

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT FOR JUST 30 MINUTES IN ONE DAY

KEY CONCEPT: WHEN you create new POSITIVE wave patterns in YOUR mind ... they give you STRENGTH for today ... and HOPE for the future ... xie-xie ni"

NO. 311 - MANDARIN from ENGLISH

Version 5 - with a few minor 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 and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web.

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DEDICATION

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

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

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

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

Thank you.	xie-xie ni
Hallo	Ni hao
Yes/no	dui/bu
Please	qing
Excuse me	dui-bu-qi
Everything is OK!	Yi qie dou hen hao
Good morning	Ni zao
My name is ...	Wo jiao (called) ...
What is your name?	Ni de ming zi shi shen mo?
How are you?	NI hao ma?
Fine, thanks	Henhao, xiexie

Where do you come from?

Good-bye.

Ni cong nali lai?

Zai-jian

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 foreheadwhich 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

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

NOTES

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

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

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

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

SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Thank you	Xie-xie ni	SHAY-SHAY-NEE
Hello	Ni-hao	NEE-NOW
Mr.	Shu-i-jiao	SHEW-WEE-TJOW
Mrs.	Zhi-dao	ZHHHEE-DOW
Yes	Dui	DEW-WEE
No	Bu	BOO
Good	Hao	HOW
Please	Ch-ing	CH-ING
Do you have?	Ni you?	NEE YOH?
Goodbye	Zai-jian	Z-EYE-TJIENN
We are happy!	Women hen gao-xing!	WOE-MEN HEN GOW-CHING!
Who?	Shei?	SHAY
What?	Shen-me?	SHENNN-MER
I want	Wo yao	WO YOW
Where?	Na-li?	NAA-LEE
OK!	Ker-yi!	KERR-YEE

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 six-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 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 ... its very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

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

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

2. HERE AND THERE:

Wo zai zheli (here).

I am (in a place) here.

Ni (you) zai nali (there).

You are there.

Ni zai nali ma (question)?

Are you there?

Dui, ni zai nali.

Yes, you are there.

Ni zai zheli ma?

Are you here?

Bu, ni bu zai zheli..

No, you are not here.

Ta zai zheli.

It is here.

Ta zai nali (where)?

Where is it?

Ta zai zheli.

It is here.

Ta zai zheli ma (question)?

Is it there?

Wo bu (not) zhi-dao (know).

I do not know.

Miguel zai nali (where)?

Where is Miguel?

Ta (he) bu (not) zai zheli.

He is not here.

Ta zai nali?

Where is he?

Wo bu zhi-dao.

I do not know.

Ke-chi!! Ta zai nali (there)!

Oh-dear!! There he is!

Ta shi (is) congming!

He is clever!

3. LIKING:

Wo xi-huan ni (you).

I like you.

Ni xi-huan wo ma (question)?

Do you like me?

Dui (yes), wo xi-huan zhe ni (you),

Ni xi-huan qian (money) ma?

Dui, wo xi-huan qian.

Wo xi-huan shui (water).

Ni xi-huan shui.

Wo xi-huan kan (read) shu (books).

Ta xi-huan qiche (car).

Ta (she) bu xi-huan qiche.

Ni xi-huan wan-chan (meal) ma (question)?

Bu, wo bu (not) xi-huan zhe (the) wan-chan.

O. Ta ma de!

Ching, bu yao shuo "Ta ma de"!

Yes, I like you.

Do you like money?

Yes, I like the money.

I like water.

You like water.

I like to read books.

He likes the car.

She does not like the car.

Do you like the dinner?

No, I do not like the meal.

Oh. Oh-dear!!! Mate!

Please, do not say Mate!

4. DOING:

Wo zhuo (do).

Wo zhuo zhe (this).

Ni zhuo.

Ni zhuo na (that).

Women (we) zhuo na .

Wo men hen(very) gao-xing (happy).

I do.

I do this.

You do.

You do that

We do that

We are very happy.

Na shi bu shi hen rong yi (easy) ?

Dui, na bu kwun-nan (difficult).

