarian!

Jaj! En csodálatos vagyok.

Darn-it! I am wonderful!

## 6. UNDERSTANDING:

Er-tem.

Nem er -tem.

I understand.

I do not understand.

Maga Ert-i.

Nem ert-i.

You understand.

You do not understand.

Maga ert-i a n-oket (women)?

Nem, nem ert-em a n-oket!

Do you understand women?

No. I do not understand women!!

Oh. Jaj! Matel!

Ker-em, nem mondja Matel.

Oh. Darn-it! Mate!

Please do not say Mate!

Maga csodálatos!

You are wonderful!

## 7. WANTING:

Akar-om.

I want.

Akar-ok enni egy kicsit.

I want to eat a little.

Akar-ok vizet inni.

I want to drink the water.

Akar-ok a ve-cere-re menni!!

I want to go to the toilet!!!

Akar enni egy kicsit?

Do you want to eat a little?

Nem, nem akar-ok enni egy kichit.

No, I do not want to eat.

Jaj! Akar-ok adni egy kichit.

Darn! I want to give you a bit.

Nem, koszonom.

No thank you.

Akar-ok jonni (come).

I want to come.

Akar vel-em aludni?

Do you want to sleep with me?

Ne, nem aka-rok aludni (sleep).

No, I do not want to sleep.

Miguel, meg akarja enni a bekakat (frogs)? Miguel, do you want to eat the frogs?

Nem most, koszonom.

Not just now, thank you!

Te csodas vagg!

We are wonderful!

## 8. GETTING:

Ker-em, adja ide a penz-t (money).

Please give me the money.

Ker-em, itt a penz.

Please take the money.

At vesz-em a penz-t.

I take the money.

Ker-em, adja ide a jegy-et (ticket).

Please give me the ticket.

Ker-em, itt a jegy.  
At vesz-em a jegy-et.

Please take the ticket.  
I take the ticket.

Ker-em, adja ide a dol-got (thing).  
Hol van a dolog?  
Nem tu-dom.

Please give me the thing.  
Where is the thing?  
I do not know.

Ker-em, agy-on egy ferfit (man),  
Mi-csoda no !!

Please give me a man!  
What a woman!!

O cso-das no!

She is wonderful!

## 9. HAVING:

Van egg dolgom (thing).  
Nincs egy dologom.

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

Ne-ked van egy dologod.  
Ne-kunkvan egy dologunk.  
Ne-ki van egy dologa.

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

Tudom az, idiot!  
Van penz-e, uram?

I have the time, Miss!  
Do you have some money, Sir?

Nincs.  
Oh. Matel!

No.  
Oh. Mate!

Nem mondja hogy Mate.

Please do not say Mate!

## 10. ORDERING (POLITELY):

Ker-em, adja ide a dolgot (thing).

Please give me the thing.

Ker-em, adja ide a penz-t.

Please give me the money.

Ker-em, adja ide nekem a vizet.

Please give me the water.

Koszonom.

Thank you.

Ker-em, ne igya a vizet Francia orszagban.

Please don't drink the water in France!!

Igya a bor-t.

Drink the wine.

Ker-em, jojjon ide.

Please come here.

Ker-em, mennyen oda.

Please go there.

Ker-em, igya meg ezt.

Please drink this.

Ne egye meg azt!

Do not eat that!

Ker-em, adja nekem ezt.

Please give me this.

Ker-em, ne vigye el azt.

Please do not take that.

Ker-em, mondja ezt.

Please say this.

Ker-em, ne monja Mate (szar).

Please do not say Mate.

Jaj! Koszonom. Maga csodlatos!

Darn-it! Thank you. You are wonderful!

## 11. GREETING:

Hello, Michelle.

Hello Michelle.

Hello, Paula.

Hello Paula.

Jo reggelt, Miche  
Jol regelt, Sancos.

Good morning Miche.  
Good morning Sancos.

Hogy van, Eliza?  
Jol vagyok, köszonom Khulu.

How are you, Eliza?  
I am well, thank you, Khulu.

