

CRE - CREATIVE RELAXATION EXERCISE

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

KEY CONCEPT: WHEN you create new POSITIVE wave patterns in YOUR mind ... they give you STRENGTH for today ... and HOPE for the future...
SHNOR-HAGA-LUTIUN !!

NO. 324 - ARMENIAN from ENGLISH

Version 1 - first draft to encourage some local speaker to complete the missing parts and email us the results - please ...

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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: Berlitz and Lonely Planet phrase books,

Inspired by: Dr. Bob Boland (IUG) and Ms Challo (Kenya) and Dr. Giles Boland (Harvard) and Dr. Sham Bathija (UNCTAD) and Boston University and the Team.

<http://www.bu.edu/familymed/distance/cre> www.crelearning.com

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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.	Shnor-haga-lutiun		
Hallo Bob!	Parev, Bob!	I like	Sirel
Yes/no	Ayo/votch	Where is?	Urderen?
Please	Khentrem	How much?	Kani?
OK!	??	Give me	Intzi duvek
Excuse me	Nero-guhutiun	Go to	Yerdal
Good morning	Parev	Wait for me	Intzi seba-setzek
My name is ...	Yes ??..	I must	Bedke
What is your name?	Tun ???	I don't know	Tchem kiter
How are you?	Int-chesbes ek	Do you speak?	Gekhosik?
Where is	Ur?	Cheers	Pari akhor-jag
Where do you come from?	Tuk ??	I can't	Tchem grnar
I'm from:	Yes??	Why?	Intchu?
I want ...	Guzem	And	yev

Good-bye.	Tse desutiun	Not	Tch
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... and so ... on we go ... talking with ... EVERYONE ...

1.0 INTRODUCTION

1.1 STRUCTURE

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

1.2 MEMORY

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

Yes ... ayo ... say ...

... yes ... eh your right ... yes ... ayo

Goodbye ... tse desutiun ... say ...

... goodbye ... Tess desires a tun ... goodbye... tse desutiun

I want ... guzem ... say ...

... I want ... guzzle em ... I want ... guzem...

1.3 PRACTICE.

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

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 ... "ARMENIAN ALERT" - 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

(Complete ... then repeat EACH ARMENIAN WORD many times slowly ...
then high speed)

Thank you	Shnor-haga-lutiun
Hello	Parev
Mr.	Paron
Mrs.	Digin
Yes/No	Ayo/votch
Good	Lav
Please	Khentrem
Do you have?	???
Goodbye	Tse desutiun
See you soon!!!	???
Who?	Ov?
What?	Intch?
I want	Guzem
Where?	Ur?
OK	??

Note: In the text "complete" words are often shown in a "broken format" to show the origin of the word structures, which makes it easier to learn and remember. Accents ignored for simplicity.

2. HERE AND THERE:	
INSERT ARMENIAN HERE PLEASE	
	I am here (in a place).
	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.
	Damn-it! There he is!
	He is wonderful
3. LIKING:	
	I like you.

	Do you like me?
	Yes, I like you.
	Do you like money?
	Yes, I like the money.
	I like water.
	You like 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. Damn-it! "Merde"!
	You must not say "Merde", please!
4. DOING:	
	I do (I am doing)
	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!!!
	Damn!!!
	It is wonderful!
5. CAN/ABLE TO DO:	
	I can
	Can (I)?
	Yes, I can.
	Can you do this?
	Yes, I can do that.
	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?
	Can understand?

	Yes, a little.
	Can you say "Merde"?
	Yes, I can speak a little Swahili!
	Damn-it! I am wonderful!
6. UNDERSTANDING:	
	I understand.
	I do not understand.
	You understand.
	You do not understand.
	Do you understand women?
	No. No. I do not understand them!!!
	Oh. Damn-it! "Merde"!
	You must not day "Merde", please!
	You are wonderful!
7. WANTING:	
	I want.
	I want to eat a little.
	I want to go to the toilet!!!

	Do you want to eat a little?
	No, I do not want to eat.
	No thank you.
	I want to come.
	Do you want to sleep with me?
	No, I do not want to sleep.
	Miguel do you want to eat the frogs?
	Damn-it! Not just now, thank you!
	We are wonderful!
8. GETTING:	
	Please give me the money.
	Please take the money.
	I take the money.
	Please give me the ticket.
	Please take the ticket.
	I take the ticket.
	Please give me the thing.
	Where is the thing?
	I do not know.
	Please give me a man!

	Damn-t!!! What a woman!!
	She is wonderful!
9. HAVING:	
	I have one thing.
	I do not have one thing.
	You have one thing.
	We have one thing.
	She has one thing.
	I have a little time, Miss!
	But, do you have a little money, Sir?
	No.
	Oh. "Merde"!
	Please do not say "Merde"!
10. ORDERING (POLITELY):	
	Please give me the thing.
	Please give me the money.
	Please give me the water.
	Thank you.
	Please don't drink the water in France!!

	Drink the wine.
	Please come here.
	Please go there.
	Please drink this.
	Do not eat that!
	Please give me this.
	Please do not take that.
	Please say this.
	You must not say "Merde", please!
	Damn-it! Thank you. You are wonderful!
11. GREETING: WITH SOME SLANG ...	
	Hello Mary.
	Hello Mathilda.
	Good morning Miche.
	Good morning Sancos. -=
	How are you, Eliza?
	I am well (thank you) Khulu.
	How goes it, Xavier?
	OK , thank you Miguel.
	Goodbye Giles.
	Bye bye Judith.

