

CRE - CREATIVE RELAXATION EXERCISE

BRIEF COGNITIVE HYPNOSIS TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN ONE DAY

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

NO. 307 - URDU from ENGLISH

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Note:

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

Source: Dr. Bob Boland (EI) and Dr Talat Toor, Kim Sorton, Dr Catherine d'Arcangues (WHO), Dr. Giles Boland (Harvard), Dr. I.H. Shah (WHO) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/introduction.htm>

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DEDICATION

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

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

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

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

Hallo

Salam

Yes/no

Ji-han/nahin

Please

Marhabani

Thank you.

Shokrya

Excuse me

Mafi ki jiyei

Good morning

As salam aleikum

My name is ...

Mere (my) nam ... hai

What is your name?

Ap-ka nam kya (what) hai?

How are you?

Ap kaise hain?

Fine, thanks
Good-bye.

Thik hai (is), shokrya
Allah hafez

INSTANT RELAXATION TECHNIQUE

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

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

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

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

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

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

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

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

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat each Urdu many times slowly ... and then at very high speed)

Hello	As-salam-aleikum	AS-SAALAAM-ALAYYKUM
Mr.	Jinab	GEE-NABBB
Mrs.	Begum	BAY-GUMMM
Yes	Ji-han	GEE-HUMM
No	Na-hin	NAA-HEENNN
Good	Achchha	AACHCH-CHAA
Please	Marhabani-se	MAAA-HABAAN-NEE-SAY
Do you have?	Ap ...kepas hai?	AAP KEE-PASSS HAY?
Thank you	Shokrya	SHOKK-REE-YA
Goodbye	Allah hafez	AALL-AAH HAAFF-EZN
Yes, it's "cool"!	Sa-ye "bhatereen" !	SAA-YYE BHAAR-TERRREEN!
Who?	Kaun?	KOWN
What?	Kya?	KEE-YAA
I want	Muj-he chah-ie	MUDJ-HAY CHAA-YAY
Where?	Kahan?	KA-HAAN
OK!	Thik hai!	TEEK HAY

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

NATURAL SUGGESTIONS

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

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

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

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

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

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

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

- 6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.
Do the quiz (1 page). Create conversation with mini phrase book.

Do **SPEED READING** (2-16) and **Mini-phrase book** 14 minutes.
Plan for individual review next week, helping partners as needed.

NATURAL SUGGESTIONS (continued)

Generally:

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

1. GENTLE RELAXATION ...

And now ... I'd like you to arrange yourself ... in a position that is so comfortable ... and natural ... for you ... so that you can sit ... or lie ... for a while ... easily and effortlessly ... and where you can be comfortable ... and yet still remain alert enough ... to focus on the meaningful ... natural language learning ... that we will do together ... natural language ... gentle ... quiet ... peaceful ... and instinctive ... without any effort ... as you absorb its deepest meaning ... interpretation ... and value ... in terms of 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's very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

And as we go on together ... repeating the phrases ... in the natural language ... with your whole body involved ... moving hands and face ... feelings and body ... to express ... and absorb the words and phrases ... as they will come ... instinctively ... to your mind ... as you speak softly ... with a beautiful accent ... yes ... with a beautiful accent ... which will please and surprise you... as it fits the music ... of the natural language

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

2. HERE AND THERE:

Main yahan hun.

Ap wahan hain.

Kya (question) ap wahan hain?

Ji-han, ao wahan hain.

Kya yahan hain?

Nahin, ap yahan nahin hain..

Woh yahan hai.

Woh kahan hai?

Woh yahan hai.

Kya woh wahan hai?

Main nahin jan-ta hun.

Miguel kahan hai?

Woh yahan nahin hai.

Woh kahan hai?

Main nahin jan-ta hun.

Oofh! Wahan hai!

Woh azeem hai!

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?

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

Darn! There he is!

He is wonderful!

3. LIKING:

Main ap ko pasand kar-ta hun.

Kya ap mujhe pasand kar-te hain?

Ji-han, main ap ko pasand kar-ta hun.

I like you.

Do you like me?

Yes, I like you.

Kya ap paisa pasand kar-te hain?
Ji-han, main paisa pasand kar-ta hun.