Hogy megy, Xavier?  
Jol, köszonom, Miguel

How goes it, Xavier?  
Fine, thank you, Miguel.

Vszont latas-ra, Giles.  
Viszont latas-ra, Judith.

Goodbye Giles.  
Bye bye Judith.

Igen, OK , Hollie  
Csoladatos, Heidi!

Yes OK, Hollie.  
It is wonderful, Heidi!

OK, Sam.?  
Igen OK , Lucie.

OK Sam?  
Yes OK, Lucie.

Nem tul rossz, Henri.  
Jol vagy , drag-am?

Not too bad, Henri.  
Are you well, my darling?

Nem!!  
Jaj! O csoladatos!

No!!!  
Darn-it! She is wonderful!

## **12. DESCRIBING:**

Ez jo,  
Ez nem jo.  
Ez rossz.

It is good.  
It is not good.  
It is bad.

Ez egy konyv.

Ez nagy?

Nem, ez kicsi.

It is a book.

Is it big?

No, it is small.

Ez konnyu?

Nem, ez nehez.

Is it easy?

No, it is hard.

Jo a viz?

Nem, a viz nem jo Francia orszagban!!

Is the water good?

No, the water is not good in France!!

Oh Mate!!!

Ker-em, nem mondja, Mate.

Oh Mate!!!

Please do not say Mate.

Te csodlatos vagy?

Jaj! Igen!

Are we wonderful?

Darn-it! Yes!!

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

Ezt tud-om.

Tud-od ezt?

Nem, ezt tud-om

I know this.

Do you know this?

Yes, I know this.

Te azt tud-od.

Tud-od azt?

Nem, nem tud-om azt.

You know that.

Do you know that?

No, I do not know that.

Ismer-em ezt a no-t.

Ismer-em ezt a ferfit.

I know that woman.

I know the man.

O ismer engem.

Ismer-ed ezt a no-t?

He knows me.

Do you know that woman?

Nem. Hello Asszonyom.

Holgy van, Asszonyom?

No. Hello Madame?

Are you well, Madame?

Nem. Nem vagyok jól, viszont latas-ral!

Maga nem ismeri ezt a no-t!

No, I am not well!!! Goodbye!!!

You do not know the woman!

Jaj!! O csodalatos!

Darn-it! She is wonderful!

## 14. NUMBERING:

Van egg problemam.

Igen, maganul van egg problemam

I have one problem.

Yes, you have a problem.

Nem, neked ketto van (2).

Neki harom van (3)

No, you have two (of them).

He has three.

Neki otthon van.

Nekuvk ot van (5)

She has four.

We have five.

Neked ot van?

Igen, most nekem ot problemam van!

Do you have five?

Yes now, I have five problems!!!

Az osszes gyrekek.

Gyrekek csodalatos -ah.

All the children!

Children are wonderful!

## 15. ASKING:

Mennyibe kerül a konyu?

Ott dollar-bu.

Mennyi ez (dolog)?

Mennibe?

Negg dollar-bu.

Hol van?

Itt van.

Nem nem itt van.

Hol van a vece. ker-em?

A vece ott van.

Mi az?

Bocidnak. Mi?

Az.

Oh, az egy jó konyu.

Mi-t akar (want)?

Akar-om bort kerek. Ker-em.

Ki van itt?

Mi vigyunk itt.

Ki az a nő?

Nem tud-om.

Jaj! Ez a Madonna!

Mi-cso da nő. Csodalatos.

How much is the book?

Five dollars.

How much is this (thing)?

How much?

Four dollars.

Where is it?

It is there.

No, it is not there.

Where is the toilet, please?

The toilet is over there.

What is that?

Pardon. What?

That.

Oh, it is a good book.

What do you want?

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

Darn-it! It is Madonna!

What a woman! She is wonderful!



## 16. EVERYTHING - COLLOQUIAL:

Itt vagyok.

I am here.

Ott vagy.

You are there.

Szeretlek.

I like you.

Maga szereti a penz-t.

