

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 - Terima kasih!

NO. 360 - MALAY from ENGLISH

Version 3 - 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: Berlitz and Lonely Planet phrase books and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web. For Arabic script see CRE 304x.

Inspired by: Dr. Bob Boland (EI) and Ms. Kaii Chung and Ms. Dani Fajans and Dr. Peter Fajans (WHO) and Dr. I.H. Shah (WHO) and Dr. Sham Bathija (UNCTAD) and Dr. Giles Boland (Harvard) and Boston University and the Team

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

Copyright: RGAB/2003/3

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.	Terima kasih
Hello	Halo
Yes/no	Ya/tidak, bukan, jangan
Please	Tolong/sila
Excuse me	Maafkan-saya
Good morning	Selamat pagi
Good-bye.	Selamat tinggal
My name (is) ...	Nama saya ...
What is your name?	Siapa (who) nama awak (your)?
How are you?	Apa (how) kabar?
Fine thanks	Kabar baik, terima kasih
Where are you from?	Awak darimana?

INSTANT RELAXATION TECHNIQUE

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

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

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

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

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

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

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

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

SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Thank you	Ter-ima ka-sih	TEY-REEMA KAA-SEE
Hello	Hey	HAY
Mr.	En-cik	ENN-CHIK
Mrs.	Pu-an	PUU-WAAN
Yes	Yo	YOH
No	Ti-dak	TEE-DAKK
Good	Baik	BIKE
Please	To-long	TOO-LONNG
Do you have?	A-wak ad-a?	AA-WAK AD-AAA?
Goodbye	Sela-mat tinn-gal	SAA-LAA-MAT TEEN-GAL
See you soon !!!	Sel-amat Ja-lan!!!	SELLL-AMAAT JAA-LAN
Who?	Si-apa?	SEE-AAPA
What?	Ap-a?	AA-PA
I want	Sa-ya mahu	SAA-YA MAA-HOO
Where?	Di-mana?	DEE-MAA-NA
OK!	Baik-lah!	BIKE-LAA

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

NATURAL SUGGESTIONS

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

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

- 1 - Do IRT. Do the Throat exercise - 16 key words
Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel)
... make it fun! Review the Glossary (2 pages).
- 2 - Repeat the text (Sections 2-4) to understand every word!
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE
AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).
Review the Grammar (1 page) and the Glossary.
- 3 - Repeat the text (Sections 5-10) to understand every word!
Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.
Repeat the Throat exercise.
Begin to create simple conversation with the Mini-phrase book (Hello etc.).
- 4 - Repeat the text (Sections 11-16) to understand every word!
Play the tape with the text, SPEAKING SOFTLY with a good accent.
Do SPEED READING (Sections 2-16) and Mini-phrase Book.
- 5 - Play the tape WITHOUT the text, speaking with three different voices
- just for fun!. Create conversation with the Mini-phrase book.
Do SPEED READING (2-16).
- 6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.
Do the quiz (1 page). Create conversation with mini phrase book.

Do **SPEED READING (2-16)** and **Mini-phrase book 14 minutes**.
Do **APS** and plan for 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 REINFORCMENT** as needed but not in the car!

7. Use **SIMPLE SHORT** sentences and be **CONFIDENT** as you begin to talk to people ... expect **SUCCESS** ... and you will **NOT** be disappointed ... and try just one **MORE** new thing ... just for fun in this one week ... drink one litre of **WATER EVERY DAY** ... it rinses mind and body and has a **REMARKABLE** preventive/curative therapeutic effect ... to support new learning ... on we go together.

1. GENTLE RELAXATION ...

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

"Malay place" ... in your mind ...

2. HERE AND THERE:

Saya (I) (ini) di-sini (here).

Awak di-sana (there).

Awak di-sana?

Ya, awak d-sana.

Awak di-sini?

Tidak, awak bukan (not) di-sini.

Itu (it) di-sini..

Di-mana itu?

Itu di-sini.

Itu di-sana?

Saya tidak tahu (know).

Di-mana Miguel?

Dia bukan di-sini.