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

Main pani pasand kar-ta hun..
Ap pani pasand kar-te hain.
Main thora kitab-en pasand kar-ta hun.

I like water.
You like water.
I like some books.

Woh car pasand kar-te hai.
Woh car pasand kar-ta nahin hai.
Kya ap khana pasand kar-te hain?
Nahin, mujhe khana pasand nahin ha.

He likes the car.
She does not like the car.
Do you like the dinner?
No, I do not like the dinner.

O. Tuoba!
Marhabani, se Tuoba na kah-ye!

Oh. Darn! Tuoba!
Please, do not say Tuoba!

4. DOING:

Main kar-ta hun.
Main yeh kar-ta hun.
Ap kar-en.
Ap woh kar-te hain.
Ham woh kar-en.
Aur, ham khush hain.

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

Kya woh asan hai?
Jihan, woh mushkil nahin hai.
Kya ap woh kar-te hain?
Marhabanise , kar-de (that)!!!
Oofh!!!
Woh azeem hai!

Is that easy?
Yes, that is not difficult.
Do you do that?
Do that please!!!
Darn!!!
It is wonderful!

5. CAN/ABLE TO DO:

Main kar sak-ta hun.

I can do

Kya main kar sak-ta hun?

Can I do it?

Ji-han, main kar sak-ta hun.

Yes, I can do.

Kya ap yeh kar sak-te hain?

Can you do this?

Ji-han main woh kar sak-ta hun.

Yes, I can do that.

Main thora (little) sa khana kha sak-ta hun.

I can eat a little.

Main thora sa pina thora, kar sak-ta hun.

I can drink a little.

Main jana (go) chahta-hun.

I want to go.

Main a sak-ta hun?

Can I come?

Main so (sleep) sak-ta hun.

I can sleep.

Ap bol (speak) kar sak-te hain.

You can speak.

Kya ap bol sak-te hain?

Can you speak?

Ji-han main kar sak-ta hun..

Yes, I can.

Kya ap yeh kar sak-te hain?

Can you do this?

Nahin, main woh nahin karna, sak-ta hun.

No, I can not do that.

Ap samjha sak-te hain?

You can understand?

Kya ap samjha sak-te hain?

Can you understand?

Kya ap samjha sak-te hain?

Can you understand?

Ji-han, thora sa.

Yes, a little.

Kya, ap Tuoba kah sak-te hain?

Can you say Tuoba?

Jihan, main thora Urdu bol sak-ta hun.

Oofh! Main azeem hun!

Yes, I can speak a little Urdu!

Darn! I am wonderful!

6. UNDERSTANDING:

Main samajh-ta hun.

Main samajh-ta nahin hun..

Ap samajh-te hain

Ap samajh-te nahin hain.

I understand.

I do not understand.

You understand.

You do not understand.

Kya ap khatun ko samajh-te hain?

Nahin, main unk (them) samajh-ta nahin hun!!

Do you understand women?

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

Oh. Oofh! Tuoba!

Marhabani, se Tuoba na kah-ye!

Ap bahut achcha hain!

Oh. Darn! Tuoba!

Please, do not say Tuoba!

You are very good!

7. WANTING:

Mujhe (to me) chahie (wanting).

Mujhe thora khana chahie.

Mujhe pani pina (drink) chahie (want).

Mujhe hushal-khana(toilet)-ko (to) jana, chahie!!

I want.

I want to eat a little.

I want to drink the water.

I want to go to the hushal-khana!!!

Kya ap-ko thora khana chahie?

Nahin, mujhe khana nahin chahie.

Oofh! Main ap-ko thora daena chahta hun.

Nahin, shokrya..

Main ana chahta hun.

Do you want to eat a little?

No, I do not want to eat.

Darn! I want to give you a bit.

No thank you.

I want to come.

Kya ap mere-sath sona chahte hain?
Nahin, main nahin sona chahta-hun.
Miguel, kya ap "matagh" khana chahte hain?
Oofh! Abhi nahin, shokrya!
Ham sab (all) babut achcha hain!

Do you want to sleep with me?
No, I do not want to sleep.
Miguel do you want to eat the frogs?
Darn! Not just now, thank you!
We are all very good!

