

CRE - CREATIVE RELAXATION EXERCISE

BRIEF COGNITIVE HYPNOSIS 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 ... **jie jiene!**

NO. 390 - CANTONESE from ENGLISH Version 5 - with a few minor errors - February 2003

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.

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DEDICATION

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

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

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

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

Thank you.	jie jienei
Hello	Nei hou
Yes/no	Deu/bed
Please	Qing
Excuse me	Deu bedhei
Everything is OK!	Nei zou sen hou
Good morning	Nei hou
My name is ...	Ngo giu ...
How are you?	Nei hou ma?
Fine, thanks	Hen hou jie jie
Where do you come from?	Nei cung na lei i?
I want	Wo yow
Good-bye.	Zoi gin

... so start chatting now ... to 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 ... dui ... say ...

... yes ... I am over-due for a wee ... dui

Goodbye ... xai jien ... say ...

... goodbye ... bye bye dont sigh Jen-nie ... zai jien

I want ... wo yow ... say ...

... I want ... want a cow ... wo yow

or email drbobboland@hotmail.com for our CRE 33 MemoryAlert.

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 Cantonese conversation with a natural speaker or aloud with yourself. Then make a friend of the main Cantonese 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 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 ... our 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 Cantonese WORD many times slowly ... and then at very high speed)

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?
Thank you-	Xie-xie ni	Shay-shay-nee
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

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. Try to make a rough tape of yourself speaking ... sections 2-15 ... now ... as fast as you can ... as a record of where you started ... just for fun!!

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.
Do **APS NOW** and plan for individual review next week, helping partners as needed.

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.
8. Make your **OWN APS AUDIO TAPE** a key learning tool for you!

1. GENTLE RELAXATION ...

And now ... I'd like you to arrange yourself ... in a position that is so comfortable ... and natural ... for you ... so that you can sit ... or lie ... for a while ... easily and effortlessly ... and where you can be comfortable ... and yet still remain alert enough ... to focus on the meaningful ... natural language learning ... that we will do together ... natural language ... gentle ... quiet ... peaceful ... and instinctive ... without any effort ... as you absorb its deepest meaning ... interpretation ... and value ... in terms of very personal expectations.

And then when you are ready ... to focus yourself ... you can begin by taking a few deep relaxing breaths ... breathing slowly ... and feeling the rise of your chest ... as you gradually inhale ... feeling that each breath in ... and out ... relaxes you ... calms you ... and re-acquaints you ... with deeper parts of yourself that you are sometimes too busy to notice.

You know ... and I know ... it'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... "Cantonese Place" ... in your mind.

2. HERE AND THERE:

I am (in a place) 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.

Shame!!! There he is!

He is wonderful!

Wno zoi ze lei.

Nei zoi na lei.

Nei zoi na lei ma?

Dui, nei zoi na lei.

Nei zoi ze lei ma?

Ba, nei ba zoi ze lei.

Ta zoi ze lei.

Ta zoi na lei?

Ta zoi ze lei.

Ta zoi na lei ma?

Wno ba zi dou.

Miguel zoi na lei?

Ta ba zoi ze lei.

Ta zoi na lei?

Wno ba zi dou.

Ho-ming ba!! Ta zoi na lei!

Ta xi hou bang!

3. LIKING:

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

Wno hei fen nei.

Nei hei fen Wno ma?

Dui, Wno hei fen nei.

Nei hei fen qing ma?

Dui, Wno hei fen qing.

I like water.
You like water.
I like some books.
He likes the car.
She does not like the car.

Who hei fen sui.
Nei hei fen sui.
Who hei fen mao xi. xu.
Ta hei fen hei qie.
Ta ba hei fen hei qie.

Do you like the meal?
No, I do not like the meal.
Oh. Shame!!! "Marde"
Please, do not say "Marde"!

Nei hei fen maipian ma?
Ba, Who ba hei fen mai pian?
O, ho-ming ba Marde!
Qing, ba gong "Marde"!

4. DOING:

I do.
I do this.
You do.
You do that.
We do that.