Di-mana dia?

Saya bukan tahu.

Ya. Ampun! Dia di-sana!

Dia baik-saja.

I (am) here.

You are there.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

O. Darn! There he is!

He is wonderful.

3. LIKING:

Saya suka (like) awak (you).

I like you.

Awak suka saya?

Ya, saya, suka awak.

Awak suka wang?

Ya (yes) saya suka wang.

Saya suka a-yer (water).

Awak suka (like) a-yer?

Saya suka sedikit (some) buku.

Dia suka kereta.

Dia tidak (not) suka kereta.

Awak suka makan-malam (dinner).?

Tidak, saya tidak suka makan-malam.

O. Ampun! Mate!

Jangan chakap (say) -lah (please) Mate!

4. DOING:

Saya buat.

Saya buat ini.

Awak buat itu (that)?

Buat-lah itu!!

Ya Ampul!!

Itu baik-sekali!

5. CAN/ABLE TO DO:

Saya boleh (can) bikin..

Saya boleh bikin (do) itu?

Ya, saya boleh bikin.

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. Wah! Mate!

Please, do not say Mate!

I do.

I do this.

Do you do that?

Do that please!!!

O. Darn!!

It is wonderful!

I can do

Can I do it?

Yes, I can do.

Awak bikin (do) ini?

Ya, saya boleh (can) bikin itu.

Saya boleh makan (eat) sedikit (little).

Saya boleh minum (drink) sedikit.

Saya mahu pergi (go).

Saya boleh datang (come)?

Saya boleh tidur (sleep).

Awak boleh chakap (speak).

Awak boleh (can) chakap?

Ya, saya boleh.

Awak boleh bikin (do) ini?

Tidak, saya tidak (not) boleh bikin itu.

Awak boleh mengerti?

Awak boleh mengerti?

Mengerti?

Ya, sedikit.

Awak boleh chakap Mate?

Ya, saya boleh chakap sedikit (little) Malay!

Oya. Ampul! Saya baik-baik!

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?

Can you understand?

Yes, a little.

Can you say Mate?

Yes, I can speak a little Malay!

O. Darn! I am wonderful!

6. UNDERSTANDING:

Saya mengerti.

Saya tidak mengerti.

Awak mengerti.

Awak tidak mengerti.

I understand.

I do not understand.

You understand.

You do not understand.

Awak boleh mengerti perem-puan (women)?

Can you understand women?

Tidak, saya tidak mengerti mereka (them).

No. No. I can not understand them!!!

Ya. Ampul! Mate!

O. Darn! Mate!

Jangan chakap-lah Mate!

Please, do not say Mate!

Awak bagus!

You are wonderful!

7. WANTING:

Saya mahu.

I want.

Saya mahu makan sedikit.

I want to eat a little.

Saya mahu minum a-yer.

I want to drink the water.

Saya mahu pergi ke tandas!!

I want to go to the toilet!!!

Awak mahu makan sedikit?

Do you want to eat a little?

Tidak, saya tidak mahu makan.

No, I do not want to eat.

Kho! Saya mahu kasi awak sedikit.

Wah! I want to give you a bit.

Tidak, terima kasih.

No thank you.

Saya mahu datang.

I want to come.

Awak mahu tidur?

Do you want to sleep?

Tidak. Saya tidak mahu tidur.

No, I do not want to sleep.

Miguel, awak mahu makan (eat) kodok (frogs)?

Miguel do you want to eat the frogs?

Wah! Tidak sekarang, terima kasih!

Wah! Not just now, thank you!

Kita baik-baik!

We are wonderful!

8. GETTING:

Tolong (please) kasi saya (me) wang.

Please give me the money.

Ambil wang-nya.

Take the money.

Saya ambil (take) wang-nya.

Tolong, kasi saya karcis.

Ambil karcis.

Saya ambil karcis.

Tolong kasi saya barang (thing)

Demana (where) barang?

Saya tidak tahu.

Kasi saya yang besar (big) orang laki-laki!

Wah!!! Perem-puan chantik (great) !!

