

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 ... E Se"

NO. 376 - YORUBA FROM ENGLISH

Version 2 - there are 20 different versions of Yoruba, here is one with a
few errors for correction please - March 18, 2018

HELP WANTED TO MAKE THE AUDIO - PLEASE CONTACT -

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 African Phrase Book and Crosslines - Afghanistan Essential Field
Guides to Humanitarian and Conflict Zones - on the web.

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Email: www.crelearning.com

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See also a great website for Yoruba - My Languages

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.

E se

Hallo

E karo

Yes/no

Bee-ni/Rara

Please

E jo/e joo/jowo

Everything is OK!

Gbo-gbo e wa daa-daa (OK)!

Good morning

E-karo.

My name is ...

Oruko-o (name) mi ni ...

What is your name?

Ki ni oruko ee?

How are you?

Se dandaa ni o?

Fine (thanks)

Daadaa ni.

Where do you come from?

Nibo (where) lo ti wa (come)?

I am from ...

Mo wa lati (from) ...

Good-bye.

O dabo.

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 ... bee-ni ... say ...

... yes ... be nice say yes ... bee ni

Goodbye ... o dabo ... say ...

... goodbye ... o dear Bob ...bye bye ... o dabo

I want ... mo fe ... say ...

... I want ... moaning for it again ... mo fe

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 Yoruba conversation with a natural speaker or aloud with yourself. Then make a friend of the main Yoruba Phrase-book.

INSTANT RELAXATION TECHNIQUE

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

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

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

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

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

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

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

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you have to face. Keep the marble always to hand, as a symbol ... of 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 Yoruba word many times slowly ... and then at VERY high speed)

Hello	E KAAA-RO	AYKKO ARR-ROW
Mr.	OKUURIN	OH-KPP-RRNN
Mrs.	OBIRIN	OH-BEAR-RRN
Yes	BEE NI	BEAR NEE
No	RARA/BEE KO	RATA/BEAR-KOU
Good	ODAA	OH-DAAA
Please	E JO	AY JAW
Do you have?	SE E NI?	SAY AY NEE
Thank you	E SE	AY SHHHAY
Goodbye	O DABO	OH DAR-BU
See you soon!!!	MA RI E LAIPE	MARR REE AY LIE-PAY
Who?	TA-NI?	TARR-MEE
What?	KI-NI?	KEA-NEE

I want

MO FE

MO FAY

Where?

NIBO?

NEE-BOW

OK!

O-DAA!

OH-DAAA

Note: For simplicity ... the program is 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 Natural Vocabulary (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 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 imagin!! 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 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 ... as you create new wave patterns ... in that special... "Yoruba Place" ... in your mind ...

2. HERE AND THERE:

Mo (I) wa (at present) nibi yi (am).

I am here.

E (you) wa nibe (there).

You (are) there.

Se (question) o (you) wa nibe?

(Are) you there?

Bee ni. o wa nibe.

Yes, you (are) there.

Se o -wa nibi?

(Are) you here?

Rara, o si (not) nibi.

No, you (are) not here.

O (it) wa nibi yi.

It is here.

Nibo lo (it) wa (at present)?

Where is it?

O wa nibi yi.

It is here.

So (question) wa nibe?

Is it there?

Mo (I) ko (not) mo (know).

I do not know.

Nibo ni Miguel wa (at present)?

Where is Miguel?

Ko (he) si (not) nibi yi.

He is not here.

Nibo lo (he) wa?

Where is he?

Mo (I) mo (know) rara (not).

I do not know.

Huh! O wan (there) na (he) re (is).

Darn-it! There he is!

Eniyam (he) todar (wonderful) ni (is).

He is wonderful!

3. LIKING:

Mo ni fe (like) e (you).

I like you.

Se (question) o (you) fe-ron (like) mi (me)?

Do you like me?

Bee ni, mo ran (like) e (you).

Yes, I like you.

Se feran owo (money)?

Do you like money?

Bee ni, mo fe-ran owo.

Yes, I like the money.

Mo fe-ran omi (water)..

I like water.

O (you) feran omi.

You like water.

Mo fe-ran awon (some) iwe (books).

I like some books.

O fe-ran moto (car) naa.

He likes the car.

Ko (she not) fe-ran moto naa.

She does not like the car.

Se fe-ran onje (dinner) naa?

Do you like the dinner?

Rara, mo ko fe onje naa.

No, I do not like the dinner.

Oh. Huh! Huh!

Oh. Darn-it! Mate!

Jowo, mase (do not) soro Huh.

Please do not say Mate!

4. DOING:

Mo se

I do.

Mo se seji (this).

I do this.

Ko (you) se e

You do.

Ko se iye (that)

You do that

Ao se iye.

We do that

Pelu (and) inu (we) wa (at present) n-du
(happy)

And we are happy.

Se (question) ko soro (easy)?

Is it easy?

Bee ni, kole (difficult) rara (not).

Yes, it is not difficult.

Se (question) wa e se (do) iye (that)?
Jowo (please) se (do) iye (that)

Do (you) do that?
Do that please!!!

Huh!!
O-ya (it) ni (is) lenu-papo (wonderful).

Darn-it!!!
It is wonderful!

5. CAN/ABLE TO DO:

Mo le (can).
SE (question) mo le?
Bee ni, mo le.

I can
Can I?
Yes, I can.

Se (question) o le (can) se (do) seyi (this)?
Bee ni, mo le se yi (that).

Can you do this?
Yes, I can do that.

Mo le je (eat) die (little)
Mo le mu (drink) die.

I can eat a little.
I can drink a little.

Mo le malo (go).
Mo l wa (come)

I can go.
I can come.

Mo le sun (sleep).
O (you) le soro (speak).

I can sleep.
You can speak.

Se (question) le soro?
Bee ni, mo le.

Can (you) speak?
Yes, I can.

Se (question) le se seyi (this)?
Rara, mo ko (not) le se iye (that).