8. GETTING:

Marhabani se (to) mujhe paisa da-e (give).
Yah le-u (take) paisa.
Main paisa le-ta hun.

Please give me the money.
Take the money.
I take the money.

Marhabisa, se mujhe ticket da-e.
Yah le-u ticket.
Main ticket le-ta hun.

Please give me the ticket.
Take the ticket.
I take the ticket.

Marhabani, se mujhe chiz da-e.
Kahan hai chiz?
Main jan-ta nahin hun.

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

Mu-zahi (to me) achcha bun (man) kar-de-che
hai na!!!
Oofh!!! Kya khatun hai!
Woh bahut khubserat hai!

Give me a good man!
Darn-it!!! What a woman!!
She is wonderful!

9. HAVING:

Ek chiz mere-pas hai.
Ek chiz mere-pas nahin hai.

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

Ek chiz ap-kepas hai.

Ek chiz hamare-pas hai.

Ek chiz un-kepas hai.

You have one thing.

We have one thing.

She has one thing.

Mere-pas thora waqt hai, Huzoor!

Lakin, to thora paisa ap-kepas kam hai, Jinab?

Nahin.

I have a little time, Honey!

But, do you have a little money, Sir?

No.

O. Tuoba!

Marhabani, se Tuoba na kah-ye!

Oh. Tuoba!

Please, do not say Tuoba!

10. ORDERING (POLITELY):

Maharbani se mujhe chiz da-ie (give).

Maharbani se mujhe paisa da-ie.

Please give me the thing.

Please give me the money.

Maharbani se mujhe pani da-ie.

Shokrya.

Please give me the water.

Thank you.

Marhabani, se-France mai pani na pi-ie!!

Sharab pi-ae!

Please, don't drink the water in France!!

Drink the wine!!

Maharbani se yahan a-ie (come).

Maharbani se wahan ja-ie.

Please come here.

Please go there.

Maharbani se yeh pi-ie (drink).

Who na khana-ie!

Please drink this.

Do not eat that!

Maharbani se mujhe yeh da-ie

Please give me this.

Maharbani se woh na lena-ie.

Please do not take that.

Maharbani yeh kah-yen .

Please say this.

Marhabani, se Tuoba na kah-ie!

Please, do not say Tuoba!

Oofh! Shokrya. Ap bahut achcha hain!

Darn! Thank you. You very good wonderful!

11. GREETING:

A-salam-aleikum, Jinab.

Hello Sir.

Wa-aleikum-salam Paula.

Hello Paula.

As salam aleikum Miche.

Good morning Miche.

Ooyia kasi ho, Sancos.

Good morning Sancos.

Ap kaise hain, Eliza?

How are you, Eliza?

Nain thik hai, shokrya, Khulu.

I am well, thank you, Khulu.

Kain tum thik, Xavier?

How goes it, Xavier?

Kha-ha, main to thik hun Miguel.

OK, thank you Miguel.

Allah hafez Giles.

Goodbye Giles.

Allah hafez, Judith.

Bye bye Judith.

Ji-han Kha-ha, Hollie

Yes OK, Hollie.

Bahut achcha hai, Heidi!

It is wonderful, Heidi!

Khar-ha, Sam.?

OK Sam?

Ji-han Kha-ha, Lucie.

Yes OK, Lucie.

Bahut bura nahin hai, Henri.

Not too bad, Henri.

Tum kasi ho?

Oh-hoo!!!

Oofh! Woh musibathai!

Are you well, my darling?

No!!!

Darn! She is wonderful!

12. DESCRIBING:

Ye achchha hai,

Ye achchha nahin hai.

Ye kharab hai.

It is good.

It is not good.

It is bad.

Woh kitab hai.

Kya (question) bari hai?

Nahin, chhoti hai.

It is a book.

Is it big?

No, it is small.

Asan hai?

Nahin, woh mushkil hai.

Is it easy?

No, it is hard.

Pani achchha hai (question)?

Nahin, se France mai, pani achchha nahin hai!!

Is the water good?

No, the water is not good in France!!

O Tuoba!!!

Marhabani-se Tuoba na kah-iyel

Oh Tuoba!!!

Please, do not say Tuoba!

Kya ham khab-surat hain?