Dia baik-baik!

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 big man!

Wah!!! What a woman!!

She is wonderful!

9. HAVING:

Saya punya barang.

Saya tidak punya barang..

Awak punya barang.

Kati punya barang.

Dia punya barang.

I have one thing.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

Nona, saya ada (have) sedikit waktu (time)!

Tetapi (but), awak ada sedikit wang (money),
Encik?

Tidak.

O. Matel

Jangan chakap (say) -lah (please) Mate!

Miss, I have a little time!

But, do you have a little money, Sir?

No.

Oh. Matel!

Please, do not say Mate!

10. ORDERING (POLITELY):

Tolong kasi (give) saya barang (thing).

Please give me the thing.

Tolong kasi saya wang.

Kasi-lah a-yer.

Terima kasih.

Tidak minum-lah (drink) a-yer di-Peranchis!!

Minum anggur!!

Datang-lah (please) ke-sini.

Pergi-lah ke-sana.

Minum-lah ini.

Jangan makan itu!

Kasi-lah saya ini.

Jangan-lah ambil (take) itu.

Chakap-lah ini.

Tolong, jangan (not) chakap Mate!

Wah! Terima kasih. Awak baik-baik.

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 Mate!

O! Thank you. You are wonderful!

11. GREETING:

Hey Pak.

Selamat Paula.

Selamat pagi, Miche.

Pagi, Sancos.

Apa kabar, Xavier?

Kabar baik. Terima kesih, Khulu,

Baik, Xavier?

OK, terima kesih Miguel.

Selamat tinggal Giles.

Hello Sir.

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Xavier?

I am well, thank you, Khulu.

How goes it, Xavier?

OK, thank you Miguel.

Goodbye Giles.

Yuk, Judith.

Bye bye Judith.

Ya, baiklah, Hollie.

Yes OK, Hollie.

Itu bagus, Heidi!

It is wonderful, Heidi!

Baiklan Sam.?

OK Sam?

Ya baiklan, Lucie.

Yes OK, Lucie.

Bagus, Henri.

Not too bad, Henri.

Baik-baik aja, Sayang-ku?

Are you well, my darling?

Engga!!

No!!!

Wah. Dia bagus!

Darn! She is wonderful!

12. DESCRIBING:

Itu baik.

It is good.

Itu tidak baik.

It is not good.

Itu jelek.

It is bad.

Itu buku.

It is a book.

Itu besar?

Is it big?

Tidak, itu kecil.

No, it is small.

Itu mudah (easy)?

Is it easy?

Tidak itu susah.

No, it is hard.

A-yer (water) baik?

Is the water good?

Tidak, a-yer tidak baik di-Peranchis!

No, the water is not good in France!!

O Mate!!

Oh Mate!!!

Jangan (please not) chakap-lah Mate!

Please, do not say Mate!

Kita baik-baik?

Are we wonderful?!

Wah ! Ya!! Kita bagus!!

Darn! Yes!! We are great!!

13. KNOWING (THINGS & PEOPLE):

Saya tahu ini.

Awak tahu ini?

Ya , saya tahu ini.

Awak tahu itu.

Awak tahu itu?

Tidak, saya tidak tahu itu.

Saya kenal (know) perem-puan (woman) itu (that).

Saya kenal orang laki-laki (man) itu.

Dia kenal saya.

Awak kenal perem-puan (woman) itu?

Tidak. Sleamat pagim, Ibu.

Apoa khabar, Ibu?

Engga, saya sakit (sick)!! Selamat Jalan!

Awak tidak kenal dia!

Wah! Dia baik-baik!

I know this.

Do you know this?

Yes, I know this.

You know that.

Do you know that?

No, I do not know that.

I know that woman.

I know the man.

He knows me.

Do you know that woman?

No. Good morning Miss?

How are you, Miss?

No, I am not well!!! Bye-bye!!

You do not know her!

Darn! She is wonderful!

14. NUMBERING:

Saya ada (have) satu (one) pertanya (problem).

Ya, awak ada satu pertanya.