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

Se (question) o (you) le ye (understand)?

Se le se ye?

You can understand?

Can you understand?

So le ye?

Bee nidie (little).

Can you understand?

Yes, a little.

Se le soro (speak) huh?

Bee ni, mo le soro Yoruba die.

Can you say Mate?

Yes, I can speak a little Yoruba!

Huh! Enyam tadani mi!

Darn-it! I am wonderful!

6. UNDERSTANDING:

O ye mi.

Ko ye na.

I understand.

I do not understand.

So ye e.

Ko le ye rara.

You understand.

You do not understand.

Se (question) obirin (women) ye (understand)i?

Rara. Rara, ko ye mi rara?

(Do you) understand women?

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

Oh. Huh! Huh!

Jowo, mase (do not) soro Huh.

Oh. Darn-it! Mate!

Please do not say Mate!

O dara pupo.

You are wonderful!

7. WANTING:

Mo fe

Mo fe je (eat) die

I want.

I want to eat a little.

Mo fe mimu omi

Mo fe lo (go) s-ile-gbonse (toilet)

Se(question) wa (at present) je (eat) die?

Rara, mi o fe je.

Huh! Mo fr funi (give) ni (you) die.

Rara. e se.

Mo fe wa (come).

Se o fe sun (sleep) pelu-mi (with me)?

Rara, mo ko fe sun.

Miguel, se fe je opolo (frogs)?

Zut! Rara, ko (not) se ni-si-yi (now). e se.

Enjan hda ni wa.

I want to drink the water.

I want to go to the toilet!!!

Do you want to eat a little?

No, I do not want to eat.

Darn! I want to give you a bit.

No thank you.

I want to come.

Do you want to sleep with me?

No, I do not want to sleep.

Miguel do you want to eat the frogs?

Darn-it! Not just now, thank you!

We are wonderful!

8. GETTING:

E jowo, fun (give) mi owo (money) na.

E jowo, gba (take) owo na.

Mo le gba owo na.

E jowo, fun mi tiket.

E jowo, gba tiket-i.

Mo le gba tiket.

E jowo, fun mi kini (that)

Nibo ni kini ye na?

Please give me the money.

Please take the money.

I can take the money.

Please give me the ticket.

Please take the ticket.

I can take the ticket.

Please give me that.

Where is the thing?

Mo mo?????

I do not know.

E jowo, fun mi okurin(man).

Please give me a man!

Huh!!! Oberin re e!

Darn-t!!! What a woman!!

Oburin to da ni.

She is wonderful!

9. HAVING:

E mi ohun kan.

I have one thing.

E mi ma ohun kan.

I do not have one thing.

E se, ohun kan.

You have one thing.

E-ao ohun kan.

We have one thing.

E un ohun kan

She has one thing.

E mi aago ki, Iya-woo!

I have the time, Miss!

E se pamosi ki, O-koo

Do you have some money, Sir?

Rara.

No.

Oh. Merde!

Oh. Mate!

Ko gbo Mate, e jo.

Please do not say Mate!

10. ORDERING (POLITELY):

E jo e de mi ohun kan.

Please give me the thing.

E jo, e de mi pamosi.

Please give me the money.

E jo, e de mi omi.

Please give me the water.

E see e.

Thank you.

Ma mimu ami e France na.

Mimu, wain-i

E jo ma nibi.

e jo, jade nijen.

Mimu leyi.

Ma nma niyi na.

E jo, e de mi leyi.

E jo, ma gbe niyi na.

e jo gbo leyi.

Jowo, mase (do not) soro Huh.

Zut! E se e. Se gbadun ni.

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!

Darn-it! Thank you. You are wonderful!

11. GREETING:

Ba wo ni, Michelle.

Ba wo ni, Paula.

E karo, Miche.

Mingala ba, Sancos.

Se daadaa ni, Eliza?

Dadaa ni o, Khulu.

Ba-wan, Xavier?

O-daa, e se, Miguel.

Hello Michelle.

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Eliza?

I am well, Khulu.

How goes it, Xavier?

OK , thank you Miguel.

A digba, Giles.

A dabo Judith.

Bee ni. O-daa, Hollie

Gbadun yi, Heidi!

O daa, Sam.?

Bee ni a-daa, Lucie.

Ko wa buru na, Henri.

Se ara re da, Alblufin?

Rara.!

Huh! Obimin to-da-ni!

Goodbye Giles.

Bye bye Judith.

Yes OK, Hollie.

It is wonderful, Heidi!

OK Sam?

Yes OK, Lucie.

Not too bad, Henri.

Are you well, my darling?

No!!!

She is wonderful!

12. DESCRIBING:

Lo daa (good) ra

Ko daa ra.

Ko daa ra.

It is good.

It is not good.

It is bad (not good).

Iwe (book) na ko da.

O tobi?

Rara, o ti -kere (small).

It is a book.

Is it big?

No, it is small.

Kole rara?

Rara, ole gan????

Is it easy? (not difficult)

No, it is hard.

Se (question) omi (water) na daa (good)?

Rara, omi Faransi ko ta rara.

Is the water good?

No, the water is not good in France!!

Oh Huh!!

Jowo, mase (do not) soro Huh.

Se, enyan to-ga-ni wa?

Huh! Bee ni!!

Oh Mate!!!

Please do not say Mate!

Are we wonderful?!!!

Darn-it! Yes!!

13. KNOWING (Things & people):

Mo mo (know) yi (this).

Se, o mo yi (that)?

Bee ni, mo mo yi.

I know this.

Do you know this?

Yes, I know this.

O (you) mo iye (that).

Se, o mo iye?

E mi ko (not) mo iye.

You know that.

Do you know that?

I do not know that.

Mo mo obirin (woman) na (that).

Mo mo okurin (man) na.

I know that woman.

I know the man.

O mo mi (me).

So (question/you) mo obirin na?

He knows me.

Do you know that woman?

