

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"

NO. 396 - UZBEK from ENGLISH

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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 Phrasebooks and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web.

Source: Dr. Bob Boland (EI) and Dr Fairouz Mishanova (Agha Khan Foundation), Gulzoda Seidove (Uzbekistan), Patrick McCrann (Harvard - Peace Corps Uzbekistan) and Dr Shams Bathija (UNCTAD) and Dr Heli Bathija (WHO) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/introduction.htm> for text.

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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!! ...

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" 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 your 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 Uzbek WORD many times slowly ... and then at HIGH speed)

Hello	Salam-alei-kum	SALAM-ALAYY-KUM
Mr.	Ak-a	AKK-AA
Mrs.	Kha-num	HA-NUMM
Yes	Ha	HAA
No	YOQ	YOQQ
Good	Yakk-shi	YA-SCHERR
Please	Ilt-imos	EELT-IMOS
Do you have?	Sizda bor-mi?	SEZDA BORRR-MM
Thank you	Rah-mat	RAKK-MATT
Goodbye	Ha-ir	HIGH-YER
Until we meet again!!	Korish-gun-cha!!	KORR-IISH GUN-CHA
Who?	Kim?	KIM
What?	Nima?	NI-MAA
I want	Hoh-laiman	HAL-LAYMAN
Where?	Qa-erda?	KAA-YERRRDA
OK!	Zor!	ZZERR

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

NATURAL SUGGESTIONS

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

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

1 - Do IRT. Do the Throat exercise - 16 key words

Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel) ... make it fun! Review the Glossary (2 pages).

2 - Repeat the text (Sections 2-4) to understand every word!

Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.

Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).

Review the Grammar (1 page) and the Glossary.

3 - Repeat the text (Sections 5-10) to understand every word!

Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.

Repeat the Throat exercise.

Begin to create simple conversation with the Mini-phrase book (Hello etc.).

4 - Repeat the text (Sections 11-16) to understand every word!

Play the tape with the text, SPEAKING SOFTLY with a good accent.

Do SPEED READING (Sections 2-16) and Mini-phrase Book.

5 - Play the tape WITHOUT the text, speaking with three different voices - just for fun! Create conversation with the Mini-phrase book.

Do SPEED READING (2-16).

- 6 - Play the tape **SPEAKING** with a beautiful **CONFIDENT** accent.
Do the quiz (1 page). Create conversation with mini phrase book.
Do **SPEED READING** (2-16) and Mini-phrase book 14 minutes.
Plan for individual review next week, helping partners as needed.

NATURAL SUGGESTIONS (continued)

Generally:

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

1. GENTLE RELAXATION ...

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

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

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

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

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

2. HERE AND THERE:

Note: For easy learning many word endings: man, siz, mi & mai etc. are shown separately or hyphonated ... -man ... -siz ... etc.

Men (I) bu-erda (here) man.

I am here.

Siz (you) shu-erda (there) siz.

You are there.

Siz shu-erda mi (question)?

Are you there?

Ha (yes), shu-erda siz.

Yes, you are there.

Siz bu-erda siz mi (question)?

Are you here?

Yoq, bu-erda emas (NOT) -siz.

No, you are not here.

U bu-erda.

It (is) here.

U qa-erda (where)?

Where is it?

U bu-erda.

It is here.

U shu-erda (there) mi (question)?

Is it there?

Men bil-(know)-mai-(NOT)-man,

I do not know.

Miguel qa-erda?

Where (is) Miguel?

U bu-erda emas (NOT).

He is not here.

U qa-erda?

Where is he?

Men bil-mai (NOT)-man.

I do not know.

U shu-erda (there)!

There he is!

U ajoyib!

He (is) wonderful!

3. LIKING:

Siz-ga (to you) men-ing (my) hush-im (like) kel-adi (come).

I like you. (lit. "to you my liking comes")

Men-ga (to me) siz-ing (your) hush-im kel-adi (come) mi (question)?

Do you like me?

Ha, siz-ga hush-im (liking) kel-adi.(come).

Yes, I like you.

Siz-ga pul (money) yo-kadi-(like) mi (question)?

Do you like money?

Ha, men-ga pul (money) yo-kadi (like).

Yes, I like the money.

Men-ga suv (water) yo-kadi.

I like water.

Sizga suv (water) yo-kadi.

You like water.