Oofh! Hain!

Are we wonderful?!

Darn! Yes!!

13. KNOWING (THINGS & PEOPLE):

Main yeh jan-ta hun.

Kya ap yeh jan-te hain?

Ja-hin, main yeh jan-ta hun.

I know this.

Do you know this?

Yes, I know this.

Ap woh jan-te hain.

Kya ap woh jan-te hain?

Nahin, main woh jan-ta nahin hun.

You know that.

Do you know that?

No, I do not know that.

Main us khatun ko jan-ta hun.

Main us admi jan-ta hun.

Woh mujhe jan-ta hai.

Kya ap us khatun ko jan-te hain?

I know that woman.

I know the man.

He knows me.

Do you know that woman?

Nahin. As salam aleikum. Bibi.

Thik hai. Bibi?

No. Good morning Honey?

Are you well, Honey?

Nahin, main thik nahin hai. Allah hafez!!

Ap us-ka nahin ja-te hain!

Oofh! Woh bahut achcha hai!

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

You do not know her!

Darn! She is wonderful!

14. NUMBERING:

Mere-pas ek musla hai

Ja-hin, ap-ko ek musla hai.

I have one problem.

Yes, you have a problem.

Nahin, ap-kepas do musl-eh hain (2).

Us-kos tin musl-eh hain.

No, you have two (of them).

He has three.

Us-ko char hain.

Hamim-ko panch (5) musl-eh hain.

She has four.

We have five.

Kya ap-kepas panch hai?
Ji-han, abhi mere-pas panch musl-eh hain!

Do you have five?
Yes now, I have five problems!!!

Saree domat hain.
Oofh! Woh musibathai!

All the children!
Darn! She is wonderful!

15. ASKING:

Yeh kitab kitna ka hai?
Panch dollars.

How much is the book?
Five dollars.

Yeh chiz kitna ka hai?
Kitna?
Char dollars.

How much is this thing?
How much?
Four dollars.

Woh kahan hai?
Woh wahan hai.
Nahin, woh wahan nahin hai.

Where is it?
It is there.
No, it is not there.

Hushal-khana (WC) kahan hai?
Hushal-khana wahan hai.

Where is the toilet please?
The toilet is over there.

Woh kya hai?
Marhabani se. Kya?
Woh.
Oh, woh achchhi kitab hai.

What is that?
Pardon. What?
That.
Oh, it is a good book.

Ap-ko kya chahie?
Mujhe sharab chahie.

What do you want?
I want the wine, please.

Kaun yahan hai?
Ham yahan hain.

Who is here?
We are here.

Woh khatun kaun hai?
Main jan-ta nahin hun.
Oofh! Woh Madonna hai!
Kya khatun hai. Woh to bahut hassen hai.

Who is that woman?
I do not know.
Darn! It is Madonna!
What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Yahan hun.
Ap wahan hain.

I am here.
You are there.

Main ap ko pasand kar-ta hun.
Ap paisa pasand kar-te hain.

I like you.
You like the money.

Woh yeh kar-ta hai.
Woh yeh kar-te hai.

He does this.
She does that.

Main thora Urdu bol sak-ta hun!
Ap Tuoba nahin kah sakta hain!

I can speak a little Urdu!
You can not say Tuoba!

Main ap ko sama-ta hun.
Ap mujhe nahin samajh-te

I understand you.
You do not understand me.

Main bar jana chahta hun.
Ap hushal-khana jana chahte hain..

I want to go to the bar.
You want to go to the hushal-khana.

Mere-pas bahut waqt hai, Bibi!
Lakin, ap-kepas bahut paisa hai, Jinab?

Marhabani, se-France mai pani na pi-ae!!
Sharab pa-ae!!

Ap kaise hain, Eliza?
Main thik hun, shokrya Khulu.

Yeh kya bara hai, Sahib?
Nahin, yeh chhota hai, Mem-sahib.

Ap us khatun (woman) ko, jan-te nahin hai.
Oofh! Woh bahut hessen hai!

Woh kya hai?
Marhabani se. Kya?
Wwahan hai.

Kharab nahin.
Oofh!!!
Thik hai?

Ji-han, sa-ye "kya chiz" hai.
Sa-ye "bhatereen" hai.

