

CRE - CREATIVE RELAXATION EXERCISE

**THE NATURAL WAY TO PLAY WITH LANGUAGE
WITH A BEAUTIFUL ACCENT
AND A 30 MINUTE AUDIO TAPE IN ONE DAY**

**KEY CONCEPT: "DO CRE WELL ... FOR JUST ONE DAY AND GET THE
CONFIDENCE ... TO SPEAK IN A NEW LANGUAGE ... Salamat po! "**

**NO. 303D - TAGALOG (PHILIPINO) FROM
ENGLISH**

Version 1 - with some errors for correction please - March 2006

Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Lonely Planet SE Asia Phrase-book.

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1.0 INTRODUCTION

1.1 STRUCTURE

This CRE helps you to understand the structure of the language instinctively, by inserting English into the Tagalog phrases, to identify the meaning of key Tagalog words. There is also a brief note on Grammar, a listing of the 100 most used words in conversation, a daily mini-phrasebook and a brief English-Spanish/Fench/German Dictionary.

1.2 MEMORY

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

Thank you ... salamat po ... say ...

... thank you ... salami has great po-tential ... salamat po ...

Please ... paki ... say ...

... please ... give me a pack ... paki ...

Goodbye ... paalaam ... say ...

... goodbye ... parlez-vous ... paalaam ...

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

1.3 PRACTICE.

Learn very rapidly the "100 most used words" and each day, take one section of a phrase-book, to make 10 minutes of conversation with a natural speaker ... or aloud with yourself!

1.4 INSTINCTIVE COMMUNICATION

Read everything aloud with a beautiful accent and strong emotions! Begin to repeat each phrase a second time from memory ... not just reading. Have fun "speed reading" to exercise the throat. Make an audio tape of the phrase-book with spaces for repeat or response and play it back to yourself, speaking very loud! Play the CRE tape as you begin to sleep at night. Speak with total body language (eyes, face, arms etc.), to express meaning. Talk to everybody. Be happy and positive and be sure ... to expect some good news ... every day!

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 ...

NOTE: 'ng' is read as nang.
'mga' is read as ma-nga to mean plurality.

| | |
|-----------------------|------------------------------------|
| Thank you. | Salamat po |
| Hallo | Helow |
| Yes/no | Oo/Hindi |
| Please | Paki/pakisuyo po |
| All is OK! | Mabuti naman ang lahat (all)! |
| Good morning | Magandang umaga. |
| My name is ... (I am) | Ako ay ... |
| What is your name? | Ano (what) ang pangalan (name) mo? |
| How are you? | Kumusta ka? |
| Fine (thanks) | Mabuti naman, salamat po. |
| Where are you from? | Taga (from) saan (where) ka? |
| I am from ... | Ako (i) ay taga ... |
| Good-bye. | Paalam. |

so start chatting now ...to everyone ... questions an answers ... with
laughter ... so on we go ... together

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 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... 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 Tagalog word many times slowly ... and then at VERY high speed)

| | | |
|------------------------|---------------------------------------|--|
| Hello | HELOW | HE-LOW |
| Mr. | MISTER | MIS-TER |
| Mrs. | MISIS | MIS-SIS |
| Yes | OO | O-O |
| No | HINDI | HIN-DI |
| Good | MABUTI | MA-BU-TI |
| Please | PAKISUYO | PA-KI-SU-YO |
| Do you have? | MAYROON KA BA? | MAY-RO-ON KA BA? |
| Thank you | SALAMAT PO | SA-LA-MAT POH |
| Goodbye | PAALAM | PA-A-LAM |
| See you soon!!! | SA MULI NATING PAGKIKITA!! | SA MU-LI NA-TING PAG-KI-KI-TA!! |
| Who? | SINO ? | SI-NO |
| What? | ANO? | A-NO? |
| I want | GUSTO KO | GUS-TO KO |
| Where? | SAAN? | SA-AN? |
| OK! | OKEY! AYOSI! | O-K /A-YOSI |

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. THEN record sections 2-15 in Tagalog at high speed - to establish your starting position - just for fun! Do the Throat exercise - 16 key words. Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel) ... make it fun! Review the Glossary (2 pages).
- 2 - Repeat the text (Sections 2-4) to understand every word!
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).
Review the Grammar (1 page) and the Glossary.
- 3 - Repeat the text (Sections 5-10) to understand every word!
Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.
Repeat the Throat exercise.
Begin to create simple conversation with the Mini-phrase book (Hello etc.).
- 4 - Repeat the text (Sections 11-16) to understand every word!
Play the tape with the text, SPEAKING SOFTLY with a good accent.
Do SPEED READING (Sections 2-16) and Mini-phrase Book.
- 5 - Play the tape WITHOUT the text, speaking with three different voices - just for fun!. Create conversation with the Mini-phrase book.
Do SPEED READING (2-16).
- 6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.
Do the quiz (1 page). Create conversation with mini phrase book.