You like the money.

Ezt csinálja.

He does this.

Azt csinálja.

She does that.

Tud-ot egy kicsit magyarul beszélni.

(I) can speak a little Hungarian!

Nem mondja , Mate?

You can not say Mate?

Ertem magat.

I understand you.

Ert maga engem.

You do not understand me.

A bar-ba akarok menni.

I want to go to the bar.

Akarok vecere menni.

You want to go to the toilet.

Van idom, Miss!

I have the time, Miss!

Van maganak penze, Uran?

Do you have some money, Sir?

Ne igya a vizet Francina orszag ban!

Please don't drink the water in France!!

Iguon bort.

Drink the wine.

Hogy van, Eliza?

How are you, Eliza?

Jol vagyok, koszonom, Khulu.

I am well, thank you, Khulu.

Nagy ez. Uram?

Is it big, Sir?

Nem, ez kicsi..

No, it is small.

Maga nem ismeri ezt a no-t.

You do not know that woman.

Jaj! O csodálatos!

Darn-it! She is wonderful!

Igen most, nekem van öt problémám.

Yes now, I have five problems!!!

Az összes gyerek!

All the children!

Mi az?

What is that?

Bocsánat. Mi?

Pardon. What?

Ott van.

There it is.

Jaj!!!

Darn-it!

OK?

OK?

Jaj, ez jó.

Yes, it's cool!

Igen ez elegáns!

Yes, it's cool! (classy)

Ne monja, Mate!!

Do not say Mate!!!

Ez nem elokeló!!

It is not cool (upper class)!!!

Muszaj ez hogy meg-tegyem.

I must do this.

Muszaj hogy meg-tedje.

You must do that

Csodálatos?

Wonderful?

Igen, maga csodálatos!

Yes you are wonderful!

Vaszon tlatásra!

Bye bye, for now!

**Speed reading time - 14 minutes.**



## 17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... 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 "Hungarian 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 ... 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
<b>jo napot/szia</b>	<b>jo reggelt</b>	<b>hogy van/hogy vagy?</b>	<b>koszonom jól</b>	<b>koszonom</b>
goodbye	yes	no/not	OK	not too bad
<b>szia</b>	<b>i-gen</b>	<b>nem/nem</b>	<b>jo</b>	<b>nem tool rosszul</b>
excuse me	Darn-it!	Merd	please	"cool"!!!
<b>bocsanat</b>	<b>Darn</b>	<b>Merd</b>	<b>ke-rem</b>	<b>OK/Jo</b>

### b. Verbs:

to be	have	like	want	can
<b>lenni</b>	<b>van</b>	<b>szeret</b>	<b>akar</b>	<b>tud</b>
do	say/speak	go	come	give
<b>tesz/csinal</b>	<b>mond/beszél</b>	<b>megy/jár</b>	<b>jár</b>	<b>ad</b>
take	eat	drink	sleep	know
<b>visz</b>	<b>eszik</b>	<b>inni</b>	<b>aludni</b>	<b>ismer/tud</b>
understand	must	see		
<b>ért</b>	<b>kell</b>	<b>lát</b>		

### c. Prepositions:

some	a	the	to	from
<b>nehány</b>	<b>egy</b>	<b>a/az</b>	<b>-hoz/ra -</b>	<b>bol/rol/tol</b>

in

**benne**

d. Pronouns:

I	you	he	she	we
<b>en</b>	<b>onok</b>	<b>o</b>	<b>o</b>	<b>mi</b>

it	this	that	Mr	Mrs.
<b>o</b>	<b>ez</b>	<b>az</b>	<b>Ur</b>	<b>-ne/Asszonyi</b>

e. Nouns:

money	thing	man	woman	water
<b>penz</b>	<b>dolog</b>	<b>ferfi</b>	<b>no/asszony</b>	<b>viz</b>

car	ticket	book	friend
<b>auto</b>	<b>jegy</b>	<b>konyv</b>	<b>barat</b>

f. Adjectives/  
adverbs/Other

good	bad	big	small	now
<b>jo</b>	<b>rossz</b>	<b>nagy</b>	<b>kis/kicsi</b>	<b>most</b>