Is that very easy or not?

Yes, that is not difficult.

Ni zhuo na ma (question)?

Ching (please), zuo na!!!

Ke-chi!!!!

Ta shi congming?? (clever)!

You do that (question)?

Please, do that!!!

Oh-dear!!!!

It is clever!

5. CAN/ABLE TO DO:

Wo neng (can) zhuo.

Ni neng zhuo de dao ma (question)?

Dui, wo zhuo de dao.

Ni neng zhuo zhe (this) ma?

Dui, wo neng zhuo zhe.

Wo neng chi (eat) yi dian dian(little bit).

Wo neng he (drink) yi dian dian(little bit).

Wo yao (want) zou (go) .

Wo neng lai (come) ma (question)?

Wo ke yi(can) shui-jiao (sleep).

Ni neng jiang (speak)

Ni neng jiang ma (question)?

Dui, wo neng.

Ni neng zhuo (do) zhe ma?

Bu, wo bu (not) neng zhuo na (that).

I can do

Can you do it?

Yes, I can do it.

Can you do this?

Yes, I can do that.

I can eat a little.

I can drink a little.

I want to go.

Can I come?

I can sleep.

You can speak.

Can you speak?

Yes, I can.

Can you do this?

No, I can not do that.

Ni dong ma?

You (can) understand?

Ni dong?

(Can) you understand?

Ni dong ma?

You understand?

Dong, yi dian dian.

Yes, a little.

Ni hui (neng) shuo Mate ma?

Can you say Mate?

Dui, wo hui shuo yi dian dian Han-Yu.

Yes, I can speak a little Mandarin

Ke-chi!! Wo shi congming!

Oh-dear!!! I am clever!

6. UNDERSTANDING:

Wo dong (understand).

I understand.

Wo bu (not) dong.

I do not understand.

Ni (you) dong.

You understand.

Ni bu dong.

You do not understand.

Ni liao jie(understand) nu ren (women) ma?

Do you understand women?

Bu, Bu, wo bu dong tamen (them)!!

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

O. Ke-chi!! Mate!

Oh. Oh-dear!!! Mate!

Ching bu yao shuo Mate!

Please, do not say Mate!

Ni shi congming!

You are clever!

7. WANTING:

Wo yao (want).

I want.

Wo yao chi (eat) yi dian dian.

I want to eat a little.

Wo yao he shui (drink).

I want to drink the water.

Wo yao qu (to go to) ce-suo (wash-hands-toilet)!!

I want to go to the toilet!!!

Ni yao chi (eat) yi dian dian ma (question)?

Do you want to eat a little?

Bu, wo bu (not) yao chi.

No, I do not want to eat.

Ke-chi!! Wo yao gei(give) ni(you) yi dian dian

Oh-dear!!! I want to give you a bit.

Bu bi, xie-xie ni.

No thank you.

Wo yao lai (come).

I want to come.

Ni yao gen-wo (with me) shui-jiao (sleep) ma?

Do you want to sleep with me?

Bu, wo bu yai shui-jiao.

No, I do not want to sleep.

Miguel, ni yao (want) chi tien-ji (frogs) ma?

Miguel do you want to eat the "frogs"?

Ke-chi!! Bu shi xien-zai, xie-xie ni!

Oh-dear!!! Not now, thank you!

Wo men (we) shi congming!

We are clever!

8. GETTING:

Ching gei (give) wo qian(money).

Please give me money.

Na (take) zhe-ge-qian.

Take this money.

Wo na zhe-ge-qian.

I take this money.

Ching (please), gei wo yi(one) zhang piao (a ticket)

Please give me a ticket.

Na (take) zhe-ge-piao.

Take this ticket.

Wo na zhe-ge-piao.

I take the ticket.

Ching, gei (give) wo zhe-ge-dong-xi (thing).
Nali (where) shi zhe-ge-dong-xi?

Please give me the thing.
Where is the thing?

Wo bu zhi-dao.
Gei wo yi-ge nan-ren!!!!

I do not know.
Give me a man!!!