Men-ga kitob (book) yo-kadi.

I like the book.

U-nga (to him) mashina (car) yo-kadi.

He likes the car.

U-nga (to her) mashina yok-mai (NOT)-di.

She does not like the car.

Bu (this) yemak (food) siz-ga (to you) yo-kadi mi?

Do you like this food?

Yoq, bu yemak men-ga (to me) yok-mai- (NOT)-di.

No, I do not like the food.

Men ... ista-man. Man ... istai-yap-man.

I would like to have ...

Men ... sotib-olish-ni (buy) istai-man

I would like to buy...

Men borish-ni (go) istai-man

I would like to go.

Iltimos (please), "MART" deh-mang (say NOT)!

Please do not say "MART"!

4. DOING:

Men kila-man (do).

Men bu-nuh (this - object) kila-man.

Siz (you) kila-siz.

Siz u-nuh (that) kila-siz.

Biz (we) u-nuh kila-miz.

Va (and) biz hursand-(happy)-miz.

U oson (easy) mi (question)?

Ha (yes), u qiyen (difficult) emas (NOT).

Siz bu-nuh (that) kila-(do) siz?

Iltimos (please), u-nuh (that) kil-ing!!!

U ajoyib!

I do.

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?

Please, do that!!!

It is wonderful!

5. CAN/ABLE TO DO:

Men XXX-a ola-man (can).

Men XXX-a ola-man mi?

Ha, kil-a ola-man.

I can XXX.

Can I?

Yes, I can do (it).

Siz bu-nuh (this) kil-a (do) ola-siz mi?

Ha, men u-nuh (that) kil-a (do) ola-man (can).

Can you do this?

Yes, I can do that.

Men oz (little) yey-a (eat) ola-man.

Men oz ich-a (drink) ola-man.

I (can) eat a little.

I (can) drink a little.

Men ket-a (go) ola-man.
Men kel-a (come) ola-man.
Men ukhlay-a (sleep) ola-man.

I can go.
I can come.
I can sleep.

Siz gapir-a (speak) ola-siz.
Siz gapir-a (speak) ola-siz mi (question)?
Ha. Men gapir-a ola-man (can).

You can speak.
Can you speak?
Yes. I can speak.

Siz bu-nuh (this) kil-a (do) ola-siz mi?
Yoq, men bu-nuh (that) kil-a ol-mi (NOT) -man.

Can you do this?
No, I can not do that.

Siz tushun-a (understand) mi?
Siz tushun-a ola-siz mi?
Ha (yes), ozgina.

You understand?
Can you understand?
Yes, a little.

Siz "MART" ait-a (say) ola-siz mi?
Ha, men ozgina (little) Uzbekcha gapir-a ola-man.
Men Usbek-cha gaplasha (speak) ola-man.
Men ajoyib-man!

Can you say "MART"?
Yes, I can speak a little Uzbek.
I can speak Uzbek.
I am wonderful!

6. UNDERSTANDING:

Men (I) tushun-a-man.
Men tushub-yap-man.
Men tushun-ma (NOT) -man.
Men tushun-ma (NOT) yap-man

I understand.
I understand.
I do not understand.
I do not understand.

Siz tushun-a-siz.

You understand.

Tushun-yap-siz-mi?

Siz tushun-mai (NOT) -siz.

Do you understand?

You do not understand.

Siz Ingliz-cha gaplasha (speak) -siz mi?

Yoq.

Siz ayollar (women) ga tushun-asiz mi?

Yoq. Yoq. Men ular-nuh (them) tushun-mai (NOT) -man!

Iltimos, "MART" deh-mang!

Siz ajoyib-siz!

Do you speak English?

No.

Do you understand women?

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

Please do not say "MART"!

You are wonderful!

7. WANTING:

Men hohlai-man.

Men ozgina (little) yey-ishni (eating) hohlai-man.

Men suv (water) ich-ishni (drinking) hohlai-man.

Men hojathona-ga ket-ishni (going) hohlai-man!!!

I want.

I want to eat a little. (lit. I want eating)

I want to drink the water.

I want to go to the toilet!!!

Siz ozgina (little) yey-ishni hohlai-siz mi?

Yoq, man yey-ishni (eating) hohlai-mai (NOT) -man.

Men siz-ga ozgina (bit) ber-ishni (giving) hohlai-man.