later	a little	wonderful!	happy	easy/hard
<b>Kesobb</b>	<b>egy kicsit</b>	<b>csodalatos</b>	<b>boldog</b>	<b>konnyu/nehez</b>

here/there	and
<b>itt/ott</b>	<b>es/meg/pedig</b>

g.  
Interrogatives:

how much?	where?	what?	who?	when?
<b>mennyi?</b>	<b>hol?</b>	<b>mi?</b>	<b>ki?</b>	<b>mikor?</b>

**Note:**                      What is this?      Question?  
   **Mi ez?**                      **kerdes**

h. Numbers:

one	two	three	four	five
<b>egy</b>	<b>ketto</b>	<b>horom</b>	<b>negy</b>	<b>ot</b>

i. Some survival words:

<b>WC (WC)</b>	<b>hamburger (hamburger)</b>
<b>always (mindig)</b>	<b>think (gondol)</b>
<b>fast/slow (gyors/lassu)</b>	<b>read (olvas)</b>
<b>but (de/hanem)</b>	<b>write (ir)</b>
<b>never (soha)</b>	<b>laugh (nevet)</b>
<b>train (vonat)</b>	<b>dance (tancol)</b>
<b>bus (busz)</b>	<b>later (kesobb)</b>
<b>home (otthon)</b>	<b>stop (megalni)</b>
<b>work (munka)</b>	<b>policeman (rendor)</b>
<b>time (ora)</b>	<b>six (hat)</b>
<b>today (ma)</b>	<b>seven (het)</b>
<b>tomorrow (holnap)</b>	<b>eight (nyolc)</b>
<b>paper (papier)</b>	<b>nine (kilenc)</b>
<b>newspaper (ujsg)</b>	<b>ten (tiz)</b>
<b>day (nap)</b>	<b>hundred (szaz)</b>
<b>week (het)</b>	<b>thousand (ezer)</b>
<b>year (ev)</b>	<b>Mate (szar)</b>
<b>hour (ora)</b>	<b>bye bye for now (viszont lara) !!</b>
<b>minute (pici)</b>	



## **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

TO BE COMPLETED AND CORRECTED +PLEASE

(Challenge: write out a copy, chat with everyone, speed reading 4 minutes)

### BASICS:

Thank you

Koszonom

Hallo

Jo napot/Szia (informal)!

Yes/no

Igen/nem

Please

Kerem

Good morning

Jo reggelt

My name is ...

A nevem ...

What is your name?

Hogy hivjak?

How are you?

Hogy van/hogu vagy (infomal)?

Fine thanks

Koszonom, jol.

Excuse me

Bocsanat

OK!

Jo!

Where do you come from?

On honnan jott?

I come from ...

...bol jottem

I want ...

Sze-ret-nek

Goodbye

Szia (informal)

I'm from:

En szarmazok

France

France

England

Angalteer

America

Amerig

I work with:

En dlgozok

UN  
Red Cross  
Nokia

ONU  
Croix Rouge  
Nokia

#### QUESTIONS:

I must do this.  
You must do that.

Muszaj ez hogy meg-tegyem.  
Muszaj az hogy meg-tedje

When/how?  
What/why?  
Who/which?

Mikor/Hogy?  
Mi/Miert?  
Ki/Melyik?

Where is/are ...?  
Where can I find ...?  
How much is it?  
Can you help?  
What does this mean?

Hol ez ...?  
Hol talalom ?  
Mennyi ez?  
Tud segiteni?  
Mit jelent ez ...?

#### UNDERSTANDING:

I understand  
I don't understand.  
Please say that again..  
Can you translate this?  
Can I have...?

Ertem  
Nem ertem  
Kerem, megis-metelne?  
Tudja lefordítani?  
Keh-rek ...?

Do you speak:  
    English/Hungarian?  
I don't speak Hungarian.  
I speak a little Hungarian.