Rara. E kara Ma (madame).

Se ara ji ya, Ma?

No. Good morning Madame?

Are you well, Madame?

Rara. Ofi ara mi ko ya. O dabo!!

O mo ra ra.

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

You do not know her!

Huh! Obirin to-da-ni!

Darn-it! She is wonderful!

14. NUMBERING:

Mo ni isoro (problem) kan (one).

Bee ni, so ni isoro kan.

I have one problem.

Yes, you have a problem.

Rara, so ni isoro meji (2).

O ni meta.

No, you have two (of them).

He has three.

Obirin na ni merin (4).

An marun (5).

She has four.

We have five.

So ni marun?

Bee ni, ni-si-yi (now)mo ni isoro marun.

Do you have five?

Yes now, I have five problems!!!

Gbogbo (all) awon-omo!

Awon o mo-dara!

All the children!

Children are wonderful!

15. ASKING:

Elo ni (how much) iwe (book) na?

Dolar marun-un.

How much is the book?

Five dollars.

Elo ni ni kini (this) yi?

Elo ni?

Dolar merin (4).

How much is this (thing)

How much?

Four dollars.

Lo nibo ni (where) o wa?

O wa (at present) nibe (there).

Rara, ko (not) si nibe.

Where is it?

It is there.

No, it is not there.

E jowo, nibo ni ile-ignonse (toilet)?

Ile-ignonse wa nibe (there) yi.

Where is the toilet, please?

The toilet is over there.

Ki-ni (what) ye?

Ki-le-wi (pardon). Ki ni ye?

What (is) that?

Pardon. What?

I-ye e.

Oh, o dara (good) bi iwe (book) lo iwe daa.

That.

Oh, it is a good book.

Ki (what) lo fe (want)?

Mo fe waini (wine) na, e jo (please).

What do you want?

I want the wine, please.

Ta lo wa (at present) nibe (there)?

A-o (we) wa nibi.

Who is there?

We are here.

Ta ni (who) obirin (woman) yi?

Mi o mo (know) rara (not).

Who is that woman?

I do not know.

Huh! Madonna ni

Obirin (woman) to-da ni! Gbudan ni!

Darn. It is Madonna!

What a woman! (She is) wonderful!

16. EVERYTHING - colloquial:

Mo wa nibe yi.

Se wa nijeri yi

I am here.

You are there.

Mo feran e (you).

So feran owu (money) na.

I like you.

You like the money.

O (he) se (does) yi (this).

O (she) se ye.

He does this.

She does that.

Mo le so (speak) Yoruba die (little).

E jo, ole so (do not say) Huh.

Oro e (you) ye (know) mi.

Oro mi (me) ko-ye rara (not).

Mo fe (want) lo (go) si bar ile (to) emu.

So fe lo si ile-ignonse (toilet).

Mo ni (to me) asiko (time) na, Obirin.

SEo ni omi (money) na, Okurin?

E jo, ma se mu (drink) France lati (in).

Mu o waini! Na

Da wo ni, Eliza? O-daa?

O se (thank you), daadaa ni, Khulu.

O tobi, Okurin?

Rara, o kere, Obirin..

O ko (not) mo (know) obirin ye.

Huh! Obirin to-da-ni!!

Bee ni. ni-si-yi (now), e mi (to me) ni isoro
(problem) maru-un.

Awon-omo de.

Ki ni ye (that)?

Jowo ki-le-wi. Ki ni?

Owun na re e.

I can speak a little Yoruba!

Please do not say Mate!

I understand you.

You do not understand me.

I want to go to the bar.

You want to go to the toilet.

I have the time, Miss!

Do you have some money, Sir?

Please don't drink the water in France!!

Drink the wine.

How are you, Eliza? OK?

Thank you, I am well, Khulu.

Is it big, Sir?

No, it is small, Miss.

You do not know that woman.

Darn-it! She is wonderful!

Yes now, I have five problems!!!

All the children!

What is that?

Pardon. What?

There it is.

Oda be.

Not bad.

Huh!!

Darn it!

O-daa?

OK?

Bee ni, o rarun!!

Yes, it's cool!

Bee ni, rorun!

Yes, it's cool! (classy)

Bee ni, o tutt

Yes, it's cool! (upper class)

Jowo, ma se so (say) Huh.

Do not say *Mate*!!!

Rara rorun!!!

It is not cool (upper class)!!!

Mo lati se (do) eyi (this).

I must do this.

O lati se ye (that).

You must do that.

Gbadun?

Wonderful?

Bee ni, enyan to-da nie!!!

Yes you are wonderful!

Marin e to-ba-ya!

Bye bye, for now!

Speed reading: 14 minutes

17. CLOSING

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

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

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

You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special "Yoruba 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 all began in Bayonne, France on August 15, 2001 ... and of course ... as with all things ... we believe can do ... together ... God Bless ...

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am fine	thank you
ba wo ni	mingala ba	se daadaa ni?	daadaa ni o	e se/o se
goodbye	yes	no/not	OK	please
o dabo	bee ni	rara, o/ko	o-daa	e jo/e joo/jowo
Darn-it!	Merde!	there it is!	"cool"!!	pardon!
huh!	huh!	owun re!	o-tutu/o-rarun	ejo

b. Verbs:

to be	have	like	want	can
wa/ni/yi	e	fe/feran	fe	le
do	say/speak	go	come	give
se	gbo/soro,so	lo/malo	wa	funi
take	eat	drink	sleep	know
gbe	je	mu	sun	mo
understand	must	see	at the present time	
ye	lati se	rin	wa	

c. Prepositions:

some	a	the	to	from
awon/ojo	kan	ye	de	lati

d. Pronouns:

I	you	he	she	we
mo/mi	se/le/so	o/ku	o/ku	a-o/awa

it	this	that	Mr	Mrs.
lo/owu/un/o	yi/leyi/seyi	ye/leye/seye	Ogbeni/Okuurin	Obirin

e. Nouns:

money	thing	man	woman	water
owo	ohun/yi	okirin	obirin	omi

car	ticket	book	friend	time
moto	tiket	iwe	oree	akoko

f. Adjectives/
adverbs/other:

good	bad	big	small	now
to-daa/da	buru/ko dara	tobi	okere	ni-si-yi

later	a little	wonderful!	happy	easy/difficult
laipe	die/ojo	to-da-ro/ gbadun	n-du	ro/bole

here/there	and
nibi/nibe	pelu

g.
Interrogatives:

how much?	where?	what?	who?	when?
-----------	--------	-------	------	-------

elo ni?	nibo?	ki ni?	ta ni?	nigba wo?
Note:	What is this?	The child is here	Question: is the child here?	Question: do you have?
	Ki ni e leyi (this)?	Omo (child) wa (at present) nibi (here) yi (is).	Se (question) omo yi wa nibi yi?	Se (question) e ni (you to)?

h. Numbers:

one	two	three	four	five
kan	meji	meta	merin	marun-un

i. And some survival words:

WC (ile ignonse)	minute (iseju)
always (nigra-gbogbo)	hamburger (hamburger)
fast/slow (yara/diedie)	think (ronu)
but (sugbon)	read (kaa)
never (la-lai)	write (ko-o-sile)
food (ounje)	laugh (rerin)
train (oko)	dance (jo)
bus (boosi)	stop (duro)
home (ile)	policeman (olopaa)
work (ise)	six (mefa)
today (oni)	seven (meje)
tomorrow (ola)	eight (oiejo)
paper (iwe)	nine (mesan-an)
newspaper (iwe iriyin)	ten (mewaa)
day (ojo)	hundred (ogorun un)
week (osi)	thousand (egberun)
year (odun)	mate (egbe)
hour (koja)	bye bye for now (o-dabo)!!

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

(Challenge: Check with a natural speaker to check and understand the meaning of EVERY word ... insert English for each difficult word - speed reading 4 minutes)

BASICS:

Thank you.	E se
Hallo	E karo
Yes/no	Bee ni/rara, bee ko
Please	E jo/e joo (respect for old people)
Pardon	Ejo
Everything is OK!	Gbo-gbo e wa (is) daa-daa (OK)!

INTRODUCTIONS:

Good morning	E karo/mingala ba
Good-bye.	O dabo
My name is ...	Oruko-o (name) mi ni (of me) ...
What is your name?	Ki ni oruko ee (your)?
How are you?	Se (question- you) daa-daa ni?
Fine (thanks),	Daa-daa ni
And you?	Iwo naa nko?
Where do you come from?	Nibo (where) le ti (come) wa?
I'm from:	mo (I) wa la-ti.
France	France
England	Geesii
America	Amerika

I work with:	Mo si-e (work) pelu:
UN	ONU
Red Cross	Red Cross
Nokia	Nokia

QUESTIONS:

When/how?

Nigha wo/Ba wo ni?

What/why?

Ki, ki ni ye/Ki lo de?

Who/which?

Ta/wo ni?

Where is/are ...?

Nibo mi/lo wa ...?

Where can I find ...?

Nibo ni (where) mo tileri ...?

How much is this?

Elo ni (how much) leyi?

Can you help me? (m)

E jowo ran mi lowo?

Can you translate this, for me?

Nje e le timo eyi (this) fun mi (for me)?

UNDERSTANDING:

I understand

O ye mi.

I don't understand.

Ko ye mi.

Please say that again..

E jo, soro ye soo.

Can I have (for me)...?

Se e le (fun mi ni)...?

Do you speak:

Se egbo:

english/yoruba?

Geesi/Yoruba?

I don't speak

Mi o gbo ...

I speak a little.

Mi gbo die e.

COMMENTS:

I must do this.

Mo lati se eyi.

You must do that.

O lati se yi.

It's:

O:

big/small

cheap/expensive

good/bad

hot/cold

near/far

vacant/occupied

OK!

tobu/kere

ko wan/oti wan ju

daa/buru

gbona/tutu

wa nitosi/jinna

sofo/ko sofo

o-daa!

FOOD:

I like some:

breakfast (morning)

lunch

dinner.

May I have some:

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Mo fe ounjie (meal):

aroo

osan

ale

Se ole fun mi:

buredi/bota

?

eyin

eran/anamo

apu/osan

kofi/tii

miliki

omi eso mimu

Omi

I want to pay now.

I think there is a mistake.

We enjoyed it, thank you.

Mo fe-e sanwo.

Mo ro wipe asise wa.

A gbadun-un re, e se e.

TRANSIT:

Where is the nearest shop?

Nibo ni shobu to sumo wa?

Where is a taxi?

How much to ...?

Take me to this address.

Please stop here.

This is not the right road.

Go straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Where is the:

town centre?

Pharmacy?

SHOPPING:

Do you have ...?

How much is this/that?

I will take it.

What colours have you?

Black

Blue

Red

White

Yellow

Green

Nibo ni taxi?

Elo ni de ...?

E joo, e gbe mi lo si adress yii.

E joo, e duro nibi.

Eleyi ko se ona na?

E maa lo taarata.

Oun niyen nisale yen lapa:

osi/oe

legbee/nikojaa

lariiwa/ni guisu

ni ila-oorun/ni iwo-oorun

Nibo ni:

arin ili?

uwo san?

Se e ni ...?

Elo ni eyi/niyi?

Ma a mu yi.

Color wo ni?

dudo

buluu

pupa

funfun

yelo

alawoo ewe

I want to buy:

Mo fe-e ra ...:

aspirin

soap

half kilo apples

litre of milk

film/newspaper

aspirin-in

ose

idafi iwon-on kilo apu kan

litar wara kan

filmu/iwe iroyin

TELEPHONE:

Hello, this is ...

Who is speaking?

Please speak:

louder

slowly

I want to speak to:

Mr.

