

# 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 ...  
... DAKUJEM - Thank You!!

## NO. 386 - SLOVAK from ENGLISH

Version 1 - in roman script with a few errors - April 2005

### 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: Berlitz and Lonely Planet phrase books - Eastern Europe

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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!!

Thank you.	Dakujem
Hello	Ahoj
Yes/no	Ano/nie
Please	Prosim
Excuse me	Prepacte
Good morning	Dobre rano
My name is ...	Volam sa...
What is your name?	Ako sa volate?
How are you?	Ako sa mate?
Fine, thanks	Dakujem, dobre

**Good-bye.**

**Dovidenia**

## LEARN TO USE THE TWO MINUTE GEMINI ROUTINE AND BE IN FULL CONTROL OF MIND AND BODY

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 ...

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

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 **ABSORBING** ... 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

**ONIE** - 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 **POSTIVE !!!**

## SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Thank you	Dakujem	DYAR-KOO-YEMMM
Hello	Ahoj	AHOY
Mr.	Pan	PAN
Mrs.	Pan-i	PAN-NNIEE
Yes	Ano	AANNO
No	Nie	NIEE-YAY
Good	Dobre	DO-BREY
Please	Prosim	PRO-SIIMM
Do you have?	Mate ...	MAR-TAY
Goodbye	Dovidenia	DO VEE-DYEN-YAR
Yes, it's "cool"!	Ano, je to cool!	AANNO YAY TOW COOL
Who?	Kto?	KT-OH
What?	Co?	CHO
I want	Ja chcem...	YAAH KCHEM
Where?	Kde	KD-YAY
OK!	OK!/Dobre	OH-KAY/DO-BREY

Note: For simplicity the program is mostly typed without accents

## NATURAL SUGGESTIONS

Plan to learn GEMINI and then 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 ...

It 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 is a 6-hour CRE day with a 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.

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 ...

## 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 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 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 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 it fits the music ... of the natural language

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the New natural language (no English please) ... as you create New wave patterns ... in that special... "Slovak Place" ... in your mind ...

## 2. HERE AND THERE:

Ja som tu.

Ty si tam.

Ty si tam?

Ano, ty si tam.

(Ty) si tam?

Nie, nie si tam.

To je tam.

Kde je?

To je tam.

To je tam?

.

Kde je Miguel?

Nie-je tam.

Kde je?

Neviem.

Vela stastia . Tam je!

On je dolezity!

I am here.

You are there.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

Where is Miguel?

He is not here.

Where is he?

I do not know.

Good-luck! There he is!

He is important!

## 3. LIKING:

M-am ta rad.

Mate ma rad?

Ano, m-am ta (vas) rad.

M-ate rad penaze?

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Ano, m-am rad peniaze.

M-am rad vodu.

M-ate rad malo vody?

Pacia sa vam Nejaké knihy.

M-a rad auto.

Nema rad auto.

Chuti Vam vecera?

Nepaci sa mi vecera.

O. Vela stastia! do riti!

Prosim, Nehovorte do riti!

Yes, I like the money.

I like water.

You like a little water.

I like some books.

He likes the car.

She does not like the car.

Do you like the dinner?

No, I do not like the dinner.

Oh. Good-luck! DARN

Please do not say DARN!

## 4. DOING:

Vitajte.

Ja robim.

Robim to.

Vy robite.

Robite to.

Robime to.

My sme stastni.

To je lahke?

Ano, nie-je to tazke.

Urobite to?

Prosim, robte to!

Vela-stastia!!!

To je dolezitel!

Welcome.

I do.

I do this.

You do.

You do that

We do that

And we are happy.

Is it easy?

Yes, it is not difficult.

Do you do that?

Do that please!!!

Good-luck!!!

It is important!

## 5. CAN/ABLE TO DO:

Vitajte

Ja mozem.

Mozem?

Ano, mozem.

Mozete to urobit?