Ke-chi!!!! Shen-mo (what a) nu-ren!
Ta (she) shi congming!

Oh-dear!! What a woman!!
She is clever!

9. HAVING:

Wo you (have) yi-ge (one) dong-xi.
Wo mei (not) you yi-ge dong-xi.

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

Ni (you) you yi-ge dong-xi.
Wo men (we) you yi-ge dong-xi.

You have one thing.
We have one thing.

Ta (she) you yi-ge dong-xi.
Wo you yi dian dian shi-jian (time),Xiao jie!!

She has one thing.
I have a little time, Miss!!

Shih (but), ni you yi dian dian qian ma, Xian-sheng?
Mei you.

But, do you have a little money, Sir?
No.

O. Ke-chi!
Ching, bu shuo Mate.

Oh. Oh-dear!
Please, do not say Mate!

10. ORDERING (POLITELY):

Ching, gei (give) wo zhe-ge (the) dong-xi.

Please give me the thing.

Ching (please), gei wo zhe-ge qian.

Please give me the money.

Ching gei wo zhe-ge shui.

Please give me the water.

Xie-xie ni.

Thank you.

Ching bu yao zai (in) Fa-Guo(France) he (drink) na-ge (the) shui!!

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

He zhe-ge (the) jiu (wine)!

Drink the wine!!

Ching, lai (come) zheli.

Please come here.

Ching, qu (go) nali.

Please go there.

Ching, he (drink) zhe-ge.

Please drink this.

Bu yao chi na ge (that)!

Do not eat that!

Ching, gei (give) wo zhe-ge.

Please give me this.

Ching, bu yo na (take) na-ge (that).

Please do not take that.

Ching, shuo zhe-ge.

Please say this.

Ching, bu yao shuo Mate!

Please, do not say Mate!

Ke-chi!! Xie-xie ni. Ni shi congming!

Oh-dear!!! Thank you. You are clever!

11. GREETING: POLITE AND SLANG

Sien-sheng, ni hao.

Hello Sir.

Paula ni hao.

Hello Paula.

Zao chen, Miche.

Good morning Miche.

Zao-chen, Sancos.

Good morning Sancos.

Ni hao ma, Eliza?

How are you, Eliza?

Wo hen hao, Khulu.

I am well, thank you, Khulu.

Shmo yang, Xavier?

How goes it, Xavier?

Ke-yi (OK), xie-xie ni, Miguel.

Ok, thank you Miguel.

Zaijian, Giles.

Goodbye Giles.

Man-man-sing, Judith.

Bye bye Judith.(walk slowly/carefully)

De-le, Hollie

Yes OK, Hollie.

Ta shi congming, Heidi!

It is clever, Heidi!

Ke-yi ma, Sam?

OK Sam?

Ke-yi, Lucie.

Yes OK, Lucie.

Bu-cuo, Henri.

Not too bad, Henri.

Ni shu-fu ma, qing ai de?

Are you comfortable, darling?

Bu shu-fu!!!

No!!!

Ke-chi!! Ta (she) shi congming!

Oh-dear!!! She is clever!

12. DESCRIBING:

Ta hen hao (good),

It very good.

Ta bu (not) hao.

It is not good.

Ta hen huai (bad).

It is bad.

Zhe shi yi-ben (a) shu (book).

This is a book.

Da (big) ma (question)? Or Da bu da?
Bu shi da, shi xiao (small).

Is it big? Big or not?
Not big, it is small.

Zhe ge rongyi (easy) ma (question)?
Bu rongyi, shi hen kwun-nan (hard).

Is it easy?
No, it is hard.

Shui (water) hao bu hao?
Zai Fa-guo(in France) de Shui bu tai hao!

Is the water good?
No, the water is not good in France!!

O Mate!!!
Ching, bu yao shuo (say) Mate!

Oh Mate!!!
Please, do not say Mate!

Women (we) shi congming ma (question)?
Ke-chi!! Dui!!

Are we clever?!
Oh-dear!!! Yes!!