Beszél ...  
    Angolul/Magyarul?  
Nem beszelek Magyarul.  
En beszelek egy kicsit Magyarul.

## COMMENTS:

It's:

better/worse  
big/small  
cheap/expensive  
good/bad  
hot/cold  
near/far  
right/wrong

OK!

Ez ...

job/rosszabb  
nagy/kicsi  
draga/olcso  
jo/rossz  
meleg/forro  
kozel/messze  
jo/rasz

OK/jo

## FOOD:

I like:

breakfast  
lunch  
dinner.

Kerek:

reggeli  
ebed  
vacso

May I have some:

bread/butter  
cheese  
eggs  
meat/potatoes  
apples/oranges  
coffee/tea  
milk  
fruit juice  
water

Kerek:

kenyeret/vajat  
sajtot  
tojast  
hus/krompli  
almak/narancsok  
kave/tea  
tej  
gyumolcsle  
viz

I want to pay now.

Fizetn akarok

I think there is a mistake

Azt hiszem egy hiba van

We enjoyed it.

Mi élvezzuk

**TRANSIT:**

Where is the nearest shop?

Hol van a legközelebbi piac?

Where is a taxi?

Hol van a taxi?

How much is it to ...?

Mennyibe kerül ...ig?

Take me to this address.

Kerem vigyen el ....

Please stop here.

Kerem, álljon meg itt (here).

This is not the right road.

Ez nem a jó út

Go straight ahead.

Menjen egyenesen előre.

It's there, on the:

Ez ott:

left/right

balra/jobbra

next to/after

Mellette/utána

north/south

észak/del

east/west

kelet/nyugat

Where is the:

Hol van a ... ?

bank?

bank?

pharmacy?

gyógyszertár?

toilet?

Vece /WC?

**SHOPPING:**

Do you have ...?

Van ...?

How much is this/that?

Mennyibe kerül ez?

I will take it.

En viszem ezt.

Colours?

Kuloor?

Black

fekete

Blue

Red

White

Yellow

Green

Kek

Piros

Fehér

Sárga

Zöld

I want to buy:

aspirin

soap

half kilo apples

litre of milk

film/newspaper

Kerek (buy):

aspirin

szappan

fél kilo alma

liter tej

film/újság

TELEPHONE:

Hello, this is ...

Please speak:

louder

slowly

I want to speak to:

Mr.

Mrs.

When will he be here?

Ask him to telephone me

Hello, vagyok ...

Mondja

hangosabban

lassan

... szeretnék beszélni:

Úr

Asszonyi

Mikor lesz itt

Kérje meg hogy telefonáljon

TIME:

Do you have enough time?

What time is it?

The time now is:

five past one

quarter after three

Onoknek van elég ideje?

Hány óra?

...óra van.

egy óra öt

három óra tizen öt

twenty past five

half past seven

öt ora husz perc

fel nyolc

#### MEETINGS:

See you next time!!

today

tomorrow

next week

in the morning

in the evening

tonight

You are right/wrong.

That is right

Viszont latom

ma

holnap

jovo heten

reggel

este

ma este

Onok jól/ne jól van.

Az jól van

#### LOCATIONS:

Here/there

At the UN office

Is it near/far

How much time?

itt, ide/ott

Az ONU irodájában

Ez közel van/messze

Mennyi idő?

## 21. PLAY QUIZ

(Challenge - Test instincts ... associate phrases ... mixed up ... in groups of four)