Ano, mozem to urobit.

Mozem trochu jest.

Mozem trochu pit.

Mozem ist (go).

Mozem prist.

Mozem spat.

Mozem hovorit.

Mozete hovorit?

Ano, mozem.

Mozete to robit?

Nie Nemozem to robit.

Ty rozumies?

Rozumies?

Ano malo.

Mozem povedat (say) do riti?.

Ano, mozem rozpravat slovensky!

Vela-stastia. Som dolezity!

Welcome

I can

Can I?

Yes, I can.

Can you do this?

Yes, I can do that.

I can eat a little.

I can drink a little.

I can go.

I can come.

I can sleep.

You can speak.

Can you speak?

Yes, I can.

Can you do this?

No, I can not do that.

You can understand?

Can you understand?

Yes, a little.

Can you say DARN?

Yes, I can speak a little Slovak!

Good-luck! I am important!

## 6. UNDERSTANDING:

Rozumiem.

I understand.

Nerozumiem.

I do not understand.

Rozumies.

You understand.

Nerozumies.

You do not understand.

Rozumies zena?

Do you understand women?

Nie. Nie. Nerozumiem tomu.

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

O.Do riti!

Oh. DARN!

Prosim, Nehovorte do riti!

Please do not say DARN!

Si dolezity!

You are important!

## 7. WANTING:

Chcem.

I want.

Chcem malo.

I want to eat a little.

Chcem pit vodu

I want to drink the water.

Chcem ist na toaletu.

I want to go to the toilet!!!

Chc-es jest malo?

Do you want to eat a little?

Nie, Nechcem jest.

No, I do not want to eat.

Vela stastia! Chcem vam dat malo !

Good-luck! I want to give you a bit!

Nie. Dakujem.

No, thank you.

Chcem prist.

I want to come.

Chc-es spat so mnou?

Do you want to sleep with me?

Nie, Nechcem spat.

No, I do not want to sleep.

Miguel, chc-es jest zaby?

Miguel do you want to eat the frogs?

Vela stastia. Nie taraz, dakujem!  
Sme doleziti!

Good-luck! Not just now, thank you!  
We are important!

## 8. GETTING:

Prosim, dajte mi peniaze.

Please give me the money.

Prosim vziat peniaze.

Please take the money.

Vez-mem peniaze.

I take the money.

Prosim dajte mi listok.

Please give me the ticket.

Prosim vziat listok.

Please take the ticket.

Vezmem listok.

I take the ticket.

Prosim dajte mi tu vec.

Please give me the thing.

Kde je vec?

Where is the thing?

Neviem.

I do not know.

Prosim dajte mi velkeho muza!

Please give me a big man!

Vela-stastia.! Co zena!

Good-luck!!! What a woman!!

Je dolezita.

She is important!

## 9. HAVING:

Privitanie.

Welcome

M-am jednu vec.

I have one thing.

Nemam jednu vec.

I do not have one thing.

Ma-te jednu vec.

You have one thing.

Ma-me jednu vec.

We have one thing.

Ma jednu vec.

She has one thing.

Mam hodiny, malo casu, Pani!!!

I have a little time, Miss!

Ma-te Nejake peniaze, Pani!

Nie.

O., Do riti!

Prosim Nehovorte do riti..

Do you have some money, Sir?

No.

Oh. Darn!

Please do not say Darn

## 10. ORDERING (POLITELY):

Vitajte

Prosim dajte mi tu vec.

Prosim dajte mi peniaze.

Prosim dajte mi vodu.

Prosim, Ne-pite vodu vo Francuzku !!

Pite vino.

Welcome.

Please give me the thing.

Please give me the money.

Please give me the water.

Please don't drink the water in France!!

Drink the wine.

Prosim pridte sem.

Prosim chodte tam.

Prosim pit toto.

Ne-jest to.

Prosim dajte mi to.

Please come here.

Please go there.

Please drink this.