Yoq. Rahmat.

Do you want to eat a little?

No, I do not want to eat.

I want to give you a bit.

No, thank you.

Men kel-ishni (coming) hohlai-man.

Siz ukhla-shni (sleeping) hohlai-siz mi?

Yoq, men hohla-mai (NOT) -man.

I want to come.

Do you want to sleep?

No, I do not want (to sleep).

Miguel, siz eatlar (dogs) yey-ishni hohlai-siz mi? Miguel do you want to eat the dogs?
MART! Hozirda (now) yoq, rahmat! MART! Not now, thank you!
Biz ajoyib-miz! We are wonderful!

8. GETTING:

Iltimos, men-ga (to me) pul-nuh (money) ber-ing (give). Please give me the money.

Iltimos, pul-nuh ol-ing (take). Please take the money.

Men pul-nuh ol-aman. I take the money.

Iltimos, men-ga bilet ber-ing. Please give me the ticket.

Iltimos, bilet-nuh ol-ing. Please take the ticket.

Men bilet-nuh ol-aman. I take the ticket.

Iltimos, men-ga (to me) narani (thing) ber-ing. Please give me the thing.

Bu (thing) qa-erda (where)? Where (is) the thing?

Men bil-mai (NOT) -man. I do not know.

Iltimos, men-ga kishi (man) ber-ing (give)! Please give me a man!

Qandai (what) ayol (woman!!) What a woman!!

U cheroyli. She is beautiful!

9. HAVING:

Siz-da ... bor mi? Do you have ...?

Men-da bir (one) narsa (thing) bor (have). I have one thing.

Men-da (to me) bir narsa yoq (NOT).

Siz-da bir narsa bor.

Biz-da bir narsa bor.

Un-da (to her) bir narsa bor.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

Men-da ozgina vakt-im (time) bor, Hanim!

Aka, siz-da ozgina pul (money) bor mi?

Yoq.

Iltimos, "MART" deh-mang (say NOT).

I have a little time, Miss!

Sir, do you have a little money?

No.

Please do not say "MART"!

10. ORDERING (POLITELY):

Iltimos men-ga bu narsan-i ber-ing.

Iltimos men-ga pul ber-ing.

Please give me this thing.

Please give me the money.

Iltimos men-ga suv (water) ber-ing.

Iltimos Fransiya-da suv ich-mang (NOT)!!

Vodka-nuh (vodka) ich-ing (drink).

Please give me the water.

Please don't drink the water in France!!

Drink the vodka.

Iltimos u-erga kel-ing.

Iltimos shu-erga (there) ket-ing.

Please come here.

Please go there.

Iltimos bu-nuh ich-ing.

U-nuh (that) yey-mang (NOT)!

Please drink this.

Do not eat that!

Iltimos bu-nuh men-ga (to me) ber-ing.

Iltimos, u-nuh ol-mang (NOT).

Please give me this.

Please do not take that.

Iltimos, bu-nuh ait-ing.

Iltimos, "MART" deh-mang (NOT).

Siz ajoyib-siz!

Please say this.

Please do not say "MART"!

You are wonderful!

11. GREETING:

Salom-aleikum, Fairouz!

Salom, Paula.

Hello Fairouz!

Hello Paula.

Salom, Miche.

Salom Sancos.

Good morning Miche.

Good morning Sancos.

Yakshi-wi-siz, Eliza?

Yakkshi-man, rahmat Khulu.

Zor-man. Zor.

How are you, Eliza?

I am well, thank you, Khulu.

Fine.

Qandai, Xavier?

Yomon (bad) emas, rahmat Miguel.

How goes it, Xavier?

Not bad, thank you Miguel.

Hair Giles.

Yakshi foring, Judith.

Goodbye Giles.

Goodbye Judith.

Ha, yakkshi, Hollie

U ajoyib!

Yes OK, Hollie.

It is wonderful!

Yakkshi-mi, Sam?

Ha xor, Lucie.

OK Sam?

Yes OK, Lucie.

Yomon emas, Henri.

Not too bad, Henri.

Yashi-mi-(question)-san, Azizim?

Are you well, my darling?

Yoq!!!

No!!!

U ajoyib!

She is wonderful!

12. DESCRIBING:

U yakkshi,

It is good.

U yakkshi emas (NOT).

It is not good.