- |                           |                                 |
|---------------------------|---------------------------------|
| a. I am well              | Bo-csa nat                      |
| b. Excuse me              | Jol vagy-ok                     |
| c. Thank you.             | Jo                              |
| d. OK                     | Ko-szo-nom                      |
| e. That is right          | Hogy vagy; Hogy van             |
| f. I want to buy:         | Jo napot, szija                 |
| g. Hello                  | A-ka-rok venni                  |
| h. How are you?           | Hely-es                         |
| i. Can I have ...?        | Semmi baj                       |
| j. I speak a little Wolof | Tud adni?                       |
| k. So sorry to bother you | Besz-elek egy kicsit magy-a-rul |
| l. No bother              | Bocsanat hogy zavarom           |
| m. Yes                    | Kerem...                        |
| n. Please                 | Igen                            |
| o. My name is ...         | Kel hogy meg-te-gye             |
| p. You must do that.      | A nevem                         |
| q. How much is that?      | Hol/Mikor/Miert?                |
| r. Where is the toilet?   | Hany ora van?                   |
| s. Where/when/why?        | Mennyi-be ke-rul?               |
| t. What time is it?       | Hol van a ve-ce; (VC)           |
| u. I want to speak to ... | Kerem be-szel-len lass-an       |
| v. I do not understand    | Mit je-lent ez??.               |
| w. What does this mean    | Nem ertem                       |
| x. Please speak slowly    | Szeret-nek beszelnı a....       |
| y. See you next time      | Ha Isten akar-ja.               |
| z. God willing!           | Vi-szont la-tas-ra              |

Answers in the text or call us ...



**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, 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.**

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

## Special Vocabulary for UNHCR

(Challenge - check and then discuss with a natural speaker)

English	Hungarian
Airport	re-pu-lo ter
Army	katonasag
Asylum	Menekulo hely
Border	hatar
Camp	ta-bor
Children	gye-re-kek
Clothing	ruhak
Cooking pot	fazek
Cooperation	
Customs	vam vizs-galas
Delay	kesedelem
Detention	letartozas
Development program	segitsegi program
Displaced persons	otthontalan ember
Electricity	elektro-mossag
Emergency	varatlan esemeny
Expulsion	kitelepites
Family	csalad
Government	allam; kormány
Grandparents	nagy szzulok
Handicapped	nyomorek
Health	egeszseg

Hospital	korhaz
House	haz
HQ	kozpont
Human rights	emberi jogok
Hungarian	magyar
Husband	ferj
Lamp	lampa
Legal protection	jogi vedelem
Malnutrition	rossz taplalkozas
Material assistance	anyagi segitseg
Ministry	miniszterium
Nutrition	taplalas
Pain - days/weeks	fajdalom—napok/hetek
Pain - months/years	fajdalom—honapok/evok
Pain - treatment	fajdalom--kezeles
Pain - arms/legs	fajdalom—karok/labak
Pain - chest	fajdalom--melkas
Pain - ears/eyes	ful fajdalom/szem fajdalom
Pain - hands/feet	kez fajdalom/lab fajdalom
Pain - head/neck	fej fajdalom/ nyak fajdalom
Pain - stomach	has fajas
Persecution	uldozett
Petrol	benzin
Police-station	rendorseg
President	elnok
Prison	borton

<b>Province</b>	<b>megye</b>
<b>Reception centre</b>	<b>fogado kozpont</b>
<b>Refugee</b>	<b>menkult</b>
<b>Representative</b>	<b>kepviselo</b>
<b>Rural</b>	<b>videki</b>
<b>Sanitation</b>	<b>tisztitas/ higienia</b>
<b>Shelter</b>	<b>menekulo hely/ vedett hely</b>
<b>Status</b>	<b>helhzete</b>
<b>Tent</b>	<b>sator</b>
<b>Torture</b>	<b>kinzas</b>
<b>Town</b>	<b>varos</b>
<b>Transportation</b>	<b>szallitas</b>
<b>Travel Document/passport</b>	<b>utazasi iratok / utlevel (pass)</b>
<b>Tribe</b>	<b>torzs</b>
<b>Truck</b>	<b>teher auto</b>
<b>Urban</b>	<b>varosi</b>
<b>Village</b>	<b>falu</b>
<b>Voluntrary repatriation</b>	<b>onkenes hazatelepites</b>
<b>War</b>	<b>aboru</b>
<b>Water</b>	<b>viz</b>
<b>Wife</b>	<b>feleseg</b>

## APPENDIX C - BRIEF GRAMMAR

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

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

Itt (here) vagyok.