Do not eat that!

Please give me this.

Prosim neber to.

Prosim povedz to.

Prosim, Nehovorit do riti!

Vela stastia. Si dolezity.

Please do not take that.

Please say this.

Please do not say DARN!

Good-luck! You are important!

## 11. GREETING:

Dobry den, Dana!

Ahoj, Bob..

Dobre rano, Miche.

Hello Dana!

Hello Bob.

Good morning, Miche.



Rano, Sancos.

Ako sa mate, Eliza?

Vyborne Khulu.

Ako sa ma, Xavier?

OK,dakujem, Miguel.

Dovidenia Giles.

Do skoreho videnia Judith.

Ano, OK, Hollie

To je dolezita.

OK, Sam?

Ano, dobre Lucie.

Nie zle Henri.

Si OK, Milacik?

Nie!

Vela stastia. Je dulezite!

Good morning, Sancos.

How are you, Eliza?

I am well, Khulu.

How goes it, Xavier?

OK , thank you Miguel.

Goodbye Giles.

Goodbye Judith.

Yes OK, Hollie.

It is important!

OK Sam?

Yes OK, Lucie.

Not too bad, Henri.

Are you well, my darling?

No!!!

Good-luck!!! She is important!

## 12. DESCRIBING:

To je dobre,

To Nie je dobre.

To je zle.

To je kniha.

To je velke?

Nie to je male.

To je lahke?

Nie, to je tazke.

It is good.

It is not good.

It is bad.

It is a book.

Is it big?

No, it is small.

Is it easy?

No, it is hard.

To je dobra voda?  
Nie, voda Nie je dobra vo Francuzku.  
O. do riti!  
Prosim, Nehovorte do riti!

Sme doleziti?  
Vela stastia! Ano. Hej!

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

Vitajte  
Poznam to.  
Pozna to?  
Ano, Poznam to.

Pozna to.  
Poznas to?  
Nie, Poznam to.  
Poznam tu zenu.  
Poznam toho muze.  
Pozna ma.

Poznas tu zenu?  
Nie. Dobre rano, Pani?  
Ako sa mate, Pani?  
Nie.Nemam sa dobre. Dovidenia!!!  
Nepoznas ju.

Is the water good?  
No, the water is not good in France!!  
Oh DARN!!  
Please do not say DARN!

Are we important?  
Good-luck! Yes! Yes!!

Welcome.  
I know this.  
Do you know this?  
Yes, I know this.

You know that.  
Do you know that?  
No, I do not know that.  
I know that woman.  
I know the man.  
He knows me.

Do you know that woman?  
No. Good morning Madame?  
Are you well, Madame?  
No, I am not well!!! Goodbye!!!  
You do not know her!

Vela stastia. Je dolezity!

Good-luck! She is important!

## 14. NUMBERING:

Mam jeden problem.

I have one problem.

Ano, ma-te jeden problem.

Yes, you have a problem.

Nie, ma-te dva (2).

No, you have two (of them).

Ma tri (3).

He has three.

Ma styri (4).

She has four.

Ma-me pet (5) problemov.

We have five.

Ma-te pet problemov?

Do you have five?

Ano taraz, ma-m pet problemov!!

Yes now, I have five problems!!!

Vsetky deti!

All the children!

Deti su dolezite!

Children are important!

## 15. ASKING:

Kolko stoji kniha?

How much is the book?

Pet dolarov.

Five dollars.

Kolko stoji tato vec?

How much is this thing?

Kolko stoji?

How much?

Styri dolare.

Four dollars.

Kde je?

Where is it?

Je tam.

It is there.

Nie, Nie je tam.

No, it is not there.

Kde je toaleta?

Where is the toilet, please?

Toaleta je tam.

The toilet is over there.

Co je tam?

What is that?

Prepacte. Co?

Excuse me. What?

To.

That.

O, to, je dobra kniha.

Oh, it is a good book.