13. KNOWING (THINGS & PEOPLE):

Wo zhi-dao (know) zhe-ge (this) gong-zuo.
Ni zhi-dao zhe-ge dong-xi ma (question)?

I know this job (must specify what...).
Do you know this thing?

Dui, wo zhi-dao zhe-ge dong-xi. ?
Ni zhi-dao na-ge (that) dong-xi.

Yes, I know this thing.
You know that thing.

Ni zhi-dao na ge gong-zuo ma (question)?
Bu, wo bu zhi-dao na-ge gong-zuo.

Do you know that job?
No, I do not know that job.

Wo ren shi (know- people) na-ge (that) nu-ren.
Wo ren shi zhe-ge (the) nan-ren (man).

I know that woman.
I know the man.

Ta renshi wo.
Ni renze (know) na-ge nu-ren (women) ma?

He knows me.
Do you know that woman?

Bu. zao chen, xiao jie.
Ni hao ma. Xiao jie?

No. Good morning Miss?
Are you well, Miss?

Bu, wo bu hao !!! Zai-jian!!
Ni bu ren she (know) na-ge nu-ren!

No, I am not well!!! Goodbye!!!
You do not know her!

Ke-chi!! Ta shi congming!

Oh-dear!!! She is clever!

14. NUMBERING:

Wo you yi-ge (1) wenti.
Dui, ni you yi-ge wenti.

I have one problem.
Yes, you have a problem.

Bu, ni you liang ge (2).
Ta you san ge(3).

No, you have two (of them).
He has three.

Ta you si ge(4).
Wo men you wu ge(5).

She has four.
We have five.

Ni you wu ge ma?
Dui, wo you wu-ge wenti!

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

Tong-tong (all) xiao hai!
Xiao hai (kids) shi congming!

All the children!
Kids are wonderful!

15. ASKING:

Zhe-ben (the) shu(book) shi duo-shao qian,
(how much)?

Wu (5) kwai (number of) qian.

Duo-shao xhe-ge (this) don-xi?

Duo-shao?

Si kwai qian.

Ta zai (is placed) nali (where) ?

Ta zai zheli (here).

Bu, ta bu zai nali (there).

Ching wen, ce-suo (toilet) zai nali?

Ce-suo zai nali.

Ta shi shen-mo?

Dui-bu-qi? Shen-mo?

Na-ge.

O, ta shi yi-ben hao (good) shu.

Ni yao shen-mo?

Wo yao jiu, (wine), ma fan ni(trouble you).

Shei (who) zai zheli (here) ?

Women (we) zai zheli.

Na-ge (that) nu-ren (woman)shi shwei (is who)?

How much is this book?

Five dollars.

How much is this thing?

How much?

Four dollars.

Where is it?

It is here.

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?

Wo bu zhi-dao.

I do not know.

Ke-chi!! Ta shi Madonna!

Oh-dear!!! It is Madonna!

Sher-mo (what a) nu-ren! Ta shi congming.

What a woman! She is clever!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Wo zai (am placed) zheli.

I am here.

Ni zai nali.

You are there.

Wo xi-huan ni.

I like you.

Ni xi-huan zhe-ge (the) qian.

You like the money.

Ta zhuo zhe-ge gong-zuo (job).

He does this job.

Ta zhuo na.

She does that.

Wo neng shuo yi dian dian Mandarin!

I can speak a little Mandarin!

Ni bu yao shuo Mate!

You can not say Mate!

Wo ming bai(understand).

I understand you.

Ni bu ming bai.

You do not understand me.

Wo yao qu jiu ba.

I want to go to the bar.

Ni yao qu ce-suo.

You want to go to the toilet.

Wo you hen duo shijian, xiao jie!

I have alot of time, Miss!

Ke shih, ni you hen duo qian ma, xian-sheng?

But, do you have a lot of money, Sir?

Zai Fa-guo, ching bu yao he zhe-ge shui!!
He zhe-ge jiu!!

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

Ni hao ma, Eliza?
Wo hen hao, xie-xie ni, Khulu.