Who zou.
Who zou ni di.
Nei zou
Nei zou go di
Who men zou go di.

And we are happy.
Is that easy?
Yes, that is not difficult.
You do that (question)?
Please, do that!!!

Yi ce, Who men gou hei.
Na yong yi ma?
Dui, go di ba kuen nan.
Nei zou go di ma?
Qing zou go di

Shame!!!!
It is wonderful!

Ho-ming ba!!!
Ta xi hao bang!

5. CAN/ABLE TO DO:

I can do.

I can I 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.

You (can) understand?

(Can) you understand?

You understand?

Yes, a little.

Can you say "Marde"?

Yes, I can speak a little Mandarin.

Shame!!! I am wonderful!

Who ho yi zou.

Who ho yi zou ta ma?

Dui, Who ho yi zou ta.

Nei ho yi zou ni di ma?

Dui, Who ho yi zou go di.

Who yag dou di di.

Who yan di di.

Who yu heu.

Who ho yi lei ma?

Who ho yi shui gou.

Nei qui gong.

Nei wui gong ma?

Dui, Who wui.

Nei wui zou ze ma?

Ba, Who ba wui zou na.

Nei ming ba ma?

Nei ming ba ma?

Nei ming ba ma?

Dui, ming ba di.

Nei ho yi gong "Marde" ma?

Dui, Who ming ba xiou xiou

Ho-ming ba, Who xi hao bang

6. UNDERSTANDING:

I understand.

I do not understand.

Who ming ba.

Who mu ming ba.

You understand.

You do not understand.

Do you understand women?

No. No. I do not understand them!!

O. Shame!!! "Marde"!

Please, do not say "Marde"!

You are wonderful!

Nei ming ba.

Nei mu ming ba.

Nei ming ba neu yan ma?

Ba,ba, Wno mu ming ba ta men.

O. Ho-xig, Marde.

Qing ba gong Marde.,

Nei hao bang ! .

7. WANTING:

I want.

I want to eat a little.

I want to drink the water.

I want to go to the toilet!!!

Do you want to eat a little?

Wno xiang.

Wno xiang xi fan li di.

Wno xiang di shui.

Wno you hei qi-sou!!!

Nei xiang xi di ye ma?

No, I do not want to eat.

Shame!!! I want to give you a bit.

No thank you.

I want to come.

Do you want to sleep with me?

Ba,Wno ba xiang xi.

Oh!!Wno xiang bei nei di ye!!

Ba jie-jie nei.

Wno xiang lei.

Nei xiang tong Wno ye cai shui gou ma?

No, I do not want to sleep.

Miguel do you want to eat the "frogs"?

Shame!!! Not just now, thank you!

We are wonderful!

Ba,Wno ba xiang shui gou.

Miguel,nei xiang xi tian ji ma?

Hi-xug!! yin zoi ba xi,jie-jie nei!

Wno men hao bang ye!

8. GETTING:

Please give me the money.

Take the money.

I take the money.

Please give me the ticket.

Take the ticket.

I take the ticket.

Please give me the thing.

Where is the thing?

I do not know.

Give me a man!!!

Shame!! 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. shame!

Please, do not say "Marde"!

Qing bei Wno li-di qing.

Lo qing.

Wno lo li-di qing.

Qing bei Wno ze zeng piu.

.Lo ze zeng piu.

Wno lo ze zheng piu.

Qing bei Wno ze gin dong sai.

Ze gin dong sai zoi na lei ?

Wno ba zi dou.

Bei Wno yed go yan.

Ho-ming ba!!!!, ze mo yang di neu yan!

Ta hau bang!

Wno yao ye di dong sai.

Wno mou yao ye di dong sai.

Nei yao ye di dong sai.

Wno men yao ye di dong sai.

Ta yao ye di dong sai.

Wno yao ye di xi gan, xiou-ze!!

Dan hai nei yao yed di qing ma? Xing seng?

Ba.

O, ho-ming ba!

Qing ba gong "Marde".