Co chcem?

What do you want?

Chcem vino, prosim vas.

I want the wine, please.

Kto je tam?

Who is here?

sme tam.

We are here.

Kto je ta zena?

Who is that woman?

Nepoznam.

I do not know.

Moj ty boze! To je Madonna!

Good-luck! It is Madonna!

Co zena! Je dolezita!

What a woman! She is important!

## 16. EVERYTHING - COLLOQUIAL (with slang)

Pri vitanie/vitajte

Welcome.

Mozem.

I can

Som tam.

I am here.

Si tam.

You are there.

M-am ta rad.

I like you.

Ma-te rad peniaze.

You like the money.

Robi to.

He does this.

Robi tamto.  
Mozem rozpravat trochu slovensky!

She does that.  
I can speak a little Slovak!

Nemozes rozpravat do riti!  
Rozum-iem ta.  
Ne-rozum-ies ma.  
Chcem ist do baru.  
Chc-es ist na toaletu.

You can not say DARN!!  
I understand you.  
You do not understand me.  
I want to go to the bar.  
You want to go to the toilet.

Teraz, m-am vela casu,, Sisi.  
Ale, ma-te vela penazi, Pane?  
Prosim nie pit vodu vo Francuzku.  
Pite vino.

Now, I have a lot of time, Honey!  
Now, do you have a lot of money, Sir?  
Please don't drink the water in France!!  
Drink the wine.

Ako sa mate, Eliza?

How are you, Eliza?

SLANG NOW ...

Mas sa, Eliza?  
Dobre, diky, Khulu.

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

Skoro, Eliza?  
Dobre, Khulu.  
Do riti!!!  
Prosim, Nehovorte do riti!

How are you, Eliza?  
I am well, thank you, Khulu.  
DARN !!!  
Please do not say DARN!

Je velky, Pan?  
Nie, je maly, Pani.  
Nie nepoznate tu zenu.  
Moj ty boze! Je dolezita!

Is it big, Sir?  
No, it is small. Madame.  
You do not know that woman.  
Good-luck! She is important!

Ano, teraz, m-am pet problemov!

Yes now, I have five problems!!!

Vsetky deti!

All the children!

Co je to?

What is that?

Prepacte. Co?

Excuse me. What?

Je tam.

There it is.

Nie zle.

Not bad.

Ja to musim urobit.

I must do this

Musis to urobit.

You must do that.

Moj ty boze!

Good-luck!

OK?

OK?

Hej, to je dobre.

Yes, it's cool!

Hej, to je vyborne!

Yes, it's cool!

Hej, Nie je to zle!

Yes, it's not too bad.

Ano. Je to OK!

Yes, it's OK.

Nehovorit do riti!!

Do not say Help!!!

Nie je to vynikajuce!

It is not cool (upper class)!!!

Dolezity?

Important?

Ano su dolezite!

Yes you are important!

Skoro dovidenia

Bye bye for now!

**Note: Speed reading - 14 minutes**

## 17. CLOSING

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

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

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

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



## 18. NATURAL VOCABULARY:

(without accents)

### a. Greetings/ Exclamations:

hello	good morning	how are you?	(I am) well	thank you
<b>dobry den/ahoj</b>	<b>dobre rano</b>	<b>ako sa mate?</b>	<b>dobre</b>	<b>dakujem</b>
goodbye	yes	no	OK	not too bad
<b>dovidenia</b>	<b>ano/hej</b>	<b>nie</b>	<b>dobre</b>	<b>nie zle</b>
good luck!	DARN!	there it is!	"Cool"!!!	please
<b>vela stastia</b>	<b>do riti</b>	<b>je tam</b>	<b>cool/vyborny</b>	<b>prosim</b>