Do SPEED READING (2-16) and Mini-phrase book 14 minutes.
Do APS and plan for review next week, helping partners as needed.

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 very personal expectations.

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

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

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

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural

language (no English please) ... as you create new wave patterns ... in that special... "Tagalog place" ... in your mind ...

2. HERE AND THERE:

Ako ay narito.

I am here.

Ikaw ay nandoon.

You are there.

Nandiyan ka ba?

Are you there?

Oo, ikaw ay nandoon.

Yes, you are there.

Ikaw ba ay nandito?

(Are) you here?

Hindi, ikaw ay wala rito.

No, you (are) not here.

Note: ay (is or ser) can be omitted)

Ito ay narito.

It is here.

Nasaan ba iyon?

Where is it?

Ito ay narito.

It is here.

Iyon ba nandoon?

Is it there?

Hindi ko alam.

I do not know.

Nasaan si Miguel?

Where is Miguel?

Siya ay wala rito.

He is not here.

Nasaan siya?

Where is he?

Hindi ko alam.

I do not know.

Hanep! Ayan na siya.

Darn! There he is!

Siya ay magaling!

He is wonderful!

3. LIKING:

Gusto kita.

I like you .

Gusto mo ba ako?

Do you like me?

Oo, gusto kita.

Yes, I like you.

Gusto mo bang pera?

Do you like money?

Oo, gusto kong pera.

Yes, I like the money.

Gusto ko ng tubig (water).

I like water.

Gusto mo ba ng tubig?

You like water (to you pleasing water)

Gusto ko ng mga libro.

I like some books.

Gusto niya ang kotse.

He likes the car.

Hindi niya nagustuhan ang kotse.

She does not like the car.

Gusto mo ba ang hapunan (dinner)?

Do you like the dinner?

Hindi, hindi ko gusto ang hapunan.

No, I do not like the dinner.

Oh hanep! Kaibigan!

Oh. Darn! Mate! (or something worse!!!)

Paki, hwag mong sabihin, Kaigigan!

Please do not say Mate!

4. DOING:

Ginagawa ko.

I do.

Ginagawa ko ito (this).

I do this.

Ginagawa mo.

You do.

Ginagawa mo iyon.

You do that

Ginagawa natin ('we' in the middle of a sentence) iyon (that).

We do that

At (and) masaya tayo.

And we are happy.

Madali ba ito?

Oo, hindi ito mahirap.

Is it easy?

Yes, it is not difficult.

Ginagawa ba mo iyon?

Pakigawa iyon!!

Hanep!!

Magaling ito!

Do you do that?

Do that please!!!

Darn!!!

It is wonderful!

5. CAN/ABLE TO DO:

Pwede ako.

Pwede ba ako?

Oo (yes), pwede ako.

Or Oo, kaya ko.

Pwede mo bang gawin (do) ito?

Oo, pwede (can) kong (I) gawin (do) ito.

I can

Can I?

Yes, I can.

Can you do this?

Yes, I can do that.

Pwede akong kumain ng kaunti (little).

Pwede akong uminom (drink) ng kaunti.

I can eat a little.

I can drink a little.

Pwede akong umalis (go).

Pwede akong sumama (come).

Or Makakasama ako.

Pwede akong matulog.

Or Makakatulog ako.

I can go.

I can come.

I can sleep.

Pwede kang magsalita (speak).

Nakakapagsalita ka ba?

Oo (yes), pwede.

You can speak.

Can you speak?

Yes, I can.

Pwede mo bang gawin ito (this)?
Hindi, hindi ko magagawa iyon (that).

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

Naintindihan (understand) mo ba?
Naintindihan (understand) mo ba?
Oo, kaunti (little).

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

Pwede mo bang sabihin, Kaibigan?
Oo, nakakapagsalita ako ng kaunting
Tagalog.

Can you say Mate?
Yes, I can speak a little Tagalog!

Hanep! Magaling ka!