U yomon.

It is bad.

U kitob.

It is a book.

U katta-mi?

Is it big?

Yoq, u kichkina.

No, it is small.

U oson-mi?

Is it easy?

Yoq, u qiyin

No, it is hard.

Suv yakkshi-mi?

Is the water good?

Yoq, Fransiya-da suv (water) yakkshi emas (NOT)!

No, the water is not good in France!!

Biz ajoyibmiz mi?

Are we wonderful?

Ha!

Yes!!

13. KNOWING (THINGS & PEOPLE):

Men bu-nuh (this) bila-man (know).

Siz bu-nuh bila-siz mi?

Ha, men bu-nuh bila-man.

Siz bu-nuh bila-siz.

I know this.

Do you know this?

Yes, I know this.

You know that.

Siz un-uh (that) bila-siz mi?

Yoq, men bu-nuh bil-mai (NOT) -man.

Do you know that?

No, I do not know that.

Men u (that) ayol-ni (woman) faw-man.

Men u kishi-ni faw-man.

U men-nuh faw-di.

I know that woman.

I know the man.

He knows me.

Siz u ayol-ni faw-siz mi?

Yoq. salom-aleikum, Hanim.

Siz yaxhimi-siz, Hanim?

Yoq, men yaxkshi emas (NOT) -man!! Hair!!!

Siz un-uh faw-mai (NOT) -siz!

U ajoyib!

Do you know that woman?

No. Good morning Madame.

Are you well, Madame?

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

You do not know her!

She is wonderful!

14. NUMBERING:

Men-da (to me) bir (1) qisi (problem) bor (have).

Ha, siz-da qisi bor.

I have one problem.

Yes, you have a problem.

Yoq, siz-da ikki (2) qisi bor.

No, you have two (of them).

Un-da uch (3) bor.
Un-da tort (4) bor.
Biz-da besh (5) bor.

He has three.
She has four.
We have five.

Siz-da besh bor mi?
Ha endi (now), men-da besh qisi bor!!!
Hamma (all) bola!
Bola-lar ajoyib-lar!

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

15. ASKING:

I would like ...
Do you have ...?

Men ... hohlai-men.
... dor mi?

Bu kitab-(book)-ning qimati (price) qancha (how much)?
Besh dollar.

How much is the price of the book?
Five dollars.

Va bu?
Qancha?
Tort dollar.

And this?
How much?
Four dollars.

Qa-erda ket-yap-siz mi
U qa-erda?
U bu-erda.
Yoq, u shu-erda emas (NOT).

Where are you going?
Where is it?
It is there.
No, it (is) not there.

Iltimos, hojathona qa-erda?

Where (is) the toilet, please?

Hojathona shu-erda.

The toilet (is over) there.

U nima (what)?

What is that?

Kechira-siz. Nima?

Pardon. What?

U.

That.

O, u yakkshi (good) kitob (book).

Oh, it is a good book.

Siz nima hohlai-siz?

What do you want?

Iltimos, men vodka-nuh hohlai-man.

I want the vodka, please.

Kim (who) bu-erda?

Who is here?

Biz bu-erda-miz.

We are here.

U (that) ayol (woman) kim (who)?

Who is that woman?

Men bil-mai (NOT) -man.

I do not know.

U Madonna!

It is Madonna!

Qandai ayol ! U ajoyib!

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL (with slang)

Men XXX-a ola-man.

I can XXX.

Men bu-erda-man.

I am here.

Siz shu-erda-siz.

You are there.

... istai-yap-siz mi?

Would you like ...?

Siz-ga hush-im (liking) kel-adi (comes).

I like you.

Siz-ga pul (money) yok-adi.

You (like) the money.

U bu-nuh kil-adi (does).

U un-uh kil-adi.

Men ozgina Uzbekcha gapira ola-man (can)!

Men siz-nuh tushuna-man.

Siz men-nuh tushun-mai (NOT) -siz.

Men barga ket-ishni (going) hohlai-man

Siz hojathona-ga ket-ishni hohlai-siz.

Men-ing vakt-im bor, Hanim!

Siz-da pul (money) bor, Aka?

Iltimos Fransiya-da su (water) ich-mang (NOT) !!

Vodka-nuh ich-ing.

Qandai-siz, Eliza?

Yakkshi-man, rahmat, Khulu.