I am here.

A gyerek itt van.

The CHILD is here.

Itt van a gyerek?

Question - is the child here?

### 2. Articles:

Itt VUN-gyerek.

A child here is.

### 3. Nouns:

A GYEREK-ET itt vannak.

CHILDREN are here.

A JO gyerek itt van.

The GOOD child is here.

O egy gyerek.

HE is a child.

### 4. Possession:

O az EN gyerek-EM.

He is MY child.

### 5. Relative:

A gyerek AHI itt van.

The child WHO here is.

### 6. Demonstrative:

EZ gyerek itt van.

THIS child is here.

AZ gyerek OTT van.

THAT child is THERE.

### 7. Interrogatives:

MI ez?

WHAT is this (thing)?

KI ez?

WHO is that?

HOL van a gyerek?

WHERE is the child?

MENNYIB e kerul a KONYU?

HOW-MUCH costs the BOOK?

**8. Imperatives:**

**TEGYE meg ezt!**

**DO this!**

**JOJJON itt!**

**COME here!**

**9. Negatives:**

**Igen, MEG van konyv.**

**Yes, I HAVE a book.**

**NEM, nincs meg a konyv.**

**No, I do NOT have the book.**

**NE kojjon ide (itt).**

**Do NOT come here.**

**10. To be, have and want:**

**Vagyok/van nekem/akarok**

**I am/have/want**

**Van/van myanak/akar**

**You are/have/want**

**O van/nehi van/akar**

**He is/has/wants**

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

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

Opportunity for 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.

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.

Further information: email: [drbobboland@hotmail.com](mailto: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

(Insert Hungarian ... and then discuss with a natural speaker)

1. A/an EGY	2. After MIUTAN	3. Again MEGINT	4. All MINDEN	5. Almost MAJDNEM
6. Also IS	7. Always MINDIG	8. And ES	9. Because MERT	10. Before ELOTT
11. Big NAGY	12. But DE	13. I can TUD	14. I come JON	15. Either/or VAGY/VAGY
16. I find TALAL	17. First ELSO	18. For ERT	19. Friend BARAT	20. From BOL/ROL/TOLI
21. I go MEGY/JAR	22. Good JO	23. Goodbye SZIA	24. Happy BOLDOG	25. I have VAN
26. He O	27. Hello SZIA	28. Here ITT	29. How HOGY	30. I EN
31. I am VOGYET	32. If HA	33. In BAN	34. I know USMER/TUD	35. Last UTOLSO
36. I like SZERET	37. Little KEVES	38. I love SZERET	39. I make CSINAL/TESZ	40. Many SOK
41. One EGY	42. More TOBB	43. Most LEGTOOB	44. Much SOK	45. My ENYEM
46. New UJ	47. No NEM	48. Not NEM	49. Now MOST	50. Of ???



51. Often GYAKRAN	52. On EZEN	53. One EGY	54. Only CSAK	55. Or VAGY
56. Other MAS	57. Our MIENK	58. Out KI	59. Over VEGE	60. People EMBEREK
61. Place HELY	62. Please KEREM	63. Same AZONOS	64. I see LATOM	65. She O
66. So TEHAT	67. Some NEHANY	68. Sometimes NEHA	69. Still MEG	70. Such ILYEN
71. I tell MONDOM	72. Thank you KOSZONOM	73. That AZ	74. The A	75. Their OVEKE
76. Them OKET	77. Then AKKOR	78. There is VAN	79. They OK	80. Thing DOLOG
81. I think GONDOL	82. This EZ	83. Time IDO	84. To NOZ/HEZ	85. Under ALATT
86. Understand ERT	87. Us BENNUNKET	88. I use HASZNALOM	89. Very NAGYON	90. We MI
91. What MI	92. When MIKOR	93. Where HOL	94. Which MELYIK	95. Who AKI
96. Why MIERT	97. With VAL	98. Yes I-GEN	99. You ONOK	100. Your ONOKE

## 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 sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just 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!!