Mrs.

Miss

When will he be back?

Tell him I called.

Heloo ... lo un soro.

Ta lo soro?

Jo soro:

soke

die-die

Mo fe-e ba ... soro:

Okuurin

Obirin

Obirin

Nigha wo ni yoo de?

Eso fun wipe mope.

TIME:

Do you have enough time?

What time is it?

The time now is:

five past one

quarter to three

twenty past five

half past seven

AE oni asiko pupo?

Aago meloo lo lu?

Aago:

kan-an (1) koja iseju marun-un (5)

metaa (3) koja oseju meeedogun (15)

marun-un (5) koja ogun (20) iseju

meje (7) abo (30)

MEETINGS:

We will see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

A-o ri-oor ...

oni

ola

ni ose ti ounbo

ni aaro

ni osan

ni irole

ni ale

lai pe

You are right. You are wrong.

That is right

O ribe. Ko ribe.

O jebe.

LOCATIONS:

Here/there

At the UN office

Is it near/far?

How many hours?

Nibi/nijen

ni UN officci

O sun mo/ji-nan?

Aago me lo ni?

21. PLAY QUIZ

(Challenge - Test your instinctive Yoruba ... by associating the phrases ... and then discuss with a natural speaker)

- | | |
|--------------------------|-------------------------|
| a. I am well, thank you | E se |
| b. Pardon? | O-daa. |
| c. Thank you. | Daadaa ni |
| d. OK | Ki-le-? |
| e. Wonderful! | Se daadaa ni? |
| f. You must do that. | Gbadun! |
| g. Hello | O lati se yi. |
| h. How are you? | E kare. |
| i. I want to buy. | Se e le fun mi ni? |
| j. I take it. | Mo soro die. |
| k. Can I have? | Mo fe-e ra. |
| l. I speak a little | Ma a mu un |
| m. Yes/No | Se e ni... ? |
| n. Please | Mo fe ... |
| o. I would like... | E jo |
| p. Do you have any ... ? | Bee ni/Rara |
| q. How much is that? | Ile-agnonse nibo ni? |
| r. Where is the toilet? | Elo ni niyi |
| s. Where/when/why? | Aago meloo lo lu? |
| t. What time is it? | Nibo/nigba wo/ki lo de? |
| u. Can you help me? | Ki ni itumi eyi? |
| v. I do not understand | E jowo ran mi lowo? |
| w. What does this mean? | E joo, soro jeejee. |
| x. Please speak slowly | Ko ye mi. |
| y. What is this? | O daba |
| z. Goodbye | Ni ni e leyi? |

Answers: In the Berlitz phrase book ... now a friend of yours...

**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 - Do again APS with your own tape. Then play our tape and the LEARNING REINFORCEMENT.. 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

(Challenge - insert Yoruba in CAPITAL LETTERS and discuss with a natural speaker)

English	Pashto	Zulu	YORUBA
Airport	hawaa dagar	air-porti	
Army	pauz	impi	
Asylum	panaah	inqaba	
Border	pdlay	iphathelo	
Camp	dd kaamp	iginqwa	
Children	muchouman	abantwana	AWON-OMO
Clothing	jama	izivatho	
Cooking pot	chainaq	imbiza	
Cooperation	hamkari	ukusizana	
Customs	gumruk	umkuba	
Delay	nawakta	libazisa	
Detention	ndzar-band	ukuhamba	
Development program	dd wadi program	ukukhuka iprogram	
Displaced persons	be-zaya shdwi xaldk	abantu abalahlekelwo	
Electricity	breshna	ugesi	
Emergency	hajol	ingozi	
Expulsion	shar-dl	ukuxoshwa	
Family	koranay	indlu	
Government	hokumat	uhulumeni	
Grandparents	padar kalan	umkulu	
Handicapped	saya	bambeko	
Health	roghtyaa	ukuphila	
Hospital	roghtun	isibhedlela	
House	kor	indlu	

HQ	mankaz	komkulu
Human rights	dd bashar hakkuna	obuntu phansi????
Husband	mehra	imdoda
Lamp	dewan	isibani
Legal protection	kaanuni saatdna	omthetho unumgubuzelo
Malnutrition	bada ghdzaa	ukuntula ukudla okunomonga
Material assistance	maadi komak	usize kholwa???
Ministry	wdzaarat	ungqongqoshe???
Nutrition	ghdzaa	ukudla okunomongo
Pain - days/weeks	dard worat	ubulunghu - usuki/ iweki
Pain - months/years	dard hafta	ubulunghu - injangi/ umnyak
Pain - treatment	dard mehda	ubulunghu - impatho
Pain - arms/legs	dard bazou/paie	ubulunghu - ingali/ umlenzi
Pain - chest	dard sina	ubulunghu - isifuba
Pain - ears/eyes	dard gauche/sterguee	ubulunghu - indlebi/isi
Pain - hands/feet	dard daste/paie	ubulunghu - andli/ nyawi
Pain - head/neck	dard sav/garden	ubulunghu - khanda/ intamo
Pain - stomach	dard mehda	ubulunghu - isusu
Persecution	zawrawdi	umshushiso
Petrol	tel	upetroli
Police-station	dd polis st-eshan	ipohlisiteshi
President	mdshir	umongameli

Prison	bandy-khana	ijele
Province	ayaalat	iprovinci
Reception centre	dd melma paaldne	undawo
Refugee	mohajer	impabanga
Representative	astaazy	ifanekisayo
Rural	da kdll	asemaphandleni
Sanitation	hyfzu-syhna	indlela philisayo
Shelter	rijdi	ukusitheka
Status	haysiyat	ukuma
Tent	rijdi	itende
Torture	shekanja	gazinga
Town	khar	ithawini
Transportation	transport	ukuthwala
Travel Documne	sdd safar sanaduna	incwa ukuhambi
Tribe	t-dbdr	uhlobo
Truck	lan mot-dr/lari	ingolovane
Urban	dd khari	asemzini
Village	kday	umuzi
Voluntrary repatriation	pd rdzaa-sara berta	ukubuya kokuvuma
		legal
War	jagara	impi
Water	aaba	amanzi
Wife	kaza	umfazi