U katta (big) mi, Aka?

Yoq, u kich-kina (small), Hanim.

Siz un-uh (her) bil-mai (NOT) -siz!

U ajoyib!

Ha endi (now), men-da besh (5) qisi bor!!

Hamma bola!

He does this.

She does that.

I can speak a little Uzbek!

I understand you.

You do not understand me.

I want to go (to) the bar.

You want to go (to) the toilet.

I have time, Miss!

Do you have money, Sir?

Please don't drink the water in France!!

Drink the vodka.

How are you, Eliza?

I am well, thank you, Khulu.

Is it big, Sir?

No, it is small.

You do not know her!

She is wonderful!

Yes now, I have five problems!!!

All the children!

U nima?

Kechirasiz. Nima?

U shu-erda.

Yomon emas (NOT)..

Nishtak -mi? Zor-ni?

Ha, dakhshat!

Ha, yomon emas (NOT)!

Ha, nishtak!

U dakshat emas (NOT)!!

Ajoyib-mi?

Ha, siz ajoyib-siz!

Korish-gunch-a!

Hair!

What is that?

Pardon. What?

There it is.

Not bad.

OK?

Yes, it's cool!

Yes, it's not too bad.

Yes, it's OK.

It is not cool!!!

Wonderful?

Yes you are wonderful!

Until we meet again!

Bye bye!

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 "Uzbek Place" ... in your mind ...

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

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

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
salom	salom-aleikum	qandai-siz? qalay-siz?	yakkshi/zor- man	rahmat
yes	no/not	OK	please	goodbye
ha	yoq/ma/emas	zor/nishtak	iltimos/ marhama	hair
not too bad	there it is!	Cool"!!	MART!	welcome
yomon emas	u shu-erda	dakhshat	MART!	hush kelib-siz

b. Verbs:

to be	have	like	want	do
bul-moq	bor-moq	hushing kel- moq/istai-mai- moq	hohlai-moq/ istai-mai-moq	kil-moq
... man	-da...bor	hush-im kel-a- di/ istai-mai-man	hohlai-man/ istai-mai-man	kil-a m.
say/speak	go	come	give	take
ait-moq/ gapir-moq	ket-moq/ bor-moq	kel-moq.	ber-mok	ol-moq
ait-a m./ gapir-a m.	ket-a m./ bor-a m.	kel-a m.	ber-a m.	el-a m.

eat	drink	sleep	know	understand
yey-moq	ich-moq	ukhlai-moq	bil-moq/ faw-moq	tushun-mok
yey-a m.	ich-a m.	ukhlai-man	bil-a m.	tushun-a m.

must	can
XXX-ish	XXX- ol-moq
	XXX - ola m.

c. Prepositions:

some	a	the	to	from
ozgina	none	-nuh	-ga	-dan

d. Pronouns:

I	you	he	she	we
men	siz/sen	u	u	biz
it	this	that	Mr	Mrs.
u	bu	u	janob	hanim

e. Nouns:

money	thing	man	woman	water
pul	narsa	kishi	ayol	su
car	ticket	book	friend	time

mashina	bilet	kitob	dost	vakt
----------------	--------------	--------------	-------------	-------------

f. Adjectives/
adverbs/Other:

good	bad	big	small	now
yakkshi	yomon	katta	kichkina	endi
later	a little	wonderful!	happy	here/there
kiyen	ozgina	ajoyib	hursand	bu-erda/ shu-erda

g.
Interrogatives:

how much?	where?	what?	who?	when?
qancha qimat/ narkh?	qa-erda?	nima?	kim?	qachon?

Note:

What is this?	Sorry!	Question?	Do you have?	I would like ...
Bu nima?	Uzr.	...-mi?	Siz-dabor mi?	... istamai-man

h. Numbers:

one	two	three	four	five
bir	ikki	uch	tort	besh

i. And some survival words:

easy/difficult (oson/qiyen)

toilet (hojathona)

interesting (kizik)

but (ammo)

never (hech kachon)

food (yemak)

train (poyezd)

bus (avtobus)

home (uiy)

work (ish)

time (vakt)

today (bugun)

tomorrow (ertaga)

paper (koghoz)

newspaper (gazetta)

day (kun)

week (hafta)

year (yil)

hour (soat)

minute (daqiqqa)

hamburger (gamburger)

think (oylamok)

remember (unutma-moq)

read (oqi-moq)

write (yoz-moq)

laugh (kul-moq)

dance (raks kil-moq)

stop (tohta-moq)

policeman (polis/milit-siya)

until we meet again (korish-gun-cha)

bye bye (hair)

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

(Write out your own copy.. and start to chat ... with everybody ... Speed reading - 4 minutes))

BASICS:

Welcome

Hush kelibsiz

Hello

Salom

Yes/no

Ha/yoq

Please

Iltimos/marahamat

Thank you.