### b. Verbs :

to be	have	like	want	can
<b>byt</b>	<b>mat</b>	<b>mat rad</b>	<b>chcemet</b>	<b>moct</b>
<b>ja-som</b>	<b>mam</b>	<b>mam rad</b>	<b>chcem</b>	<b>mozem</b>
do	say/speak	go	come	give
<b>robit</b>	<b>hovorit/povedat</b>	<b>ist</b>	<b>prist</b>	<b>dat</b>
<b>u-robim</b>	<b>hovorim/poviem</b>	<b>idem</b>	<b>pridem</b>	<b>dam</b>
take	eat	drink	sleep	know
<b>vziat</b>	<b>jest</b>	<b>pit</b>	<b>spat</b>	<b>poznat</b>
<b>vez-mem</b>	<b>j-em</b>	<b>pij-em</b>	<b>sp-im</b>	<b>poznam</b>
understand	must	possible	see	
<b>rozumiet</b>	<b>musiet</b>	<b>mozny</b>	<b>vidiet</b>	

rozumiem

musim

vidim

c. Prepositions:

some

a/the

to

from

in

**Nejako**

-

**k/na/do**

**od/z**

**vo/v**

d. Pronouns:

I

you

he

she

we

**ja**

**vy**

**on**

**ona**

**my**

it

this

that

Mr

Mrs.

**to/ono**

**to**

**ta/to**

**Pan**

**Pani**

e. Nouns:

money

thing

man

woman

water

**peniaze**

**vec**

**muz**

**zena**

**voda**

car

ticket

book

friend

time

**auto**

**listok**

**kniha**

**priatel**

**cas**

f. Adjectives/  
adverbs/Other:

good

bad

big

small

now

**dobre**

**zle**

**velky**

**maly**

**taraz**

later

a little

important

happy

here/there

<b>Neskor</b>	<b>malo</b>	<b>dolezity!</b>	<b>stastny</b>	<b>tu/tam</b>
---------------	-------------	------------------	----------------	---------------

g.  
Interrogatives:

how much?	where?	what?	who?	when?
<b>kolko stoji?</b>	<b>kde?</b>	<b>co?</b>	<b>kto?</b>	<b>kedy?</b>

<b>Note:</b>	What is this?	Question?
	<b>Co je to?</b>	<b>Otakka?</b>

h. Numbers:

one	two	three	four	five
<b>jeden</b>	<b>dva</b>	<b>tri</b>	<b>styri</b>	<b>pet</b>

i. And some survival words:

toilet (toaleta)

fun (zabava)

but (ale/no)

never (nikdy)

food (jedlo)

train (vlak)

bus (autobus)

home (domov)

work (pracovat)

time (cas)

today (dnes)

tomorrow (zajtra)

paper (papier)

Newspaper (noviny)

day (den)

week (tyzden)

year (rok)

hour (hodina)

minuta (minuta)

hamburger (hamburger)

think (myslim)

remember (pamatovat)

read (citat)

writa (pisat)

laugh (smiat sa)

dance (tancovast)

stop (zastavit)

think (myelat)

dance (tancovat)

police (policia)

six (sest)

seven (sedem)

eight (osem)

nine (devet)

ten (desat)

hundred (sto)

thousand (tisic)

help (pomoc)

bye bye for now (skoro) ...

## **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

(Good idea to type or write out your own copy. Speed reading - 4 minutes))

### BASICS:

Welcome

Vitajte

Hello

Ahoj/nazdar/cau

Yes/no

Ano, hej/nie, ne

Please

Prosim

Thank you.

Dakujem/dobre

Excuse me

Prepacte

### INTRODUCTIONS:

Good morning

Dobre rano

Good-bye.

S bohom

My name is ...

Volam sa...

What is your name?

Ako sa volate?

How are you?

Ako sa mate?

Fine thanks

Dakujem, dobre

And you?

At ty?

Where do you come from?

Odkial pochadzate?

I'm from:

Som z:

France

Francuzka

England

Anglicka

USA

Ameriky

I work with:

UN

Shell

Pracujem v/s ...