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

Na ge da ma?
Bu, ta hen xiao.

Is it big?
No, it is small.

Ni bu zhi-dao na nu-ren.
Ke-chi!! Ta shi congming!

You do not know that woman.
Oh-dear!!! She is clever!

Dui xien-zai, wo you wu ge wenti!!
Hai zi shi congming!

Yes now, I have five problems!!!
Children are wonderful!

Na shi shen-mo?
Dui-bu-qi,. Shen-mo?

What is that?
Pardon. What?

Na shi nali.
Bu cuo.

There it is.
Not bad.

Ke-chi!!!!
Ker-yi?

Oh-dear!!!
OK?

Dui ta shi "cool".
Ji-han, yeh "classy" hai.

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

Ji-han yeh deng hai!
Bu shuo Mate!!!

Yes, it's cool! (upper class)
Do not say Mate!!!

Ta bu shi cool!!
Wo bixu zjuo xhe..

It is not cool (upper class)!!!
I must do this.

NI bixu zjuo na.
Congming?

You must do that
Clever?

Dui, ni shi congming!
Zai jian!

Yes you are clever!
Bye bye, for now!

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 "Mandarin 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 ... 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
ni hao	zao chen	ni hao ma?	Wo hen hao	xie-xie ni
goodbye	yes	no	OK	not too bad
zaijian	dui	bu	ker-yi/de-le	bu-cuo
Oh-dear!!	Mate!	there it is!	"cool"!!!	sorry
ke-chi!!	Mate	nali hao	cool!	duibuqi

b. Verbs:

to be	have	like	want	can
shi	you	xi-huan	yao	neng
do	say/speak	go	come	give
zhuo	shuo/jiang	qu	lai	gei
take	eat	drink	sleep	know / recognise
na	chi	he	shui-jiao	zhi-dao/ren shi
understand	must			
dong	bi xu			

c. Prepositions:

some	a	the	to	from
yi xie	yi-ge/jian	zhe-ge	dao	cong

d. Pronouns:

I	you	he	she	we
wo	ni	ta	ta	wo men

this	that	Mr	Mrs.
zhe-ge	na-ge	Xian-sheng	Tai tai

e. Nouns:

money	thing	man	woman	water
qian	dong-xi	nan-ren	nu-ren	shui

car	ticket	book	friend	time
qi che	piao	shu	peng you	shi jian

f. Adjectives/
adverbs/Other:

good	bad	big	small	now
hao	huai	da	xiao	xien zai

later	a little	clever!	happy	easy/difficult
yi huo er	yi dian dian	congming	gao-xing	rongyi/kwun-nan

here/there
zheli/nali

g.
Interrogatives:

how much?	where?	what?	who?	when?
Duo-shao?	Nali?	Shen-mo	Shei?	Shen-mo-shihou?

Note: What is that? Question?
 Zhe-ge shi ... ma?
 shen-mo ?

h. Numbers:

one	two	three	four	five
yi	er/liang	san	si	wu

i. And some survival words:

WC (ce-suo)	year (nian)
pardon (dui-bu-qi)	hour (xiao-shi)
always (yongyuan/zong shi)	minute (fen-zhong)
fast/slow (kuai/man)	hamburger (han bao bao)
but(ke shi)	think (xiang)
never (cong lai bu)	read (nian)
please (qing)	write (xie)
food (sh wu)	laugh (xiao)
train (huo che)	dance (tiao-wu)
bus (gong-gong-qiche)	stop (ting)
home (jia)	policeman (jing-cha)
work (gong-zhuo)	six (liu)
time (shijian)	seven (qi)
today (jin-tian)	eight (ba)
tomorrow (ming-tian)	nine (jiu)
paper (zhi)	ten (shi)
newspaper (bao-zhi)	hundred (yibai)
day (tian)	thousand (yi-qian)
week (xingqi)	mate (ti-ti)

see you later (zai-jian)!

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:

Hallo

Ni hao

Yes/no

dui/bu

Please

qing

Thank you.

xie-xie ni

Excuse me

dui-bu-qi

Everything is OK!