Darn! I am wonderful!

6. UNDERSTANDING:

Naintindihan ko
Hindi naiintindihan ko.

I understand.
I do not understand.

Naiintindihan mo.
Hindi mo naiintindihan.

You understand.
You do not understand.

Naiintindihan nyo ba mga babae?
Hindi, Hindi!. Hindi ko sila (them)
naiintindihan!

Do you understand women?
No. No. I do not understand them!!!

Oh. Hanep. Kaibigan!
Paki,hwag mong sabihin, Kaigigan!
Magaling ka!

Oh. Darn! Mate!
Please do not say Mate!
You are wonderful!

7. WANTING:

Gusto ko (want).

I want.

Gusto kong kumain (eat) ng kaunti.

I want to eat a little.

Gusto kong uminom (drink) ng tubig.

I want to drink the water.

Gusto kong magpunta (go) sa palikuran!

I want to go to the toilet!!!

Gusto mo bang kumaain (eat) ng kaunti ?

Do you want to eat a little?

Hindi, ayaw (not want) kong kumain (eat) .

No, I do not want to eat.

Gusto kong bigyan (give) ka ng kaunti

I want to give you a little.

Hindi, salamat po.

No, thank you.

Gusto kong sumama (come).

I want to come.

Gusto mo bang matulog (sleep)?

Do you want to sleep?

Hindi, ayaw (not want) kong matulog.

No, I do not want to sleep.

Miguel, gusto mo bang kainin (eat) ang mga palaka (frogs) ?

Miguel do you want to eat the frogs?

Hanep. Hindi ngayon, salamat po!

Darn! Not just now, thank you!

Magaling tayo!

We are wonderful!

8. GETTING:

Pakibigay mo sa akin ang pera.

Please give me the money.

Pakikuha ang pera.

Please take the money.

Kinukuha ko ang pera.

I take the money.

Pakibigay mo sa akin ang tiket (ticket).

Please give me the ticket.

Pakikuha ang tiket.

Please take the ticket.

Kinukuha ko ang tiket.

I take the ticket.

Pakibigay mo sa akin ang bagay (thing).
Nasaan (where) ang bagay?
Hindi ko alam.

Please give me the thing.
Where is the thing?
I do not know.

Pakibigyan mo ako ng lalaki (man),
Hanep!! Ano ang babae !!
Magaling siya.

Please give me a man!
Darn!!! What a woman!!
She is wonderful!

9. HAVING:

May (have) isa (one) akong bagay.
Wala akong isang bagay (thing).
Mayroon (have) kang isang bagay.
Mayroon tayong isang bagay.
Mayroong siyang isang bagay.

I have one thing.
I do not have one thing.
You have one thing.
We have one thing.
She has something.

May panahan (time) ako, Miss!
Mayroon ka bang kaunting pera , Sir?
Wala. (to mean none)

I have a little time, Miss!
Do you have a little money, Sir?
No.

Oh Kaigigan!
Paki, hwag mong sabihin, Kaigigan!

Oh. Mate!
Please do not say Mate!

10. ORDERING (POLITELY):

Pakibigay mo sa akin ang bagay (thing).
Pakibigay mo sa akin ang pera.

Please give me the thing.
Please give me the money.

Pakibigyan mo ako ng tubig.
Salamat po sa iyo.

Please give me the water.
Thank you.

Hwag mong inumin ang tubig sa Pransyall.

Please don't drink the water in France!!

Inumin mo ang alak (wine).

Drink the wine.

Halika dito.

Please come here.

Pumunta ka doon.

Please go there.

Inumin mo ito.

Please drink this.

Hwag mong kainin iyan!

Do not eat that!

Pakibigay mo ito sa akin.

Please give me this.

Hwag mong kunin iyan.

Please do not take that.

Pakisabi ito.

Please say this.

Hwag mong sabihin, Kaiibigan.

Please do not say Mate.

Hanep. Magaling ka.

Darn it!! You are wonderful!

11. GREETING:

Helow, Diane!

Hello Diane!

Helow, Bob.

Hello Bob.

Magandang umaga, Miche.

Good morning Miche.

Magandang umanga, Sancos.

Good morning Sancos.

Kumusta ka, Eliza?

How are you, Eliza?

Salamat po, mabuti naman ako, Khulu.

I am well, thank you, Khulu.

Ayos lang ba, Xavier?

OK, Xavier?

OK. Salamat po sa iyo, Miguel.