APPENDIX C - BRIEF GRAMMAR

(Challenge ... study ... and then discuss with a natural speaker)

1. Structure - subject, object and verb:	
MO WA nibi YI (is).	I AM here.
OMO wa nibi yi.	The CHILD is here.
Question - SE omo YI wa nibi yi?	Question - is the child here?
2. Articles:	
Omo KAN wa (at present) nibi yi (is).	A child here is.
3. Nouns:	
AWON-omo wa nibi yi	Child-REN are here.
Omo DAA wa nibi yi.	The GOOD child is here.
Omo ni (is).	(HE) is a child.
4. Possession:	
Omo MI wa nibi yi.	(He) is MY child.
5. Relative:	
Omo TO wa nibi yi.	The child WHO here is.
6. Demonstrative:	
Omo LEYI wa nibi yi.	THIS child is here.
Omo NIYI wa NIBE yi.	THAT child is THERE.
7. Interrogatives:	
KI leyi?	WHAT (is) this?
TA ni ye?	WHO (is) that?
Omo NOBI ni?	WHERE is the child?
ELO mi iwe (book)?	HOW-MUCH is the book?

8. Imperatives:	
SE leyi.	DO this!
WA nibi!	COME here!
9. Negatives:	
Bee ni, E MI NI iwe (book).	Yes, I HAVE (TO ME IS) a book.
RARA, mo KO ni iwe MA.	NO, I do NOT have the book.
MA wa SI nibi YI.	Do NOT come here.
10. To be, have and want:	
Mo/mo ni/mo fe	I am/have/want
Se/se ni/se fe	You are/have/want
O/o ni/o fe	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 AID WORKERS 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, Sutu, Swedish, Nepali, Italian, Swahili, Basque, Hausa, Mende, Burmese 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. Learning reinforcement with APS.

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.

BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ YORUBA

(Challenge - insert Yoruba in CAPITAL LETTERS ... and discuss with a natural speaker)

English	French	Spanish	Yoruba
a	un/une	un/una	KAN
about	environ	cerca de	
accident	accident,l'	accidente	
action	action,la	accion	
actually	en fait	realmente	
after	après	depués	
afternoon	aprèsmidi,l'	tardes	NI OSAN
airport	aéroport,l'	aeropuerto	
alone	seul	solo/unico	
also	aussi	también	LALE
always	toujours	siempre	NIGRA-GBOGBO
am (I)	suis (je)	yo soy/estoy	NI (MO)
and	et	y	ERAN
anniversary	anniversaire	cumpleaños	
anybody	n`importe qui	cualquiera	
anything	n`importe quoi	cualquier cosa	
April	Avril	abril	
are(you)	êtes (vous)	usted es/está	
arrive	arriver	llegar	
at	à	a/en	
August	Aout	agosto	
bad	mauvais	malo	BURU
bank	banque,la	banco	
bar	bar	bar	BAR
bath	bain,le	baño	ILE IWE
beat	battre	batir	
beautiful	beau/belle	hermoso	
because	parce que	porque	
bed	lit,le	cama	
begin	commencer	comenzar	
behind	derrière	detrás/atrás	
beside	à côté de	al lado de	
better	meilleur	mejor	
bill	facture,la	cuenta	

big	grand	grande
biscuit	biscuit,le	galleta
black	noir	negro
book	livre,le	libro
boy	garcon,le	niño/muchacho
bread	pain,le	pan
breakfast	petit dej.le	desayuno
brother	frère,le	hermano
bus	autobus,le	autobús/camión
business	affaires,les	negocio
buy	acheter	comprar
can (able)	pouvoir	poder
car	auto,l'	carro/coche
carefully	prudent	prudente
carry	porter	llevar
cash	argent,le	dinero
chair	chaise,la	silla
cheap	bon marché	barato
children	enfants	niños
choose	choisir	seleccionar
cigarette	cigarette,la	cigarillo
clean	propre	limpio
clever	intelligent	inteligente
clouds	nuages,les	nubes
coffee	cafe,le	café
cold	froid	frio
colour	couleur,la	color
come	venir	venir
complain	plaindre	reclamar
contract	contrat,le	contrato
cook	cuire	cocinar
cost	coût,le	costo
count	conter	contar
creditors	créditeurs,les	acreedor
cup	tasse,la	taza
customer	client,le	cliente
customs	douane,la	aduana
daughter	fille,la	hija
day	jour,le	día

dear	cher	caro
debtors	débiteurs,les	deudores
December	Décembre	diciembre
dinner	dîner,le	comida
dirty	sale	sucio
divided by	divisé par	dividir de
do	faire	hacer
doctor	médecin,le	doctor/médico
doers	actifs,les	trabajadores
drink	boire	beber/tomar
drive	conduire	manejar/coduc.
dry	sec	seco/árido
early	de bonne heure	temprano
easy	facile	fácil
eat	manger	comer
eight	huit	ocho
eighty	quatre vingt	ochenta
either	ou	o
eleven	onze	once
English	Anglais	inglés
enjoy	s`amuser	gozar de
enough	assez(de)	bastante/suf.
etc.	et cetera	etcétera
evening	soir,le	tarde
every	chaque	cada
fall off	tomber	caer
family	famille,la	familia
father	père,le	padre
father/law	beau-père,le	suegro
fat	gros	gordo
Febuary	Février	febrero
fifty	cinquante	cincuenta
fight	combattre	luchar
finance	financer	finanza
find	trouver	encontrar
fine	beau	fino/perf/bel.
fingers	doigts,les	dedos
finish	finir	terminar
fish	poisson,le	pescado