Rahmat

Excuse me

Kechira-siz

INTRODUCTIONS:

Good morning

Salom-aleikum

Good-bye.

Hair

My name (is) ...

Me-ning (my) ism-um (name) ...

What is your name?

Siz-ning (your) ism-inginz (name) nima (what)?

How are you?

Qandai-siz?/Qalai-siz?

I am well, thanks

Yakkshi-man/zor man, rahmat.

Fine! And you?

Zor! Ozing-iz-chi?Va siz?

Where are you from?

Siz qa-erda- (where)-n (from)-siz?

I'm from ...:

Men

France

Fransdan-man

England

Angliyadan-man

America

Amerikadan-man

I'm with ...:

Men ...

UN/Shell

UN-man/Shell-man

QUESTIONS:

When/how?

Qachon/qanday?

What/why?

Nima/nima-ga?

Who/which?

Kim/qay-si?

Where is/are ...?

... qa-erda?

Where can I find ...?

Men ... qa-erda-n top-a (find) ola-man (can)?

How much is it?

Qimati (price) qancha-dir (how much)?

Please help me?

Iltimos (please), men-da (me) yordam-ing (help) ?

What does this do?

Bu (this) nima (what) kiladi (do)?

What does this mean?

Bu-ning ma-nosi (meaning) nima (what)?

UNDERSTANDING:

I understand

Men (I) tushuna -man.

I understand

Men (I) tushuna-yap-man.

I don't understand.

Men tushun-mai (NOT) -man.

Repeat (it) please.

Iltimos qaitar-ing (repeat).

What is this?

Bu-nuh nima?

I would like ...

... istai-man.

I want ...

Men ... hohlai-man.

Do you speak English?

Siz English-cha gapira-siz (speak) mi (question)?

Do you speak Uzbek?

Uzbek-cha gaplasha-siz mi?

I cannot speak

Men ... gapira (speak) ol-mai-(NOT)-man.

I cannot speak

Men ... gaplasha ol-mai-man

I can speak a little ...

Men ozgina (a little) ... gapira ola-man (can).

I can speak a little ...

Men ozgina (a little) ... gaplasha ola-man (can).

COMMENTS:

It's:

better/worse

big/small

cheap/expensive

good/bad

hot/cold

near/far

Bu:

yakkshirok/yomonrok

katta/kichkina

arzan/qimmat

yakkshi/yomon

issik/sovuk

yaqun/uzok

FOOD:

I like (to me liking comes):

breakfast

lunch/dinner

Men-ga ... yokadi

nonushta

tushlik/kech-qurungt

I would like to have some ...

bread/butter

cheese/eggs

meat/potatoes

Men ozgina (some) ... istai-man.

non/yogh

pishloq/tuhum

gosht/kartoshki

I would like to have some ...

apples/oranges

coffee/tea

milk/water

Men ozgina (some) ... istai-man.

olmalar/apelsinlar

kakhva/choi

sut/suv

fruit juice

meva-sharbat

I want to pay now.

Men hozir (now) odash-ni (pay) hohlai-man.

We enjoy it (to us liking comes).

Biz-ga yokadi.

TRANSIT:

Where is the nearest shop?

Eng yakun (nearest) dukon (shop) qa-erda (where)?

Where is a taxi?

Taxi qa-erda?

How much is it to ...?

...-get-cha qancha (how much)?

Take me to this address.

Meni bu address-ga olib-koying.

Please stop here.

Iltimos bu-erda tokht-ing (stop).

This is not right.

Bu toghri emas (NOT).

Straight ahead.

Toghri.

It's there:

U shu-erda (there):

left/right

chap/sogh

next to/after

-ga yakun/-dan keyen

north/south

shimol/janub

east/west

sharq/gharb

Where is the:

... qa-erda?:

town center/pharmacy

shaharning (town) markazi/apteka dori-hona

SHOPPING:

Do you have ...?