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.
Please, do not say "Marde"!
Shame!!! Thank you. You are wonderful!

Qing bei Wno ze gin dong sai.
Qing bei Wno li di qing.
Qing bei Wno li di sui.
Jie-jie nei.
Qing ba zoi fad goug yin sui!!

Yan li zong zso!
Qing dou ze lei.
Qing heu na lei.
Qing ta yan li di
Ba you si go.di

Qing bei Wno ze go.
Qing ba lo na go.
Qing gong li di.
Qing ba gong "Marde"!
Ho-ming ba!! Jie jie nei. Nei hou bang ai!

11. GREETING: POLITE AND SLANG

Hello Sir.
Hello Paula.
Good morning Miche.
Good morning Sancos.
How are you, Eliza?

I am well, thank you, Khulu.
How goes it, Xavier?
Ok, thank you Miguel.

Nei hou, xing sang.
Ding ma, Plula.
Zou sen hao, Miche
Zou sen hao ,Sancos,
Nei hou ma, Eliza?

Wno heng hou, jie- jie nei, Khulu,
Ding ma, Xavier?
Ho yi, jie-jie nei, Miguel.

Goodbye Giles.
Bye bye Judith.

Yes OK, Hollie.
It is wonderful, Heidi!
OK Sam? Ho yi ma, Sam?
Yes OK, Lucie.
Not too bad, Henri.

Are you comfortable, darling?
No!!!
Shame!!! She is wonderful!

Zoi gin, Giles.
Zoi gin, Judith,

Dui, ho yi, Hollie.
Ta xi hou bang, Heidi!
Dui, ho yi, Lucie.
Bu cho, Hen ri.

Nei xu fou ma? Qing Wnoi di.
Ba!!!
Ho ming ba !! Ta hou bang ai!

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 "Marde"!!!
Please, do not say "Marde"!
Are we wonderful?
Shame!!! Yes!!

Ta hou.
Ta ba hou.
Ta wai.
Ta xi yed bun xu.
Ta dai ma?
Ba, ta xiu.
Ta yung yi ma?
Ba, ta kuen-nan.
Shui hou ma?
Ba, zoi fad guog shui ba hou.

O, Marde!!!
Qing ba xud "Marde"!
Who men bang ma?
Ho-qi, xi!!!

13. KNOWING (THINGS & PEOPLE):

I know this job (must specify what...).

Do you know this thing?

Yes, I know this thing

You know that thing.

Do you know that job?

No, I do not know that job.

I know that woman.

I know the man.

He knows me.

Do you know that woman?

No. Good morning Miss?

Are you well, Miss?

No, I am not well!!

You do not know her!

Shame!!! She is wonderful!

Who ji dou ze go gung zog.

Nei ji dou ze go gung zog ma?

.Dui Who ji dou ze go dong xi.

Nei ji dou na go dong xi.

Nei ji dou na go gung zog ma?

Ba, Who ba ji dou na go gung zog.

Who ying ming ba na go neu-ren.

Who ying ming ba na go nam-ren.

Ta ying ming ba Who.

Nei ying ming ba na go neu-yen ma?

Ba, zou sen hou, xiou-ze.

Nei hou ma,xiou-ze?

Goodbye!!!Ba, Who ba hou!!! Zoi-pin.

Nei ben ying ming ba ma go neu-yen!

Hi-ming ba!! Ta hou bang!

14. NUMBERING:

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

Who yao yed go men-tai,

Dui,nei yao yed go men-tai.

Ba nei yao leng go.

Ta yao sam go.

Ta yao sei go.

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Kids are wonderful!

Who-men yao ng go.

Nei yao ng go ma?

Dui.nei yao ng go men-tai.

So yao hai ji men!

Hai ji men hou bang!

15. ASKING:

How much is this book?

Five dollars.

How much is this thing?

How much?

Four dollars.

Ze bun xu do xiu qing?

Ng yung mei gung.

Ze gin dong sai do xiu qing?

Do xiu?

Seb men mei gai.

Where is it?

It is here.

No, it is not there.