five	cinq	cinco
fog	brouillard,le	niebla
food	nourriture,la	comida/alim.
fools	fous,les	tontos/locos
for	pour	para/por
fork	fourchette,la	tenedor
four	quatre	cuatro
forty	quarante	cuarenta
Friday	Vendredi,le	viernes
friendly	sympathique	amigable
friends	amis,les	amigos
future(adj)	futur	futuro
game	jeu,le	juego
generally	généralement	generalmente
get	obtenir	obtener
girl	jeune fille,la	niña/muchacha
give	donner	dar
glass	verre,le	vaso
go	aller	ir/andar
good	bon	bueno/buen
goodbye	au revoir	adiós
good even.	bonsoir	buenas tardes
good morn.	bonjour	buenos días
good night	bonne nuit	buenas noches
greedy	gourmand	codicioso
half	moitié	medio/mitad
happy	heureux	contento/feliz
hate	détester	odiar
have	avoir (j'ai)	haber/tener
he	il	él
hello	salut	hola
help	aider	ayudar
helpful	utile	util
her (acc.)	la/lui	la/le
here	ici	aquí
herself	ellemême	ella misma
him	le/lui	le/lo
himself	luimême	él mismo
his	son	suyo

honest	honnêt	honrado
hope	espérer	esperar
hospital	hopital,le	hospital
hot	chaud	caliente
hotel	hotel,le	hotel
how are y.?	comment a.v.?	cómo está Ud?
how many?	combien de?	cuántos?
however	cependant	sín embargo
hundred	cent	cien
hungry	avoir faim	tener hambre
husband	mari,le	esposo/marido
I	je	yo
I am well	je vais bien	muy bien
icecream	glace,la	helado
if	si	si
important	important	importante
impossible	impossible	imposible
in front of	devant	enfrente de
intelligent	intelligent	inteligente
inventory	inventaire, l'	inventario
is (he)	est (il)	es
it	cela	eso
itself	celamême	eso mismo
January	Janvier	enero
journey	voyage,le	viaje
July	Juillet	julio
June	Juin	junio
knife	coûteau,le	cuchillo
know	savoir/conn.	saber/conocer
labour	main d`oeuvre	trabajo
language	langue,la	idioma
late	tard	tarde
later	plus tard	mas tarde/lu.
learn	apprendre	aprender
less	moins de	menos
letter	lettre,la	carta/letra
life	vie,la	vida
like aimer	(verb) g u s t a r gern haben	

listen	écouter	oir
little	peu	poco
long	long	largo
long run	finalément	a lo largo
look	regarder	mirar
look for	chercher	buscar
loss	perte,la	pérdida
lot,lots	beaucoup de	mucho
love	aimer bien	querer
low	bas	bajo
lucky (be)	avoir/chance	tener suerte
luggage	bagages,les	equipaje
lunch	déjeuner,le	almuerzo
make/do	faire	hacer/realizar
man	homme,l'	hombre
manager	directeur,le	gerente/dir.
many	beaucoup (de)	muchos
map	plan,le	mapa
March	Mars	marzo
marriage	marriage,le	matrimonio
marry	se marier	casar
materials	materiaux,les	materia prima
May	Mai	mayo
me	me	mi
meal	repas,le	comida
meat	viande,la	carne
meet	rencontrer	encontrar
meeting	réunion,la	reunión
mind (not)	égal (etre)	no importa
minute	minute,la	minuto
Miss	Mademoiselle	Señorita
mistake	erreur,la	error
Monday	Lundi,le	lunes
money	argent,la	dinero
month	moins,le	mes
more	plus	más
morning	matin,le	mañana
mother	mère,la	madre

mother.i.	bellemère	suegra
Mr	Monsieur	Señor
Mrs	Madame	Señora
multipl.by	multiplier par	multiplic.por
must	devoir	deber/tener de
my	mon	mi/mis
myself	moimême	mi
near	près de	cerca de
never	jamais	nunca/jamás
never mind	n'importe	no importa
new	neuf	nuevo
nice	agréable	fino/bueno
nine	neuf	nueve
night	nuit,la	noche
ninety	quatrev.dix	noventa
no	non	no
nobody	personne	nadie
noise	bruit,le	ruido
not	ne...pas	no
nothing	rien	nada
November	Novembre	noviembre
now	maintenant	ahora
o`clock	heures (7.00)	hora (7.00)
October	Octobre	octubre
of course	naturellement	naturalmente
Oh!	Oh!	O!
old	vieux	viejo
on	sur	sobre
one	un	un/uno
or	ou	o
orders	ordres,les	órdenes
our	notre	nuestro
ourselves	nousmême	nosostros
out	dehors	fuera
overheads	frais gen.les	gasto gener.
owner`s eq.	capital,le	capital
parents	parents,les	padres
passport	passoport,le	pasaporte
people	gens	gente

place	endroit,le	sitio/lugar
plane	avion,le	avión
plate	assiette,la	plato
please	s`il v. plaît	por favor
police	police,la	policía
polite	poli	cortés
porter	porteur,le	portero
possible	possible	posible
present	présent	presente
pretty	joli	bonito
products	produits,les	productos
profit	profit,le	ganancia
put	mettre	poner
quarter	quartier,le	cuarto
quickly	vite	aprisa/de pri.
rain	pluie,la	lluvia
read	lire	leer
really	vraiment	de veras
red	rouge	colorado/rojo
relax	se relaxer	relajarse
remember	rappeller	recordar
restaurant	restaurant,le	restaurante
right	raison (avoir)	correcto/der.
road	rue,la	calle
room	chambre,la	cuarto/habit.
sales	ventes, les	venta/saldo
Saturday	Samedi,le	sábado
save	sauver	salvar
say	dire	decir
see	voir	ver
sell	vendre	vender
September	Septembre	septiembre
serve	servir	servir
service	service	servicio
seven	sept,le	siete
seventy	soixantedix	setenta
she	elle	ella
short	court	corto
should	devoir	deber