Tidak, awak ada dua (2).

Dia ada tiga (3).

Dia ada empat (4).

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

Kita ada lima (5) pertanya.
Aawak ada lima?
Ya saya baru (now) ada lima pertanya!
Semua anak-anak.
Anak-anak bagus!

We have five.
Do you have five?
Yes I now have five problems!!!
All the children!
Children are wonderful!

15. ASKING:

Berapa harga buku?
Lima dollar.
Berapa harga ini barang?
Berapa?
Empat dollar.

How much costs the book?
Five dollars.
How much is this thing?
How much?
Four dollars.

Dimana itu?
Itu di-sana (there).
Tidak, itu tidak di-sana.
Tolong, dimana tandas (toilet)?
Tandas di-sana.

Where is it?
It is there.
No, it is not there.
Where is the toilet, please?
The toilet is ove there.

Apa itu?
Ma-af. Apa?
Itu.
O, itu bagus (good) buku.
Awak mahu (want) apa (what)?

What is that?
Pardon. What?
That.
Oh, it is aa good book.
What do you want?

Saya mahu anggur, tolong.
Siapa di-sini (here)?
Kita di-sini.

I want the wine, please.
Who is here?
We are here.

Siapa perem-puan itu?
Saya tidak tahu (know).
Wah sayang! Dia Madonna!
Perem-puan chantik (great) sekali!
Dia bagus.

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

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Saya di-sini.
Awak di-sana.
Saya suka awak (you).
Awak suka wang (money).
Dia bikin ini.

I am here.
You are there.
I like you.
You like the money.
He does this.

Dia bikin itu.
Saya boleh chakap sedikit bahasa Malayn!
Awak tidak boleh bolehng (say) Mate!

She does that.
I can speak a little Malay!
You can not say Mate!

Saya mengerti awak.
Awak tidak mengerti saya.
Saya mahu pergi ka bar.
Awak mahu pergi ka tandas.

I understand you.
You do not understand me.
I want to go to the bar.
You want to go to the toilet.

Sayang-ku, saya ada banyak (lot) waktu!
Tetapi (but), awak ada banyak (lot) wang (money)
engga, Encik?

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

Jangan (not) minum-lah (drink) a-yer di-
Peranchis!!

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

Minum-lah anggur!!

Drink the wine!!

Apa kabar, Eliza?

Kabar baik, terima kasih, Khulu.

Itu besar, Encik?

Tidak, itu kecil, Ibu.

Awak tidal kenal perem-puan itu!

Wah! Dia baik-baik!

Ya saya baru ada saja lima pertanya (problems)!!

Semua anak-anak!

Itu apa?

Ma-af. Apa?

Itu di-sana.

Tidak buruk saja!!

Wah!!!

OK?

Wah "keren".

Bagus-deh!!!

Bagus-sekali!!!

Jangan bilang (say) Mate!!!

Tidak bagus!!

Saya mesti bikin ini.

Awak mesti bikin itu.

Baik-baik?

How are you, Eliza?

I am well, thank you, Khulu.

Is it big, Sir?

No, it is small, Madame.

You do not know that woman!

Wah! She is wonderful!

Yes now, I have five problems!!!

All the children!

What is that?

Pardon, What?

There it is.

Not bad!!!

Darn!

OK?

It's cool!

It's cool! (classy)

It's really cool! (upper class)

Do not say Mate!!!

It is not cool (upper class)!!!

I must do this.

You must do that

Wonderful?

Ya, Awak sekali baik!

Selamat Jalan!!

Yes you really are wonderful!

See you later!