Where is the toilet, please?

The toilet (is over) there.

Ta zoi na lei?

Ta zoi ze lei.

Ba,ta ba zoi na lei.

Qing men, qi-so zoi na lei?

Qi-so zoi na lei.

What is that?

Pardon? What?

That.

Oh, it is a good book.

What do you want?

Ta xi sem-mo?

Dui ba hei ,sem-mo?

Na go.

O, ta xi yed bun hou xu.

Nei you sem-mo?

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

Who you zeo, qing.

Seu zoi ze lei?

Who men zoi ze lei.

Na go neu yan xi seu?

Who ba ji dou.

Shame!!! It is Madonna!
What a woman! She is wonderful!

Ho-xig!!Ta xu Madonna!
Do mo hou di neu yan! Ta hou bang!

16. EVERYTHING - COLLOQUIAL - POLITE AND 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 Cantonese!

You can not say "Marde"!

I understand you.

You do not understand me.

I want to go to the bar.

You want to go to the toilet.

I have a kot 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.

Wno zoi ze lei.

Nei zoi na lei.

Wno hei fen nei.

Nei hei fen ze qing.

Ta zou ze gin gong zoi.

Ta zou na.

Wno nung xud yad di hon yu.

Nei ba nung xud"Marde".

Wno ming ba nei.

Nei ba ming ba wno.

Wno you heu zao ba.

Nei you heu qi suo.

Wno yao heng do xi gai,xiou ze.

Dan xi, nei yao heng do xi gai ma, xin sang?

Qing, ba zoi fad goug yan ze zhong seu!!

Yan ze zhong zao!!

Nei hou ma, Eliza?

Wno hen hou, jie jie nei,Klulu.

Ta dai ma?

Ba, ta xiu.

You do not know that woman.
Shame!!! She is wonderful!
Yes now, I have five problems!!!

Children are wonderful!
What is that?
Pardon. What?
There it is.
Bu cuo.

Shame!!
OK?
Yes, it's cool!
Yes, it's cool! (classy)
Yes, it's cool! (upper class)

Do not say "Marde"!!!
It is not cool (upper class)!!
I must do this.
You must do that
Wonderful?

Yes you are wonderful!
Bye bye, for now!

Nei ba zi dao na go neu yan.
Oh!! Ta hou bang.
Deu,yin zoi wno yao ng go men tai!!

Hai jimen hou bang!
Na xi sem mo?
Deu ba hei ,sem mo?
Ta zoi na lei?
Not bad.

Ho xig!!!
Ho yi ma?
Deu, tin hei leng fai,
Deu, tin hei leng fai(seng dung ge).
Deu, tin hei leng fai(seng dung ge).

Ba gang "Marde"!!!
Ta ba leng fai!!
Wno ba xu zou li di
Nai ba xu zou go di
Hou bang?

Deu, nei hou bang!
Yin zoi-----!

17. CLOSING

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

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

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

You will feel well ... and you will begin ... to feel confident ... about the future ...and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special ... "Cantonese Place " on 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 each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continual support ... our Team ... in Bayonne, France on August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
Nei hou	zou sen hou	nei hao ma?	Ngo henhou	jie-jie nei
goodbye	yes	no	OK	not too bad
zoi gin	deu	bed	ho yi	bed co
shame!!	"Marde"!	there it is!	"cool"!!!	sorry
ho xig	Marde	zoi na lei?	gig miu	deu bed hei

b. Verbs:

to be	have	like	want	can
xi	yeo	hei fun	yiou/seng	neng
do	say/speak	go	come	give
zog	xud/gong	heu	lei	keb
take	eat	drink	sleep	know
na	xi	hod	seu gao	ji dou/ying xig
understand	must			
ming ba	bid seu			

c. Prepositions:

some	a	the	to	from
yed se	yed gou	ze gou	dou	cung

Pronouns:

I	you	he	she	we
ngo	nei	ta	ta	ngo men

this	that	Mr	Mrs.
ze gou	na gou	xin seng	fu yin

d. Nouns:

money	thing	man	woman	water
qin	dong sel	han yin	neu yin	sui

car	ticket	book	friend	time
hei qie	piu	xu	peng yeo	xi gan

f. Adjectives/
adverbs/Other:

good	bad	big	small	now
hou	wai	dai	xiu	yin zai

later	a little	wonderful!	happy	easy/difficult
yi heo	yed dim	bang	gou hing	yong yi/kuen nan

here/there
ze lei/na lei

g.
Interrogatives:

how much?	where?	what?	who?	when?
Do xiu	nalei?	Seb mo	seu	seb mo xi heo

Note: What is that? Question?
 Na xi seb mo? Ma?

h. Numbers:

one	two	three	four	five
yed	yi/leng	sam	sei	ng

i. And some survival words:

WC (qi so)	hour (xiu xi)
pardon (deu bed hei)	minute (fei zung)
always (wing yun/zung)	hamburger (hon bou bou)
fast/slow (fai/man)	think (seng)
but (dan xi)	read (nim/dug)
never (cung loi bed)	write (se)
please (qing)	laugh (xiu)
food (seb med)	dance (tiu mou)
train (fo ce)	stop (ting ji)
bus (gung gung hei ce)	policeman (ging cad)
home (ga)	six (lug)
work (gung zug)	seven (ced)
time (xi gan)	eight (bad)
today (gem tin)	nine (geo)
tomorrow (ming tin)	ten (seb)
paper (ji)	hundred (yed bag)
newspaper (bou ji)	thousand (yed qin)
day (tin)	mate (fo bun)
week (xing kei)	see you later (yi heo gin)
year (nin)	

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

English/Mandarin/Cantonese

(Good idea to type or write out your own copy . Seed reading time two times 4 minutes)

BASICS:

Hello	Ni hao	Nei hou
Yes/no	dui/bu	deu/bed
Please	Qing	qing
Thank you.	xie-xie ni	jie jienei
Excuse me	dui-bu-qi	deu bedhei
Everything is OK!	Mei-zhong dong-xi dou hao	nei zou sen hou
Good morning	Ni zao/zao-chen hao	nei hou
Good-bye.	Zai-jian	zoi gin
My name is ...	Wo jiao (called)	ngo giu ...
What is your name?	Ni jiao shen-mo... ?	Nei giu seb mo ...?
How are you?	Ni hao ma?	Nei hou ma?
Fine, thanks	Hen-hao, xiexie	hen hou jie jie
And you?	Ni na?	Nei na?
Where do you come from?	Ni cong nali lai?	Nei cung na lei loi?
I'm from:	Wo cong ... laide.	Ngo cung.....loi dig
France	Fa-Guo	fad guog
England	Ying-Guo	ying guog
America	Mei-Guo	mei guog
I work with:	Wo yu (with)...yi-qi gong-zuo:	Ngo yu....yed hei gung zog
UN	Llian-he-guo	lun heb guog
Red Cross	Hong-shi-zi hui	hong seb ji wui
Nokia	Nokia	nokia

QUESTIONS:

I must do this.

Wo bixu zuo zhe.

Ngo bid seu zog ze

You must do that.

Ni bixu zuo ma.

Ngo bid seu zog na

When/how?

Shen-mo shihou?/zen-mo?

Seb mo xi heo?/aem mo?

What/why?

shen-mo?/wei-shen-mo?

Seb mo?/wei seb mo?

Who/which?

Shui?/na-ge?

Seu?/na gog?

Where is ...?

... zai nali?

...zoi na lei?

Where can I find ...?

Zai Nali wo neng fa-xian ...?

Zoi na lei ngo neng fad yin..?

How much is it?

Ta duo-shao qian?

Ta do xiu qian?

Can you help?

Ni neng bang-zhu wo ma?

Nei neng bong zo ngo ma

What does this mean?

Zhe shi shen-mo yi-si?

Ze xi seb mo yi xi?

UNDERSTANDING:

I understand.

Wo dong.

Ngo dung

I don't understand.

Wo bu dong.