Sa-ye "bhatereen" !
Nahin kah-na Tuoba!!!

I have a lot of time, Miss!
But, do you have a lot of money, Sir?

Please, don't drink the water in France!!
Drink the wine!!

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

Is it big, Sir?
No, it is small, Madame.

You do not know that woman.
Darn! She is very beautiful!

What is that?
Pardon, What?
There it is.

Not bad.
Darn!
OK?

Yes, it's cool!
Yes, it's cool! (classy)

Yes, it's cool!
Do not say Tuoba!!!

Mujhe yeh karna hai.

Tum-ke woh karna hai.

I must do this.

You must do that

Sa-ye "kya chiz" hai

Jihan, tum to zaber dost hain.

Wonderful?

Yes, you are quite wonderful(slang)!!

Bhatereen!!

Bhatereen!!!

Cool!

Cool!!!

Note: Speed reading 14 minutes

17. CLOSING

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

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

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

You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special "Urdu Place" ... in your mind ...

And when you feel ... you are ready ... and you want to ... you can start the process of reorienting yourself ... bringing yourself back ... taking your time ... and when you are ready ... you can fully orient yourself ... and allow your eyes to open ... feeling well ...and happy ... because ... and you will begin to experience confidence ... more and more ... because ... from now ... in every day ... in every way ... you will ... be getting ... better and better ...

And as we end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continuing support ... of our Team ... which began in Bayonne, France on August 15, 2001 ... and of course ... as with all things ... we believe we can do ... together ... God Bless ...

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
a-salam-aleikum	a salam aleikum	ap kaise hain?	thik hun	shokrya
wa-aleikum-salam	wa-aleikum-salam			
goodbye	yes	no	OK	not too bad
allah hafez	ji-han	nahin/na/mat	thik hai/kha-ha	a-laka-suka
Darn!	Tuoba!	there it is!	"cool"!!!	sorry
Oofh	Tuoba	wahan hai	bhatereen/kya chiz!!!	mafki jaye

b. Verbs:

to be	have	like	want	can
hona	-kepas ha	pasand karna	-ko chahie	kar sakna
main hun	mere-pas hai	m p. karta hun	mujhe chahie	m. kar sak-ta hun
do	say/speak	go	come	give
karna	kahna/bolna	jana	ana	daena
m.kar-ta hun	m.bol-ta hun	m.ja-ta hun	m.a-ta hun	m.de-ta hun
take	eat	drink	sleep	know
lena	khana	pina	sona	janna/malum h.
m.le-ta hun	m.kha-ta hun	m.pe-ta hun	m.so-ta hun	m.jan-ta hun

understand	must	must
samjhana	-ko ... hai	charhna
m.samajh-ta	mujhe ... hai	m.charh-ta hai
hun		

c. Prepositions:

some	a	the	to	from
thora	ek	-yeh	ko/sa	se

d. Pronouns:

I	you	he	she	we
Main	ap	woh	woh	ham
it	this	that	Mr	Mrs.
woh	yeh/is	woh/us/de	Jinab	Begum

e. Nouns:

money	thing	man	woman	water
paisa	chiz	admi/bun	khatun	pani
car	ticket	book	friend	time
car	ticket	kitab	dost	wakt/baje

f. Adjectives/
adverbs/Other:

good	bad	big	small	now
------	-----	-----	-------	-----

achchha	kharab	bara	chhota	ab-hi
later	a little	wonderful!	happy	easy/difficult
dairysena	thora	bahut achchha	khush	asan/mushkil

here/there
yahan/wahan

g.
Interrogatives:

how much?	where?	what?	who?	when?
Kitna ka?	kahan?	kya?	kaun?	kab?