Note: Speed reading - 14 minutes

17. CLOSING

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

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

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

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

18. NATURAL VOCABULARY

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
hey	selamat pagi	apa kabar?	kabar baik	terima kasih
goodbye	yes	no	OK	not too bad
selamat tinggal	ya	tidak/bulkan/ jangan	baiklah	tidak buruk saja
Darn!	Matel	there it is!	"cool"!!!	sorry
Wah	Mate	itu si-sana	baik/bagus sekali	ma-af/maafkan saya

b. Verbs:

to be	have	like	want	can
ada	punya/ada	suka	mahu	boleh
do	say/speak	go	come	give
buat/bikin	chakap	pergi	datang	kasi
take	eat	drink	sleep	know
ambil	makan	minuman	tidur	tahu/kenal
understand	must	get	find/see	think
mengerti	mesti	ambil	jumpai/likat	fikir

c. Prepositions:

some	a	the	to	from
sedikit	-	-	ke-pada	dari

d. Pronouns:

I	you	he	she	we
saya	awak	dia	dia	kita

it	this	that	Mr	Mrs.
itu	ini	itu	Encik	Puan

e. Nouns:

money	thing	man	woman	water
wang	barang	laki-laki	perem-puan	a-yer

car	ticket	book	friend	time
kereta	karcis	buku	teman	pukul

f. Adjectives/
adverbs/+Other:

good	bad	big	small	now
baik/bagus	jelek	besar	kecil	sekarang

later	a little	wonderful!	happy	easy/difficult
nanti	sedikit	baik-baik	senang	mudah/susah

here/there	please
di-sini/di-sana	tolong

g. Interrogatives:

how much?	where?	what?	who?	when?
berapa harga?	di-mana?	apa?	siapa?	bila?

Note:	What (is) that?	Please	Question?
	Apa itu?	tolong/-lah	... ?

h. Numbers:

one	two	three	four	five
satu	dua	tiga	empat	lima

i. And some survival words:

WC (tandas)	hour (pukul)
always (selalu)	minute (menit)
fast/slow (cepat/lambat)	hamburger (hamburger)
but (tetapi)	read (baca)
never (janagan)	write (tuliskan)
please (tolong/-lah)	laugh (ketawa)
food (makanan)	dance (tari)
train (kereta- api)	stop (berhenti)
bus (bis)	policeman (mata-mata)
home (rumah)	six (enam)
work (kerja)	seven (seribu)
time (khali/pukul)	eight (delapan)
today (hari-ini)	nine (sembilan)
tomorrow (esok)	ten (sep-puluh)
paper (kertas)	hundred (se-ratus)
newspaper (surat-khabar)	thousand (se-ribu)
day (hari)	mate (kawan/teman)
week (minggu)	bye bye for now (selamat jalan) ...!
year (tahun)	

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?

4. 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:

Hello

Halo

Yes/no

Ya/tidak, bukan, jangan

Please

Tolong/sila

Thank you.

Terima kasih

Excuse me

Maafkan-saya

INTRODUCTIONS:

Good morning

Selamat pagi

Good-bye.

Selamat tinggal

My name (is) ...

Nama saya ...

What is your name?

Siapa (who) nama awak (your)?

How are you?

Apa (how) kabar?

Fine thanks

Kabar baik, terima kasih

And you?

Dan (and) awak?

Where are you from?

Awak darimana?

I'm from:

Saya datang dari (from):

France

perancis

England

inggris

America

amerika

I work with:

Saya kerja (work) di:

UN

UN

Red Cross

Nokia

Palang Merah

Nokia

QUESTIONS:

When/how?

What/why?

Who/which?

Where is/are ...?

Where can I find ...?

How much is it?

Please, can you help me?

What does this mean?

Bila/-?

Apa/mengapa?

Siapa/yang mana?

Dimana ada (are) ...?

Dimana saya boleh (can) nampak ...

Berapa harga ini?

Tolong awak menolong (help) saya?

Apa (what) artiniza (mean) ini?

UNDERSTANDING:

I understand

I don't understand.

Please say that again..

Can you translate this?

Can I have...?

Do you speak:

english/malay?

I cannot speak

I can speak a little ...

Saya mengerti

Saya tidak (not) mengerti

Tolong katakan sekali (again) lagi ...

(question) awak boleh (can) terjemahkan i?

Saya boleh (can) mendaparthan ...

Awak boleh chakap (speak):

inggris/malayn?

Saya tidak boleh chakap ...

Saya boleh chakap sedikit (little) ...