Ngo bed dung

Please repeat that again..

Qing zai shuo yi-bian

qing zoi xud yed pin

Can you translate this?

Ni neng fan-yi zhe ma?

Ngo ho yi yeo...ma?

Can I have ...?

Wo ke-yi you ...ma?

Do you speak ...?

Ni shuo ... ma?:

Nei xud ...ma?

English/Mandarin

Ying-wen/han-wen

ying men/hon men

I don't speak Mandarin.

Wo bu shuo han-wen.

Ngo bed xue hon men

I speak a little Mandarin.

Wo shuo yi-dian han-wen.

Ngo xud yed dim hn men

COMMENTS:

It's:

Right/wrong

big/small

cheap/expensive

good/bad

hot/cold

near/far

OK!

Zhe shi/hen:

dui/cuo

da/xiao

pian-yi/gui

hao/huai

re/leng

jin/yuan

Ke-yi

ze xi/hen

deu/co

dai/xiu

bin yi/guei

hou/wai

yid/lang

gen/yun

ho yi

FOOD:

I like:

breakfast

lunch

dinner.

Wo xi-huan:

zao-can

wu-can

wan-can

ngo hei fun

zoi can

ng can

man can

May I have some:

bread/butter

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Qing gei wo-dian ... ma?

mianbao/huang-you

ji-dan

niu-pai/tu-dou

ping-guo/cheng-zi

ka-fei/cha

niu-nai

guo-zhi

shui

Qing keb ngo din...ma?

min bao/wang yeo

gei dan

ngeo pai/tou deo

ping guo/ged ji

ka fei/ca

nego nai

guo zeb

Seu

I want to pay the bill.

There is a mistake.

Wo yao fu zhang-dan.

You yi-ge cuo-wu.

Ngo yiu fu zeng dan

Yeo yed gog cong

We are happy.

Wo-men gao-xing.

ngo mun gou hing

TRANSIT:

Where is the nearest shop?

Zui-jin de shang-dian zai nali?

Zeu gen dig seng dim zoi na lei?

Where to get a taxi?

Nali you chu-zu-che?

Na lei yeo ced zou ce?

How much to go to ...?

Dao ... xu duo-shao qian?

dou...seu do xiu qin?

Take me to ...

Dai wo dao ...

dai ngo do...

Please stop here.

Qing ting zai zheli.

Qing ting zoi ze lei

This is not the right road.

Zhe-tiao lu bu dui.

Ze tiu lou bed deu

Go straight ahead.

Zhi-zhe xiang qian zou.

Jig zeg heng qin zeo

It is there, on the:

Ta zai nali,zai...:

ta zoi na lei zoi...

left/right

zuo/you

zo/yeo

next to/after

xia-yi-ge/guo-bian

ha-yed/gog/guo heo

north/south

bei/nan

beg/nan

east/west

dong/xi

dung/sel

Where is the:

... zai nali?:

zoi na lei

town centre

zhen-zhong-xin

zen zung sem

pharmacy

yao-dian

yeg-dim

SHOPPING:

Do you have ...?

Ni you ...ma?

Nei yeo...ma?

How much is this/that?

Zhe-ge/na-ge duo-shao qian?

Ze gog/na gog do-xiu qin?

I will take it.

Wo jue-ding mai zhe-ge.

Ngo kvd-ding mai ze-gog

What colours have you?

Ni you shen-mo yan-se?

Nei yeo seb-mo ngan-xig?