Yi qie dou hen hao

Good morning

Ni zao

Good-bye.

Zai-jian

My name is ...

Wo jiao (called) ...

What is your name?

Ni de ming zi shi shen mo?

How are you?

NI hao ma?

Fine, thanks

Henhao, xiexie

And you?

Ni ne?

Where do you come from?

Ni cong nali lai?

I'm from:

Wo cong ... laide.

France

France

England

England

America

America

I work at/with:

Wo zai gong-zuo (with):

UN

UN

Red Cross

Red Cross

Nokia

Nokia

QUESTIONS:

I must do this.

Wo bixu zhuo zhe.

You must do that.

Ni bixu zhuo na.

When/how?

Shen-mo shihou?/Zhen mo yang?

What/why?

shen-mo?/wei-shen-me?

Who/which?

Shei?/na-ge?

Where is ...?

... nali ?

Where can I find ...?

Wo zai nali ke yi zao dao ...?

How much is it?

Duo-shao qian?

Can you help?

Ni neng bang bang wo ma?

What does this mean?

Zhe shi shen-mo yi-si?

UNDERSTANDING:

I understand.

Wo dong.

I don't understand.

Wo bu dong.

Please repeat that again..

Ching zai shuo yi-bian

Can you translate this?

Ni neng gei wo fan-ye ma?

Can I have ...?

Wo ke-yi ...ma?

Do you speak ...?

Ni shuo ... ma?:

English/Mandarin

Ying-wen/Han yu

I don't speak Mandarin.

Wo bu shuo Han yu.

I speak a little Mandarin.

Wo shuo yi dian dian Han yu.

COMMENTS:

It's:

Zhe shi:

Right/wrong

dui/cuo

big/small

da/xiao

cheap/expensive

good/bad

hot/cold

near/far

pian-yi/gui

hao/huai

re/leng

jin/yuan

OK!

Ker-yi

FOOD:

I like:

breakfast

lunch

dinner.

Wo xiang yao:

zao-can

wu-can

wan-can

May I have some:

bread/butter

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Ke yi gei wo yi-dian ... ma?

mian bao/niu-you

ji-dan

nio-pai/fan shu

ping-guo/cheng

ka-fei

niu-nai

guo-zhi

shui

I want to pay the bill.

I think there is a mistake.

We are happy.

Wo yao (pay) chang dan.

Wo jue-de jiang-dan suan cuo le.

Women hen gao-xing.

TRANSIT:

Where is the nearest shop?

Where to get a taxi?

Jui-jin na jian dian?

Na li da ji chen che?

How much to go to ...?

Dao ... duo shao qian?

Take me to

Dai wo dao ...

Please stop here.

Ching ting zher.

This is not the right road.

Zhe-ge bu shi dui-lu.

Go straight ahead.

Y-zhi zou.

It is there, on the:

Jiu zai nali-ai shang ...:

left/right

zuo/you

next to/after

ge bi/guo-le

north/south

bay/nan

east/west

dong/xi

Where is the:

... zai nali?:

town centre

shi-zhong-xing

Pharmacy

yao-cai-dian

SHOPPING:

Do you have ...?

Ni you ...ma?

How much is this/that?

Zhe-ge duo-shao qian?

I will take/buy it.

Wo jue-ding mai zhe-ge.

What colours have you?

Ni you shen-mo yan-se?

Black

hei-se

Blue

lan-se

Red

hong-se

White

bai-se

I want to buy:

Wo xiang-mai

aspirin

soap

apples

milk

film/newspaper

a-si-pee-lin

fay-zao

ping-guo

niu-nai

fei-lin/bao zi

TELEPHONE:

Hello, I am ...

Please speak:

louder

slowly

Wei wo shi ...

Ching shuo:

da-sheng dian

man-man

I want to speak to:

Mr.

Mrs.

Wo xiang heshuo-hua.

Xian-sheng

Tai tai

When will he be there?

Ask him to telephone me.

Ta shen-mo shi ho dao nali ?