COMMENTS:

It's:

better/worse
big/small
cheap/expensive

good/bad
hot/cold
near/far
vacant/occupied

Itu:

lebih baik/ yang paling buruk
besar/kecil
murah/mahal

baik+/jelek
panas/dingin
dekat/jauh
kosong/terpakai

FOOD:

I like:

breakfast
lunch
dinner

Saya ingin:

makan pagi
makan siang
makan malam

May I get some:

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

Boleh (may) saya ambil (get) sedikit:

roti/mertega
Keju
Telur
daging/kentang
apel/jerul manis
Kopi
Susu
es buah
a-yer
teh

I want to pay now.

Saya mahu (want) bayar sekarang (now).

I think there is a mistake.

Saya pikir (think) ada kesalahan (mistake).

I enjoyed it.

Saya sudah menikmati (enjoy) itu

TRANSIT:

Where is the nearest shop:

Dimana toko (shop) ter- dekat?

Where can I find a taxi?

Dimana saya boleh nampak (find) taksi?

How much I must pay ...?

Berapa saya mesti (must) bayar...?

Take me to this address.

Membana (take) saya ke alamat (address) ini.

Please stop here.

Tolong berhenti (stop) di sini.

This is the wrong road.

Ini salah (wrong) jalan

Straight ahead.

Terus

It's there, on the:

Itu di sana, di:

left/right

kiri/kanan

next to/after

lalu/sesudah

north/south

utara/selatan

east/west

timur/barat

Where is:

Dimana:

the town centre

pusat (centre) kota

the pharmacy

apotik

SHOPPING:

Have you ...?

Ada (have)-kah (question) awak ...?

How much is this/that?

Berapa ini/itu?

I will take it.

Saya mahu (take) ambil (will) itu

What colours are there?

Ada warna (colours) apa (what) saja (are)?

Black

Hitam

Blue

Red

White

Yellow

Green

Biru

Merah

Putih

Kuning

Hijau

I want to buy:

aspirin

soap

half kilo apples

one litre of milk

film/newspaper

Saya mahu (want) beli:

lain aspirin

lain sabun

setengah (half) kilo apel

satu (one) liter susu

film/koran

TELEPHONE:

Hello, this is ...

Please speak:

louder

slowly

Halo saya ...

Tolong (please) chakap:

agak (more) kuat-kuat

agak perlahan-pelahan

I want to speak to:

Mr.

Mrs.

Miss

Boleh (may) saya chakap dengan (to) :

Encik

Puan

Nona

When is he here/there?

Ask him to telephone me.

Bila (when) dia (he) di (is) sini/di sana?

Minta (ask) dia tepon saya

TIME:

Have you enough time?

What time is it? ...

Ada (have) -kah (question) awak cukup waktu?

Berapa jam (hour) sekarang (now)?

The time is:

five past one

quarter to three

twenty past four

half past six

Pukul (o.clock):

satu (5) lebih (past) lima (1)

tiga (3) kurang (before) seperempat
(quarter)

empat (4) lebih dua-puluh (20)

enam (60) lebih (past) tiga-puluh (30)

MEETINGS:

We will see you:

today

tomorrow

next week

Kita (we) akan bertemu (see) awak...

hari ini

besok

minggu depan

**In the morning/tomorrow
morning**

pagi ini/besok pagi

in the evening

malam ini

tonight

nanti malam

soon

segera

You are right/wrong

Awak benar/salah

That is right

Itu benar

LOCATIONS:

Here/there

Di sini/di sana

At the UN office

Di kantor UN

Is it near/far

Itu dekat/jauh?

How many hours?

Berapa pukul/berapa lama?