UN

Shell

## QUESTIONS:

When/how?

What/why?

Who/which?

Kde/ako?

Co/preco?

Kto/aky?

Where is/are ...?

How can I go to ...?

How much is it?

Kde je...?

Ako mozem ist na ...?

Kolko to stoji?

Can you help me, please?

What does that mean?

Mozete mi pomocť prosim?

Co to znamena?

## UNDERSTANDING:

I understand

I don't understand.

Please repeat that?

Rozumiem

Nerozumiem

Zopakujte to prosim?

Can I have...please?

Do you speak Czech?

Mozem mat ... prosim?

Rozpravate slovensky?

I don't speak ....

I speak a little ...

I am sorry

nehovorim/Neropravam ...

hovorim/Nerozpravam ...

lutujem

## COMMENTS:

### It's:

better/worse  
big/small  
cheap/expensive  
good/bad  
hot/cold  
near/far  
more/less

### To je:

lepiej/horsie  
velky/maly  
lacny/drahy  
dobre/zle  
horuce/chladne  
blizko/daleko  
viac/menej

## FOOD:

### I do like:

breakfast  
lunch  
dinner.

### Rael:

ranajky  
obed  
vecere/vecera

### Please, I want:

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

### chcela by som:

ehlieb/maslo  
syr  
vajcia  
  
maso/zemiaky  
jablko/pomaranc  
kava/caj  
mlieko  
ovocie dzus  
voda



The bill please.

There is a mistake.

We enjoyed it.

Pan casnik prosim. vas

Tu je chyba

Tesi ma to/Tesi ma to.

#### TRANSIT:

Where is the nearest shop?

Where is a taxi?

How much to pay to ...?

Please take me to ...

Kde je najblizsi obchod (shop)?

Kde je taxi?

Kolko stoji cesta do...?

Prosim, odvezte ma do ...

Please stop here.

This is not the right road.

Go straight ahead.

Prosim, tu zastavte

Toto je zla cesta.

Chodte slale rovno

It's there, on the:

left/right

next to/after

north/south

east/west

Je yesky, na ...

vlavo/vpravo

buduca/po

sever/juh

vychod/zapad

Where is the:

town center

pharmacy

Kde je:

centrum mesta

lekaren

#### SHOPPING:

Do you have ...?

How much is that?

I will take it.

Ma-te ...?

Kolko to stoji?

Vezmem ho/to.

**What colours have you?**

**Black**

**Blue**

**Red**

**White**

**Yellow**

**Green**

**Aku farbu mate?/**

**cierna**

**modra**

**cervena**

**biela**

**zlta**

**zelena**

**I want to buy:**

**aspirin**

**soap**

**kilo apples**

**litre of milk**

**film/newspaper**

**Chcem si kupit:**

**aspirin**

**mydlo**

**kilo jablk**

**liter mlieka**

**film/noviny**

**TELEPHONE:**

**Hello, I am ...**

**Please speak more:**

**louder**

**slowly**

**Tam je ...sint**

**Prosim, rozpravajte:**

**viac**

**pomaly**

**Who do you want?**

**I want to speak to:**

**Mr.**

**Mrs.**

**Miss**

**Co si prajete?**

**Chcem rozpravat s:**

**Panom**

**Pani**

**Slecnou**

When is he there?  
Ask him to call me, please?

Kdy je?  
Spitat sa zavolat mi, prosim.

#### TIME:

Do we have a little time?

Ma-te cas?

What time is it?

Kolko je hodin?

Now, the time is...

Hodin je:

five past one

jedna (1) pet (5) minut

quarter to three

tri-stvrte (3/4) na dve (2)

twenty past four

styri (4) dvacat (20) minut

half past six

pol (1/2) siestej (6)

#### MEETINGS:

We see you:

Vid-ime sa

today

dnes

tomorrow

zajtra

next week

na buduci tyzden

in the morning

rano

in the evening

vecer

tonight

dnes vecer

soon/now

skoro/hned/teraz

You are right/wrong.