Note: What is that? Question?
 Woh kya hai? **Kya?**

h. Numbers:

one	two	three	four	five
ek	do	tim	char	panch

i. And some survival words:

WC (hushal-khana)
always (name-sha)
fast/slow (tezi -se/ahista)
but (lekin)
never (kabhi nahin)
please (marhabani-se)
food (khana)
train (tren)
bus (bus)
home (ghar)
work (kam)

time (baje)
today (aj)
tomorrow (kal)
paper (kaghnz)
newspaper (akhgar)
day (roz)
week (hafta)
year (sal)
hour (ghanta)
minute (minuto)
hamburger (hamburger)

think (soch-na)
read (parhna)
write likhna)
laugh (hiisna)
dance (nacgna)
stop (bubus)
policeman (sipahi)
six (che)

seven (sat)
eight (ath)
nine (nau)
ten (das)
hundred (so)
thousand (hazar)
mate (dost)
bye bye for now (salam salam fil-hal) ...!

19. FEEDBACK AND NEW IDEAS - PLEASE

(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 a copy and start to chat Speed reading 4 minutes)

BASICS:

Hallo	Salam
Yes/no	Ji-han//nahin/ma/na
Please	Marhabani/-iye/-tye
Thank you.	Shokrya
Excuse me	Mafi ki jiyei
Everything is OK!	Sub (every) kuch (thing) thik hai!

INTRODUCTIONS:

Good morning	As salam aleikum
Good-bye	Allah hafez
My name is ...	Mere (my) nam ... hai
What is your name?	Ap-ka nam kya (what) hai?
How are you?	Ap kaise hain?
Fine, thanks	Thik hai (is), shokrya
And you?	Aur ap?
Where do you come from?	Ap kahan-se (from) a-ye (come) hain?
I'm from:	Main ... -se hun.
France	France
England	England
America	America
I work with:	Main ... men (with) kam (work) kar-ta (do) hun:
UN	ONU
Red Cross	Red Cross
Nokia	Nokia

QUESTIONS:

I must do this (up to me).

You must do that.

When/how?

What/why?

Who/which?

Mujhe-ko yeh karna (to do) hai.

Ap-ko (up to you) woh (that) karna hai.

Kab/kaise?

Kya/Kiun?

Kaun/Keun?

Where is ...?

... kahan (where) hai?

Where can I find ...?

Mujhe (for me), ... kahan miley-ga (to find)?

How much is it?

Woh kitna (how much) hai?

Can you help?

Kya (question) ap mujhe ko madad (help) kar-inge (make)?

What does this mean?

Is-ka (for this) kya matlab (meaning) hai?

UNDERSTANDING:

I understand.

Main (I) samajh-ta hun.

I don't understand.

Main nahin samajh-ta hun.

Please repeat that again..

Marhabani, se do-bara (two times) kehna (say).

Can you translate this?

Kya ap is-ka (for this) tarjama (translation) kar (make) sakte-hain (can)?

Can I have it?

Kya (question) main yeh le sakta (can) hun?

Do you speak:

Kya ap bol-ate ... hain:

English/Urdu?

English/Urdu?

I don't speak Urdu.

Main Urdu nahin bolta hun.

I speak a little Urdu.

Main thora Urdu bolta hun.

COMMENTS:

It's:

Woh hai:

better/worse

bhettar/bahut kharab

big/small

bara/chhota

cheap/expensive

good/bad

hot/cold

near/far

OK!

sasta/mahgal

achchha/kharab

garam/thnda

nazdik/duur

manzour/thik hai!

FOOD:

I like:

breakfast

lunch

dinner

Mujhe ... chahie (want):

nashtha

khana

Ratka khana

May I have some:

bread/butter

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Mujhe thora ... chahie?

roti/butter

anda

khana/aloo

seeb/sangtra

coffee/chae

doudh

phaloon ka shurbet (fruit)

pani

I want to pay the bill.

There is a mistake.

We are happy.

Muin bill daena (pay) charta hun.

Mere (my) bill men ghalti (mistake) hai.

Ham khush (happy) hain.

TRANSIT:

Where is the nearest shop?

Where is a taxi?

How much to go to ...?

Sub se nazdik (near) dukan (shop) kahan (where) hai?

Taxi kahan hai?

Jane (go) ka ... kitna paisa (how much)?

Go with me to this place.
Please stop here.
This is not the right road.
Go straight ahead.

Mujhe wahan (place) le jao (go).
Marhabani-se, ruk (stop) jao (do it).
Yeh sarak (road) thik nahin hai.
Seedha agaa (ahead) jao (go).