21. PLAY QUIZ

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

- | | |
|-------------------------|-----------------------------|
| a. I am well. | Baiklah |
| b. Excuse me | Terima kasih. |
| c. Thank you. | Saya baik-baik. |
| d. OK | Maafkan-saya. |
| e. You're here! | Kerja baik. |
| f. Good work | Apa kabar? |
| g. Hello | Awak di-sini |
| h. How are you? | Halo |
| i. Good morning! | Selamat tinggal. |
| j. What does this mean? | Baik-baik!!! |
| k. Goodbye | Selamat pagi. |
| l. Great!!! | Apa ini? |
| m. Yes | Pak? |
| n. Please | Tolong. |
| o. I am happy | Ya. |
| p. Waiter? | Saya senang. |
| q. How much is it? | Pukul berapa sekarang? |
| r. Where is the toilet? | Dimana/bila/mengapa?? |
| s. Where/when/why? | Tandas dimana? |
| t. What time is it? | Berapa ini? |
| u. Where is it? | Saya tidak mengerti. |
| v. I do not understand. | Dimana ini? |
| w. What does this mean? | Tolong chakap agak peram. |
| x. Please speak slowly | Mengapa ini? |
| y. I must go! | Tiap-tiap barang baiklah! |
| z. Everything is OK! | Sekarang, saya mesti pergi! |

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 ...

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 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 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	Malay (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 Malay and then check and discuss with a natural speaker)

1. Structure - subject, object and verb:

Saya (ini) di-sini.

I (am) here.

The CHILD is here.

Question - is the child here?

2. Articles:

A child here is.

3. Nouns:

Child-REN 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:

THIS child is here.

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 (with "me" to indicate the present tense):

I am/have/want

You are/have/want

He is/has/wants

CRE - CREATIVE RELAXATION EXERCISE THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT - 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"

Opportunity for AID WORKERS on short or long missions to developed and developing countries to feel more comfortable and effective in achieving better working relationships in English, with local government, refugees, client and project staff as they perceive the effort to speak the local language with a good accent, and thus to respect and value the local culture.

Description: dynamic English-based brief language learning system developed with some UN staff and available in: Dari, Pashto, Turkmen, Uzbek, Tajik, Russian, English, French, German, Spanish, Portuguese, Finnish, Arabic, Urdu, Indonesian, Malay, Shona, Mandarin and with other languages in process: Cantonese, Xhosa, Zulu, Tswana, Swedish, Hindi, Nepali, Italian, Zulu, Swahili etc.

Designed for: non-speakers to acquire a confidence very rapidly, in the basics of the local natural language, and for current speakers to achieve significant accent improvement.

Course duration: one hour of professional instruction in CRE and then at individual discretion during one week, with 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 the CRE technique to achieve intuitive absorption of the natural language with confidence and without stress. Designed to handle varying individual value systems and needs. CRE technique, once acquired, can be easily used for any other language or dialect.

Further information: email drbobboland@hotmail.com.

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, UNEP, UNIDO, Shell, Burma, Barlows, Baxter, Nokia etc.

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION
(Challenge - complete with MALAY and then check 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. I find | 17. First | 18. For | 19. Friend | 20. From |
| 21. I go | 22. Good | 23. Goodbye | 24. Happy | 25. I have |
| 26. He | 27. Hello | 28. Here | 29. How | 30. I |
| 31. I am | 32. If | 33. In | 34. I know | 35. Last |
| 36. I like | 37. Little | 38. I love | 39. I make | 40. Many |
| 41. One | 42. More | 43. Most | 44. Much | 45. My |
| 46. New | 47. No | 48. Not | 49. Now | 50. Of |
| 51. Often | 52. On | 53. One | 54. Only | 55. Or |
| 56. Other | 57. Our | 58. Out | 59. Over | 60. People |
| 61. Place | 62. Please | 63. Same | 64. I see | 65. She |
| 66. So | 67. Some | 68. Sometimes | 69. Still | 70. Such |
| 71. I tell | 72. Thank you | 73. That | 74. The | 75. Their |

- | | | | | |
|-------------|----------|--------------|-----------|-----------|
| 76. Them | 77. Then | 78. There is | 79. They | 80. Thing |
| 81. I think | 82. This | 83. Time | 84. To | 85. Under |
| 86. Up | 87. Us | 88. I use | 89. Very | 90. 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! Thus 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, and from now on - relax and remember!!**