Ma-te pravdu /Nemate pravdu.

That is right

Spravne

#### LOCATIONS:

Here/there

tu/tam

At the office

V kancelarii

Is it near/far?

Je blizko/daleko?

How many hours to go there?

Kolko hodin to trva prist az tam?

## 21. PLAY QUIZ

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

- |                             |                                     |
|-----------------------------|-------------------------------------|
| a. I am well                | OK.                                 |
| b. Excuse me                | Dobre                               |
| c. Thank you.               | Prepacte.                           |
| d. OK                       | Dakujem                             |
| e. Welcome                  | Dobre                               |
| f. Well done                | Vitajte                             |
| g. Hello                    | Ako sa mate?                        |
| h. How are you?             | Ahoj.                               |
| i. What is this in Slovak?  | Nie.                                |
| j. I can do that.           | Prosim.                             |
| k. Please.                  | Co to znamena po slovensky?         |
| l. No.                      | Mozem to urobit.                    |
| m. Yes. It is "cool"!!      | Casnik?                             |
| n. Goodbye                  | Dovidenia.                          |
| o. Where are you going?     | Ano. Je to cool!!                   |
| p. Waiter?                  | Kde casnik?                         |
| q. How much is that?        | Kolko je hodin?                     |
| r. Where is the toilet?     | Kde/Kdy/Preco?                      |
| s. Where/when/why?          | Kde je toaleta?                     |
| t. What time is it?         | Kolko to stoji?                     |
| u. Can you help me please?  | Nerozumiem.                         |
| v. I do not understand      | Co to znamena?                      |
| w. What does this mean?     | Prepacte rozpravajte pomaly.        |
| x. Please speak slowly.     | Mozete mi pomoct, prosim?           |
| y. Good luck/See you later. | Vsetko dobre / do skoreho videnia!! |
| z. You are most welcome!!   | Ste vitani!.                        |

## APPENDIX A - ROUTINE FOR LONG TERM RE-INFORCEMENT - AFTER ONE MONTH

Day 1 - Play the tape - 30 minutes ... in the dark ... just before sleeping ... speaking and feeling all the time ... with laughter ... to believe and REINFORCE the musical wave patterns ... in your MIND & BODY ...

Day 2 - Repeat the text (Sections 2-16) aloud ... at high speed ... all in about 14 minutes ... (if you can record it now ... it may give you quite a laugh later!) ... then play the tape ... walking about speaking LOUDLY ...

Day 3 - Play the tape in THEATRICAL style ... then play with the text (2-16) ... to SHOUT ... yes shout ... very loudly ... any word or phrase ... that is just "not right" ... for YOU ... then say it gently ... and then repeat the text (2-16) at speed ... in 10 minutes ...

Day 4 - Play the tape ... and then SING ... yes ... gently sing ... with the text (2-16) ... always feeling very positive ... but laughing as you go ...

Day 5 - Play the tape three times ... a special day ... sitting, walking about, lying down ... speaking with confidence ... WITHOUT "urrs and umms" ... or hesitations ... BELIEVING in yourself ... in your very special way ... so let your BODY ... reinforce the accent you want ...

Day 6 - Repeat the text (2-16) at high speed ... in 8 minutes ... (record it?) \_ then play the tape ... BELIEVING in yourself ... with a great ... beautiful ... CONFIDENT ... accent ...

Day 7 - Play the tape today ... and feel it deeply ... and then ... from this time on ... play it only when you want to reinforce the learning.

Day 8 - Good luck ... now please send some feedback and ideas ... which are always welcome ... to Dr. Bob Boland and the Team ...

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

Special Vocabulary for UNHCR

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

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



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

## APPENDIX C - BRIEF GRAMMAR

(Challenge: discuss with a natural speaker)

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

Som tu.

I AM here.

DIETA je tam.