... siz-da bor (have) mi (question)?

How much is this/that?

Bu-ning/un-ing bahosi (costs) qancha (how much)?

I will take it.

Men un-uh (it) ola-man (take).

Colours:

Black/blue
Red/white
Yellow/Green

Ranglar:

qora/qok
qizil/oq
sariq/yashil

I want to buy:

aspirin/soap/film/newspaper
kilo apples
litre of milk

Men ... sotib - ol-ish-ni (take) istai-man (want).

aspirin/savum/film/gazette
kilo alma
liter sut

TELEPHONE:

Hello, I am ...

Could you speak more:

louder
slowly

Telefon:

Halo, men (I am)

... gapir-a (speak) ol-mai-siz (could you) mi?

baland-roq
asta-roq

Who do you want?

I want ...:

Mr.
Mrs.
Miss

Siz kim-ni (who) hohlai-siz?

Men ... hohlai-man.:

Janob/Aka
Hanim
Aziza

When is he here?

U qachon bu-erda (here) bola-di (will be)?

TIME:

Do we have a little time?

What time is it?

The time now is...

Biz-da ozgina vakt (time) bor (have) mi?

Soat (time) necha?

Soat...

five past one

quarter to three

four o'clock

half past five

birdan (1) besh (5) daqiqa (minutes)

uchga (to 3) un-besh (15) kolib

soat tort (4)

soat besh (5) yarim soat utdi

MEETINGS:

We want to see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

Biz siz-nuh (you) korish-ni (see) hohlai-miz
(want):

bugun

ertaga

kelasi hafta (coming)

ertalabda

kunduzda

kech-kurunda

bugun kech-kurun

yakunlarda

You are right/wrong.

That is right

Siz toghru-siz/toghru-emas siz.

Toghru.

LOCATIONS:

Here/there

At the office

How far? Is it near or far?

What time to go there?

Bu-erda/shu-yerda

Ish-hanada

Yak-un mi? Yo-ki (or) uzok mi?

Uyerget-cha, necha (what) soat (time) ket-adi?

21. PLAY QUIZ

Test your instincts ... associate the phrases ... mixed in groups of four ...

- | | |
|---------------------------|--------------------------------|
| a. I am very well | Zor/nishtak. |
| b. Excuse me | Rahmat |
| c. Thank you. | Yakkshi-man. |
| d. OK | Kechira-siz |
| e. Welcome | Hush kelib-siz. |
| f. Well done! | Soat necha boldi? |
| g. What time is it? | Qandai-siz? |
| h. How are you? | Salom. |
| i. What is this in Uzbek? | Yoq. |
| j. I can do that. | Siz-da bor mi? |
| k. Do you have? | Uzbek-chada bu nima? |
| l. No. | Men unuk kila ola-man. |
| m. Yes. It is "cool"!! | Aka? |
| n. Please | Iltimos. |
| o. Where are you going? | Ha. U dakhshat! |
| p. Waiter? | Siz qa-erga bori-yap-siz? |
| q. How much is that? | Qa-erda/qachon/nima-ga? |
| r. Where is the toilet? | Qancha soat? |
| s. Where/when/why? | Haja-thona qa-erda? |
| t. What time is it? | Qimati qancha dir? |
| u. Help me please. | Men tushun-ma-dim. |
| v. I do not understand | Iltimos men-ga yordam ber-ing. |
| w. What does this mean? | Iltimos asta gapir-ing. |
| x. Please speak slowly. | Bu-ning manosi nima? |
| y. Until we meet again. | Ajoyib mi? |
| z. Wonderful? | Korish-gun-cha! |

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

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

Our natural suggestions are:

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

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

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

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

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

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

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

Special Vocabulary for UNHCR

English	Pashto	Dari	Uzbek (insert)
Airport	hawaa dagar	maydaan-e hawaa-i	aeroport
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	chegara
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	bolalar
Clothing	jama	poxaak	kiyimlar
Cooking pot	chainaq	dd paxdy loxay/deg	kozon
Cooperation	hamkari	pd gdda kaar kawdl	hamkorlik
Customs	gumruk	gumruj	gumruk
Delay	nawakta	dzandy	kechikma
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	rivodjlanish programi
Displaced persons	be-zaya shdwi xaldk	be-jaa shodygaan	
Electricity	breshna	brexnaa	ishiq
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	oyla
Government	hokumat	hokumat	hokumat
Grandparents	padar kalan	padar wa maser kalan	bobo/Bebe
Handicapped	saya	ma-yub	