Black	hei-se	heg-xig
Blue	lan-se	lam-xig
Red	hong-se	hung-xig
White	bai-se	bag-xig

I want to buy:	Wo xiang-mai	Ngo seng mai...
aspirin	a-si-pi-lin	a-xi ped-lem
soap	fei-zao	fei-zou
half kilo apples	ban gong-jin ping-guo	bun gung gen ping guo
litre of milk	yi sheng niu-nai	yed xing ngeo nai
film/newspaper	dian-ying/bao-zhi	din ying /bou ji

TELEPHONE:

Hello, I am ...	Wei, wo shi ...	Wei,ngo xi
Please speak:	Qing shuo:	Qing xud
louder	ta-sheng	dai-xing
slowly	man-man	man-man

I want to speak to:	Wo xiang he ...shuo-hua.	Ngo seng wo...xud-wa
Mr.	Xian-sheng	Xin-seng
Mrs.	Fu-ren	Fu-yen

When will he be there?	Ta shen-mo shi-jian zai nali?	Ta seb-mo xi-gan zoi na lei
Ask him to telephone me.	Ma-fan-ni qing ta da dian-hua gei wo.	Ma-fan-nei qing ta da din wa keb ngo

TIME:

Do you have much time?	Ni you dian shi-jian ma?	Nei yeo dim xi-gan ma?
What time is it?	Xian zai ji-dian le?	Yin zoi gei-dim liu?

The time now is:

five past one

quarter to three

twenty past four

half past six

Xian-zai ji-dian le?:

yi-dian ling-wu-fen

liang-dian san-ke

si-dian er shi fen

Liu-dian ban

Yin-zoi gei-dim liu?

yed-dim ling ng-fei

leng-dim sa-neg

sei-dim yi seb fei

lug-dim bun

MEETINGS:

We will see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

Wo-men jiang qu kan ni:

jin-tian

ming-tian

xia-ge-xing-qi

shang-wu

xia-wu

wan-shang

jin-wan

bu-jiu

ngo-mum zeng heu hon nei

gem-tin

ming-tin

ha gog xing kei

seng ng

ha ng

man seng

gem man

bed geo

You are right/wrong.

That is right

Ni dui le/cuo le.

Na dui le.

Nei deu liu/co liu

Nei duei

LOCATIONS:

Here/there

At the UN office

Zheli/nali

Zai liang-he-guo ban-gong-shi

Ze lei/na lei

Zoi lun-heb-guog bun bunb sed

Is it near/far

How many hours to go?

Ta Jin/yuan ma?

Qu nali yao duo-shao xiao-shi?

Ta zen/yun ma?

Heu na lei yiu do-xiu xiu-xi?

21. PLAY QUIZ

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

- | | |
|-------------------------|----------------------------------|
| a. I am well, thank you | Ho-yi |
| b. Excuse me | Jie-jie nei |
| c. Thank you. | Ngo hen hou, jie-jie nei |
| d. OK | Deu bed hei |
| e. You're here! | Nei hou ma? |
| f. Good work | Nei zoi ze lei |
| g. Hello | Nei hou |
| h. How are you? | Hou dig gung zog |
| i. Good morning! | Hen hou |
| j. What does this mean? | Deu bed hei |
| k. Sorry | Zou sen hou |
| l. Great!!! | Ze xi seb-mo yi-xi? |
| m. Yes | Deu bed hei |
| n. Please | Fug-mou-yun |
| o. I am sorry | Deu |
| p. Waiter? | Qing |
| q. How much is it? | Na lei/seb mo xi heo/wei seb mo? |
| r. Where is the toilet? | Ta do-xiu qin? |
| s. Where/when/why? | Yin zoi gei dim liu? |
| t. What time is it? | Gi-so zoi na lei |
| u. Can you help? | Ze xi seb-mo yi-xi? |
| v. I do not understand. | Qing man-man xud |
| w. What does this mean? | Nei neng beng-zo ngo ma? |
| x. Please speak slowly | Ngo bed dung |
| y. Bye bye for now!! | So yeo xi-qing dou hen hou!! |
| z. Everything is OK!! | Yin zoi zoi gin! |

Answers: In the Berlitz phrase book ... or email the Team ...drbobboland@hotmail.com

**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 YOUR APS. Then play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. THEN make a recording of sections 2-15 at high speed - your starting point! DO NOT ERASE IT. Then SPEAK with the tape. 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 and laugh 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	Cantonese (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 Cantonese and then check and discuss with a natural speaker)

1. Structure - subject, object and verb:

Wno zoi ze lei (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 CANTONESE ... 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!!**