The CHILD is here.

Je TAM diEta (question)?

Is the child HERE?

### 2. Articles - limited use with "jedno" as one:

JEDNO dieta je tam.

A child is here.

### 3. Nouns - and plural modifier:

DETI su tu.

The CHILDREN are here.

Dobre dieta je tu.

The GOOD child is here.

To je moje dieta..

HE is a child.

### 4. Possession:

ON je moje dieta.

He is MY child.

### 5. Relative:

Dieta KTORE je tu.

The child WHO is here.

### 6. Demonstrative - this and that:

TO dieta je tu.

THIS child is here.

TAMTO dieta je tam.

THAT child is there.

### 7. Interrogatives - what, who, where and how much:

Co to je?

What is this?

Kto je to?

WHO is that?

KDE je dieta?

KOLKO-STOJI kniha?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives - ordering:

UROB to!

POD sem!

DO this!

COME here!

9. Negatives - no ("Nie") and not ("Nie"):

Ano, MAM knihu..

Nie, NEmam knihu.

NIE NEROB pod sem.

Yes, I HAVE the book.

No, I do NOT have the book.

Do NOT come here!

10. To be, have and want:

Som/mam/chcem

Si/mas/chces

Ste/mate/vy chcete (plural)

Je/ma/chce

I am/have/want

You are/have/want

You are/have/want

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: Cantonese, Polish, Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Slovak, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa and with other languages in process: Zulu, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, Czech, 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. [www.crelearning.com](http://www.crelearning.com)

# THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - chat with a natural speaker)

1. A/an -	2. After POTOM	3. Again ZNOVU	4. All VSETKO	5. Almost SKORO
6. Also TIEZ	7. Always STALE	8. And A	9. Because PRETOZE	10. Before PRED
11. Big VELKY	12. But ALE, BO	13. I can MOZEM	14. I come IDEM	15. Either/or LEBO/ALEBO
16. I find NAJDEM	17. First PRVY	18. For PRE	19. Friend PRIATEL	20. From Z/ZE
21. I go IDEM	22. Good DOBRY	23. Goodbye DOVIDENIA	24. Happy STASTNY	25. I have MAM
26. He ON	27. Hello AHOJ	28. Here TU	29. How AKO	30. I JA
31. I am SOM	32. If AK	33. In V/VO	34. I know VIEM	35. Last POSLEDNY
36. I like PACI SA MI	37. Little MALY	38. I love LUBIM	39. I make ROBIM	40. Many VELA
41. One JEDEN	42. More VIAC	43. Most NAJVIAK	44. Much VELMI VELA	45. My MOJ
46. New NOVY	47. No NIE	48. Not NE	49. Now TERAZ	50. Of Z/ZO

51. Often CASTO	52. On V/VO/NA	53. One JEDEN	54. Only LEN	55. Or PRETOZE
56. Other BEZ	57. Our NAS	58. Out VEN	59. Over KONIEC	60. People LIDI
61. Place MISTO	62. Please PROSIM	63. Same NEJAKE	64. I see VIDIM	65. She ONA
66. So TAK	67. Some NIEKTORE	68. Sometimes ZAVSE/NIEKEDY	69. Still ESTE	70. Such KTORY
71. I tell POVIEM	72. Thank you DAKUJEM	73. That TAMTO	74. The DO/OD	75. Their ICH
76. Them ONI/ONY	77. Then POTOM	78. There is TAM JE	79. They IM	80. Thing VEC
81. I think MYSLIM	82. This TO	83. Time CAS	84. To DO	85. Under POD
86. Up HORE/DRAHY	87. Us NAS	88. I use POUZIVAM	89. Very VELA	90. We MY
91. What CO/AKO	92. When KDY	93. Where KDE	94. Which KTORY	95. Who KTO
96. Why PRECO	97. With S/SO	98. Yes ANO	99. You TY/VY	100. Your TVOJ/VAS