	Yes OK, Hollie.
	It is wonderful, Heidi!
	OK Sam?
	Yes OK, Lucie.
	Not too bad, Henri.
	Are you well, my darling?
	No!!!
	Damn-it! She is wonderful!
12. DESCRIBING:	
	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.
	Is the water good?
	No, the water is not good in France!!
	Oh "Merde"!!!

	You must not say "Merde", please!
	Are we wonderful?
	Damn-it! Yes!!
13. KNOWING (THINGS & PEOPLE):	
	I know this (things not people).
	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 (people).
	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!
	Damn-it! She is wonderful!
14. NUMBERING:	

	I have one problem.
	Yes, you have a problem.
	No, you have two (of them).
	He has three.
	She has four.
	We have five.
	Do you have five?
	Yes now, I have five problems!!!
	All the children!
	Children are wonderful!
15. ASKING:	
	How much is the book?
	Five dollars.
	How much is this thing?
	Pardon. How much?
	Four dollars.
	Where is it?
	It is there.
	No, it is not there.
	Where is the toilet, please?
	The toilet is over there.

	What is that?
	Pardon. What?
	That.
	Oh, it is aa good book.
	What do you want?
	I want the wine, please.
	Who is here?
	We are here.
	Who is that woman?
	I do not know.
	Damn-it! It is Madonna!
	What a woman! She is wonderful!
16. EVERYTHING - COLLOQUIAL: --- needs some SLANG	
	I am here.
	You are there.
	I like you.
	You like the money.
	He does this.
	She does that.

	I can speak a little Swahili
	You can not say "Merde"?
	I understand you.
	You do not understand me.
	I want to go to the bar.
	You wantc to go to the toilet.
	I have a little time, Miss!
	But, do you have a little money, Sir?
	Please don't drink the water in Francell!
	Drink the wine.
	How are you, Eliza?
	I'm just fine, Khulu.
	Is it big, Sir?
	No, it is small, Miss.
	You do not know her!
	Damn-it! She is wonderful!
	Yes now, I have five problems!!!

	All the children!
	What is that?
	Pardon. What?
	There it is.
	Not bad.
	Damn-it!
	OK?
	Yes, it's cool!
	Yes, it's cool! (classy)
	Yes, it's cool! (upper class)
	You must not say "Merde", please!
	That is not cool (upper class)!!!
	I must do this.
	You must do that
	Wonderful?
	Yes you are wonderful!
	Bye bye, for now!
	See you soon!

Speed reading time: 14 minutes

18. NATURAL VOCABULARY:

(Challenge ... write or type your own copy ... complete it and use it everywhere ...
with everyone ...)

a. Greetings/ Exclamations:				
hello	good morning	how are you?`	I am well	thank you
parev	parev	Intch-bes ek?		shnor-haga-lutiun
yes	no/not	OK	not too bad	damn-it!
ayo	votch.tch	??	??	??
"Merde"!	there it is!	"cool"!!!	pardon	please
??	??	??	nero-ghutiun	khentrem
b. Verbs: ku-				
is/are	have	like	want	can
linel	unenal	sirel	garoranal	ashkhtel
do	say/speak	go	come	give
anel	khosel	yerdal	gal	dal
take	eat	drink	sleep	know (things/ people)
vertsnell	udel	khemel	knel	imanal
understand	must	get	find	think
hasgenal	bedke	??	ketnel	??

c. Prepositions:				
some	a	the	to	from
kitch		??	??	??
d. Pronouns:				
I	you	he	she	we
Yes	tuk	na/inke	na/inke	menk
it	this	that	Mr	Mrs.
na`	??	??	Paron	Digin
e. Nouns:				
money	thing	man	woman/wife	water
tram	??	mart	gin	dshur
car	ticket	book	friend	
auto	domsag	??	enger/parekan	
f. Adjectives/ adverbs/Other:				
good	bad	big	small	now
lav	vad	medz	bxdig	hima
later	a little	wonderful!	happy	easy/difficult
??	kitch	??	jerd-chanig	heshd/tjvar
here/there				

aisde/ainder				
g. Interrogatives:				
how much?	where?	what?	who?	When
kani?	Ur?	Intch?	Ov?	Yerp?
h. Numbers:				
one	two	three	four	five
meg	yerfu	yereg	tchors	hing

i. And some survival words:

WC (zukaran)
always (mishd)
fast/slow (arag/gamatz)
but (??)
never (yerbek)
please (khentrem)
food (??)
train (knatzk)
bus (boos)
home (??)
work (kordz)
time (??)
today (aisor)
tomorrow (vare)
paper (karatasi)
newspaper (gazetti-ma)
day (or)
week (shabat)
year (dari)
hour (jam)
minute (robi)

hamburger (hamburger)
think (??)
read (gartal)
write (kerel)
laugh (??)
dance (??)
later (??)
stop (??)
policeman (polis)
six (vetz)
seven (yot)
eight (ut)
nine (inne)
ten (das)
hundred (hariur)
thousand (hazar)
mate (??)
see you soon (??)!

many (shad)