Ma-fan-ni qing ta da dianhua gei wo.

TIME:

Do you have much time?

What time is it?

Ni you shi jian ma?

Xian cai ji-dian le?

The time now is:

five past one

quarter to three

twenty past four

half past six

Xian-cai shi :

yi-dian ling-wu-fen

liang-dian san-ker

si-dian er shi fen

Liu-dian ban

MEETINGS:

We see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon/no long after

Women hui mian zai...

jin-tian

ming-tian

xia-ge-xing-qi

shang-wu

xia-wu

wan-shang

jin wan

bu-jiu hou

You are right/wrong.

That is right

Ni shi dui/cuo de.

Na shi dui de.

LOCATIONS:

Here/there

At the UN office

Is it near/far?

How many hours to go?

Zheli/nali

Zai UN ban-gong-shi

Jin/yuan shi ma?

Duo-shao xiao-shi dao nali?

21. PLAY QUIZ

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

...

- | | |
|-------------------------|----------------------------------|
| a. I am well, thank you | Ker-yi. |
| b. Excuse me | Xie-xie ni. |
| c. Thank you. | Wo hen hao, xie-xie ni. |
| d. OK | Dui-bu-qi. |
| e. You're here! | hao-de gong-zhuo. |
| f. Good work | Ni hao ma? |
| g. Hello | Ni zai zheli. |
| h. How are you? | Ni hao. |
| i. Good morning! | Dui-bu-qi. |
| j. What does this mean? | Hen hao!!!! |
| k. Sorry | Ni hao. |
| l. Great!!! | Zhe-ge shi shen-mo yi-si? |
| m. Yes | Fu wu sheng? |
| n. Please | Ching. |
| o. I am sorry | Dui-bu-qi. |
| p. Waiter? | Dui. |
| q. How much is it? | Xian xai ji-dian le? |
| r. Where is the toilet? | Nali/shenmo-shi hou/wei-shen-mo? |
| s. Where/when/why? | Ce-suo zai nali? |
| t. What time is it? | Na duo-shao? |
| u. Can you help? | Wo bu dong. |
| v. I do not understand. | Ching man-man shuo. |
| w. What does this mean? | Ni neng bang wo ma? |
| x. Please speak slowly | Zhe shi shen-mo yi-si? |
| y. Bye bye for now!! | Yi qie dou hen hao!! |
| z. Everything is OK!! | Zai jian!! |

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

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT
AND LONG TERM RE-INFORCEMENT - AFTER ONE MONTH**

RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one more week ... of PLAYING with the natural language ... with the Instant Relaxation Exercise daily.

Our natural suggestions for this week are:

Day 1 - Do APS. Then play the LEARNING REINFORCEMENT. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts.

Day 2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes.

Day 3 - SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes.

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

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

Day 6 - SPEED READING (2-16) in 8 minutes. LISTEN to your recording from Day 1. Then SPEAK with the tape ... with a beautiful CONFIDENT accent.

Day 7 - SPEAK with the tape with fun and confidence. 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	Mandarin (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	jangu
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

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

1. Structure - subject, object and verb:

Wo zai zehli (here).

I am HERE

The CHILD is here.

IS the child here?

2. Articles:

A child here is.

3. Nouns:

The CHILDREN are here.

The GOOD child is here.

HE is a child.

4. Possession:

He is MY child.

5. Relative:

The child WHO here is.

6. Demonstrative:

THAT child is THERE.

7. Interrogatives:

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH IS the book?

8. Imperatives:

DO this!

COME here!

9. Negatives:

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

10. To be, have and want (simplest form):

I am/have/want

You are/have/want (m)

You are/have/want (f)

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 managers and staff 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, clients and project staff. The effort to speak the local language with a good accent will be much appreciated, as it shows 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: Spoken Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Wolof, Shona, Russian, Mandarin, Xhosa, Burmese, Swedish, Tswana and others in process: Cantonese, Zulu, Sutu, 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 to who want to achieve significant accent improvement.

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

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

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

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

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

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

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

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

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

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