It's there, on the:
left/right
next to/after
north/south
east/west

Woh wahan hai ...:
bain/seedha
aamei/baad
shomal/junub
mashrar/mughrab

Where is the:
town centre
Pharmacy ?

... kahan hai:
mukez
pharmacie?

SHOPPING:

Do you have ...?
How much is this/that?
I will take it.

Kya (question) ap-kepas ... ho?
Who/ya kitna (how much) hai?
Main woh le-ta (take) hun.

What colours have you?

Black
Blue
Red
White

Kya rang (colours) ap-kepas hai?

kala
neela
lal
safed

I want to buy:

aspirin
soap

Mujhe ... kharid-na chahie.

aspirin
sambun

half kilo apples
litre of milk
film/newspaper

adha kilo seeg
ek litre doodh
film/akhbar

TELEPHONE:

Hello, I am ...

Salam, main ...hun.

Please speak:

Bol-iye:

louder

uncha

slowly

ahista

I want to speak to:

Mujhe ... se (with) bolna hai.

Mr.

Jinab

Mrs.

Begum

When will he be there?

Who kub (when) wahan hon-ge (will be)?

Ask him to telephone me.

Un-ko kehna (ask) mujhe (to me) hone krein (call).

TIME:

Do you have much time?

Kya (question) ap-kepas bahut (much) wakt (time) hai?

What time is it?

Kya wakt hai?

The time now is:

Ab ... hai:

five past one

ek (1) baje aur panch (5) minute

quarter to three

tin (3) baje pona (less) teen

twenty past four

char (4) baje aur (and) bis (20) minute

half past six

sadhe (7) cheh (half seven!!!)

MEETINGS:

We will see you:

Ham ap-ko ... milen-ge (will see).

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

aj

kal

agle hafta

subah ko

dopaher ko

sham ko

aj rat

bahut juld

You are right/wrong.

That is right

Ap thik/ghalat hai.

Woh thik hai.

LOCATIONS:

Here/there

At the UN office

Is it near/far

How many hours to go?

Yahan/wahan

UN office men

Kya (question) woh nazdik/dur hai?

Kitna baje jana (go) hai?

21. PLAY QUIZ

Test your instinctive Urdu now ... associate the phrases ... in mixed groups of four ...

- | | |
|-------------------------------|------------------------------|
| a. I am well, thank you | Kha-ha |
| b. Excuse me | Shokrya. |
| c. Thank you. | Main thik hun, shokrya. |
| d. OK | Mafki jaye. |
| e. You're here! | Achchha kam. |
| f. Good work | Ap yahan hain! |
| g. Hello | Ap kaise hain? |
| h. How are you? | A salam aleikum |
| i. Good morning! | Mafi ki jiye. |
| j. What does this mean? | Achchha!!!! |
| k. Sorry | A salam aleikum. |
| l. Great!!! | Is-ka kya matlab? |
| m. Yes | Bera? |
| n. Please | Marhabani. |
| o. I am sorry | Mafi ki jaye. |
| p. Waiter? | Ji-han. |
| q. How much is it? | Kya wakt hai? |
| r. Where is the hushal-khana? | Kahan/Kab/Kiun? |
| s. Where/when/why? | Hushal-khana kahan hai? |
| t. What time is it? | Woh kitna hai? |
| u. Can you help? | Main nahin samajhta. |
| v. I do not understand. | Bol-iye ahista. |
| w. What does this mean? | Kya ap mujhe madab kar-inge? |
| x. Please speak slowly | Is-ka kya matlab hai? |
| y. Bye bye for now!! | Sub chiz thiuk hai!! |
| z. Everything is OK!! | Abhi ka lagen!! |

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

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT
AND LONG TERM RE-INFORCEMENT AFTER ONE MONTH -
TRY TO WORK WITH A PARTNER AND A NATURAL SPEAKER
FOR JUST ONE DAY MORE**

RELAX with ... a very **POSITIVE** attitude ... and a very confident **EXPECTATION** of **SUCCESS** ... in just one more day ... of **PLAYING** with the natural language ... instinctively ... naturally ... completely relaxed ... with no stress or effort ... just play!

Our natural suggestions are:

1 - Play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts. LIST your five key problems!