sick	malade	enfermo
Sir	Monsieur	Señor
sister	soeur,la	hermana
sit	s'asseoir	sentar
sit down	être assis	sentarse
six	six	seis
sixty	soixante	sesenta
sky	ciel,le	cielo
sleep	dormir	dormir
small	petit	pequeño/chiqu.
smoke	fumer	fumar
snack	snack,le	snack
some	quelques	unos/poco de
somebody	quelqu'un	alguno
something	quelquechose	algo
sometimes	quelquefois	algún tiempo
son	fils,le	hijo
sorry	dommage	lo siento
soup	potage,le	sopa
speak	parler	hablar
spend	dépenser	gastar
spoon	cuillère,la	cuchara
stand up	se lever	pararse
station	gare,la	estación
stay	rester	quedarse
stool	banc,le	taburete
sugar	sucre,le	azúcar
summer	été,le	verano
sun	soleil,le	sol
Sunday	Dimanche,le	domingo
sweet(pud.)	dessert,le	dulce/postre
table	table,la	mesa
take	prendre	tomar/llevar
talk	parler	hablar
talkers	bavards,les	habladores
taxi	taxi,le	taxi
tea	the,le	té
téléphone	téléphone,le	teléfono
tense	temps,le	tiempo

ten	dix	diez
terrible	terrible	terrible
thank you	merci	gracias
that	la/cela/que	ese/aquel/cual
the	le/la	el/la/los/las
their	leur	su
them	eux	ellos/ellas
themselves	euxmêmes	ellas/ellos
there	là	allí
they	ils	ellos/ellas
this	ce/cet	este/esta
thin	mince	delgado
thing	chose,la	cosa
thirsty	avoir soif	tener sed
thirty	trente	treinta
thousand	mille	mil
three	trois	tres
threeqtr.	troisquarts	tres cuartos
Thursday	Jeudi	jueves
ticket	billet,le	boleto/billete
time	heure,la	tiempo/vez
tip	pourboire,le	propina
tired	fatigué	cansado
to	à	para/a
today	aujourd'hui	hoy
tomorrow	demain	mañana
too much	trop	demasiado
train	train,le	tren
travel	voyager	viajar
Tuesday	Mardi	martes
twelve	douze	doce
twenty	vingt	veinte
two	deux	dos
under	sous	debajo/bajo
up	en haut	arriba
us	nous	nos/nosotros
vegetables	légumes,les	legumbres
wait	attendre	esperar
waiter	garcon,le	camarero

walk	marcher	caminar/pasear
want	vouloir	querer
waste(n)	gaspillage,le	desgaste
we	nous	nosotros
weather	temps,le	tiempo
Wednesday	Mercredi	miércoles
week	semaine,la	semana
wet	pluvieux	húmedo/mojado
what?	quel/quoi?	qué?
what time?	quelle heure?	qué hora?
when?	quand?	cuándo?
where	où?	dónde?
white	blanc	blanco
who?	qui?	quién?
wife	femme,la	esposa
win	gagner	ganar
wine	vin,le	vino
winter	hiver,le	invierno
woman	femme,la	mujer
work	travail,le	trabajo
worse	pire	peor
worst,the	le pire	el/lo peor
write	écrire	escribir
wrong	avoir tort	falso/equiv.
year	année,la	año
yes	oui	sí
yes but	oui mais	si, pero
yesterday	hier	ayer
you (nom.)	vous	usted/ustedes
you (acc.)	vous	usted
young	jeune	joven
your	votre	su
yourself	vous-même	usted
yourselves	vous-mêmes	ustedes
zero	zero	cero

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge: Check Yoruba in CAPITAL LETTERS... with a natural speaker)

1. A/an KAN	2. After LE HIN	3. Again SIT	4. All NIGBAG	5. Almost TITI
6. Also LALE	7. Always NIGRA-GBOGBO	8. And ERAN	9. Because NITORI	10. Before LARIN
11. Big TOBI	12. But SUGBON	13. I can MO SE	14. I come MO T-WA	15. Either/or LARN/E
16. I find M OEI	17. First EKINI	18. For FUN	19. Friend OREE	20. From LATI
21. I go MO JADE	22. Good DAA	23. Goodbye O DABO	24. Happy IDUNU	25. I have MO E
26. He WU	27. Hello BA WO NI	28. Here NIBI	29. How R	30. I MO
31. I am MO NI	32. If BI	33. In NITOSI	34. I know MO GBO	35. Last LATI
36. I like MO FE	37. Little KERE	38. I love MO FE	39. I make MO E	40. Many TITI
41. One KAN	42. More JU	43. Most JUMO	44. Much PUPO	45. My FUN MI
46. New TUNTUN	47. No RARA/KO NEE	48. Not KO	49. Now BAYII	50. Of FUN
51. Often	52. On	53. One	54. Only	55. Or

BOGBO	NITOSI	KAN	NIKAN	EE
56. Other SIL	57. Our FUN A-O	58. Out SOKE	59. Over NITOSI	60. People EYA
61. Place JINNA	62. Please E JOO	63. Same SII	64. I see MO RIN	65. She WU
66. So ITOSI	67. Some OJOo	68. Sometimes OJO BUGBO	69. Still NISISE	70. Such OTITO
71. I tell MO TESI	72. Thank you E SE E	73. That KE	74. The HI	75. Their E NWON
76. Them NWON	77. Then LE HIM	78. There is NJE NI	79. They NWON/AWON	80. Thing OHUN
81. I think MO GBO	82. This LEVI	83. Time AAGO	84. To DE	85. Under LEHIN
86. Up SOKE	87. Us FUN A-O	88. I use MO E	89. Very PUPO	90. We A-O
91. What KI NI	92. When NIGBA WO	93. Where NIBO NI	94. Which TAN	95. Who TA NI
96. Why KI LO DE	97. With PELU	98. Yes BEE NI	99. You SE/LE/O	100. Your FUN SE

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 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!!**