Health	roghtyaa	seat/syhhat	soghlik
Hospital	roghtun	shafakhana	kasalhona
House	kor	khana/kor	uiy
HQ	mankaz	mankae	markaz
Human rights	dd bashar hakkuna	hokuk e bashar	kishining Konunlari
Husband	Mehra	Shwahan	er
Lamp	dewan	tsheragh	ishiq
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	kunlar/haftalar
Pain - months/ years	dard hafta	dard e mo/sol	aylar/yillar
Pain - treatment	dard mehda	dard e ta-dow-wi	
Pain - arms/legs	dard bazou/paie	dard e dest/pal	kollar/oyoghlar
Pain - chest	dard sina	dard e sina	
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/cheshom	kuloghlar/kozlar
Pain - hands/ feet	dard daste/paie	dard e dest/pai	kollar/oyoghlar
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	bosh/boyin
Pain - stomach	dard mehda	dard e meda	oshkozon
Persecution	zawrawdi	aziyat	
Petrol	tel	petrol/tel	benzine
Police-station	dd polis st-eshan	sar-mammuriyat-e-police	militsiya stansiyasi

President	mdshir	ra-is	president
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	chodir
Torture	shekanja	shykanja	
Town	khar	shahr	shakhar
Transportation	transport	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	documentlar
Tribe	t-dbdr	kabila	kabila
Truck	lan mot-dr/lari	motar-d laar/lari	katta mashina
Urban	dd khari	dd khari	kishlok
Village	kday	karya	
Voluntary repatriation	pd rdzaa-sara	berta legal	
War	jagara	jangue	urush
Water	aaba	aab	su
Wife	kaza	zawja/khanom	hoten

APPENDIX C - BRIEF GRAMMAR

1. Structure - subject, object and verb:

MEN (I) bu-erda (here) man (am).

I am here.

BOLA bu-erda (implied "is").

A CHILD (is) here.

Bola bu-erda MI (question)?

Is a Child here?

2. Articles - limited use with "nuh":

Bola bu-erda.

The child is here.

Bola-nuh ol-ing!

Take the child!

3. Nouns - plural ("lar"):

Bola-LAR bu-erda-LAR.

The child-REN are here.

YAKSHE bola bu-erda.

The GOOD child is here.

U (he) BOLA.

He is a CHILD.

4. Possession - connected with "ing":

U MEN-ING (my) bola-m.

He is MY child.

5. Relative - with who ("kim"):

KIM-ING bola-si bu-erda?

The child WHO is here?

6. Demonstrative - this ("BU") and that ("U"):

BU bola bu-erda.

THIS child is here.

U bola shu-erda.

THAT child is there.

7. Interrogatives - what ("nima"), who ("kim"), where ("qa-erda") and how much:

Bu NIMA?

U KIM?

Bola QA-ERDA?

Kitob QANCHA-dan (is)?

WHAT is this?

WHO is that?

Where is the child?

HOW-MUCH is the book?

8. Imperatives - ordering (with a "ing"):

Bu-nuh QIL-ING!

Bu-erda-GA KEL-ING!

DO this!

COME here!

9. Negatives - no ("yoq"), not ("yoq"), "ma" for verbs and "emas" for adjectives):

Ha, men-DA kitob BOR.

Yoq, men-DA kitob YOQ.

Bu-erda-ga kel-MA-(i)ng!

Men hursand EMAS-man.

Yes, I HAVE a book.

No, I do NOT have a book.

Do NOT come here.

I am NOT happy.

10. To be, have and want:

Men XXX-man (after adjective)/Men-da bor/Hohlai-man

Siz XXX-siz (after adjective)/ Siz-da bor/ Hohlai-siz

U (no suffix)/

Un-da bor/ Hohlai-di

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
WITH A 30 MINUTE AUDIO TAPE IN ONE DAY**

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

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

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

Designed for: mature motivated learners who need to achieve very rapidly, the personal confidence to speak and understand, basics of the local natural language. Designed also for current speakers who want to achieve significant accent improvement.

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

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

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

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