2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes. USE the Mini-phrase Book for easy interactive conversation

3 - SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes. USE the Mini-phrase Book for easy interactive conversation

4 - SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting! Review your five problems.

5 - USE the Mini-phrase Book for easy interactive conversation. Then do it as SPEED READING (reverse-mode) in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording. Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to drbobboland@hotmail.com.

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

Special Vocabulary for UNHCR

English	Pashto	Dari	Urdu (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 xaldek	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	
Handicapped	saya	ma-yub	
Health	roghtyaa	seat/syhhat	
Hospital	roghtun	shafakhana	

House	kor	khana/kor
HQ	mankaz	mankae
Human rights	dd bashar hakkuna	hokuk e bashar
Husband	mehra	shwahan
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: Correct our URDU now ... and later discuss with a natural speaker)

1. Structure - subject, object and verb:

MAIN yahan hun

Yeh ADMI yahan hai.

KYA admi yahan hai?

I am here.

The MAN is here.

Question - is the man here?

2. Articles:

EK admi yahan hai.

A man here is.

3. Nouns:

Admi-AT yahan hain.

WOH admi hai.

MEN are here.

HE is a man.

4. Possession:

Woh MERA admi hai.

He is MY man.

5. Relative:

Admi WOH yahan hai.

The man WHO here is.

6. Demonstrative:

YEH admi yahan hai.

WOH admi yahan hai.

THIS man is here.

THAT man is THERE.

7. Interrogatives:

Teh chiz KYA hai?

Woh KAUN hai

Yeh Admi KAHAN hai

Kitab KITNA KA hai?

WHAT is this thing?

WHO is that?

WHERE is the man?

HOW-MUCH is the book?

8. Imperatives:

Woh KARO.

Yahan AO.

DO this!

COME here!

9. Negatives:

Ji-han, kitab MERE-PAS HAI.

Nahin, kitab mere-pas NAHIN hai.

Yahan, NAHIN ao.

Yes, I HAVE a book (is of me).

No, I do NOT have the book.

Do NOT come here.

10. To be, have and want:

Main hun/mere-pas hai/chahta hun

Ap hain/ap-kepas hai/chahte hain

Woh hai/un-kepas hai/chahta hai

I am/have/want

You are/have/want

He is/has/wants

APPENDIX D - THE ONE HUNDRED MOST USED WORDS IN CONVERSATION NEEDS ACCENTS (Challenge- fill in the URDU words and make

- | | | | | |
|-----------------|---------------|----------------|------------|---------------|
| 1. A/an | 2. After | 3. Again | 4. All | 5. Almost |
| 6. Also | 7. Always | 8. And | 9. Because | 10. Before |
| 11. Big | 12. But | 13. I can | 14. I come | 15. Either/or |
| 16. I find | 17. First | 18. For | 19. Friend | 20. From |
| 21. I go | 22. Good | 23. Goodbye | 24. Happy | 25. I have |
| 26. He | 27. Hello | 28. Here | 29. How | 30. I |
| 31. I am | 32. If | 33. In | 34. I know | 35. Last |
| 36. I like/love | 37. Little | 38. I love | 39. I make | 40. Many |
| 41. Man | 42. More | 43. Most | 44. Much | 45. My |
| 46. New | 47. No | 48. Not | 49. Now | 50. Of |
| 51. Often | 52. On | 53. One | 54. Only | 55. Or |
| 56. Other | 57. Our | 58. Out | 59. Over | 60. People |
| 61. Place | 62. Please | 63. Same | 64. I see | 65. She |
| 66. So | 67. Some | 68. Sometimes | 69. Still | 70. Such |
| 71. I tell | 72. Thank you | 73. That | 74. The | 75. Their |
| 76. Them | 77. Then | 78. There (is) | 79. They | 80. Thing |
| 81. I think | 82. This | 83. Time | 84. To | 85. Under |
| 86. Up | 87. Us | 88. I use | 89. Very | 90. I Want |
| 91. What | 92. When | 93. Where | 94. Which | 95. Who |
| 96. Why | 97. With | 98. Yes | 99. You | 100. Your |

up phrases)

BROCHURE

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

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

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

Description: dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa and with other languages in process: Cantonese, Zulu, Tswana, Sututswana, 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 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.