OK, thank you Miguel.

Paalaam, Giles.

Goodbye Giles (until later).

OK lang yaan, Judith.

Goodbye Judith.

Oo, ayos (OK) , Hollie

Yes OK, Hollie.

Magaling ito.

It is wonderful!

Ayos, Sam?

OK, Sam?

Oo, ayos, Lucie.

Yes OK, Lucie.

Hindi masama, Henri.

Not too bad.

Maayos ba? Sinta ko?

Going well, my darling?

Hindi!

No!!!

Hanep!! Magaling siya!

Darn!!! She is wonderful!

12. DESCRIBING:

Mabuti.

It is good.

Hindi mabuti.

It is not good.

Masama.

It is bad.

Libro ito.

It is a book.

Malaki ba?

Is it big?

Hindi, maliit ito.

No, it is small.

Madali ba?

Is it easy?

Hindi, mahirap ito.

No, it is hard.

Ang tubig (water) ba ay mabuti?

Is the water good?

Hindi, ang tubig sa Pransya ay hindi mabuti!!

No, the water is not good in France!!

Oh Kaibigan!!

Oh Mate!!!

Paki-hwag mong sabihin, Kaiibigan.

Please do not say Mate.

Magaling ba tayo?

We are wonderful?

Hanep!!! Oo!

Darn! Yes!!

13. KNOWING (THINGS & PEOPLE):

Alam ko ito.

I know this.

Alam mo ba ito?

Do you know this?

Oo, alam ko ito.

Yes, I know this.

Alam mo iyon.

You know that.

Alam mo ba iyon?

Do you know that?

Hindi, hindi mo alam iyon (that)

No, I do not know that.

(Alam denotes a thing, Kilala denotes a person)

Kilala ko ang babaing iyon.

I know that woman.

Kilala ko ang lalaking iyon.

I know the man.

Kilala niya ako.

He knows me.

Kilala mo ang babaing iyan?

Do you know that woman?

Hindi. Magandang umaga Ginang.

No. Good morning Madame?

Kumusta ka, Miss?

Going well, Baby?

Hindi. Hindi mabuti. Salamat po!

No, not going well !! Goodbye!!!

Hindi mo kilala ang babaing iyan!

You do not know that woman!

Hanep! Magaling siya!

Darn! She is wonderful!

14. NUMBERING:

May isang problema.

I have one problem.

Oo, mayroon kang problema.

Yes, you have a problem.

Hindi, mayroon akong dalawa (2).

No, you have two (of them).

Mayroon siyang tatlo (3).

He has three.

Mayroon siyang apat.

She has four.

Mayroon tayong lima (5).

We have five.

Mayroon ka bang lima?

Do you have five?

Oo, ngayon, may lima akong problema!!!

Yes now, I have five problems!!!

Lahat ng mga bata!

All the children!

Ang mga bata ay magagaling!!

Children are wonderful!

15. ASKING:

Magkano ang libro?

How much is the book?

Limang dolyar.

Five dollars.

Magkano itong bagay?

How much is this thing?

Magkano?

How much?

Apat na dolyar.

Four dollars.

Nasaan ito?

Where is (it)?

Ito ay nandoon.

(It) is there.

Hindi, wala ito doon.

No, (it) is not there.

Nasaan ang palikuran, pakisuyo?

Where is the toilet, please?

Ang palikuran ay nandoon.

The toilet is over there.

Ano iyon?

Pakiulit kaibigan. Ano?

Iyon.

Oh, magandang libro ito.

What is that?

Pardon my friend. What?

That.

Oh, it is a good book.

Ano gusto mo?

Gusto ko ng alak, pakisuyo.

What do you want?

I want the wine, please.

Sino ang nandito?

Kami ay nandito.

Who is here?

We are here.

Sino iyang babae?

Hindi ko kilala.

Hapen! Si Madonna iyan.

Who is that woman?

I do not know.

Darn! It is Madonna!

16. EVERYTHING - COLLOQUIAL:

Narito ako.

Nandiyan ka.

I am here.

You are there.

Gusto kita.

Gusto mo ang pera.

I like you.

You like the money.

Ginagawa niya ito.

Ginagawa niya iyan.

He does this.

She does that.

Nakakapagsalita ako ng kaunting Yoruba!

Hwag mong sabihin Kaigigan!

I can speak a little Yoruba!

Please do not say Mate!

Nauunawaan ko.

Or Naiintindihan ko.

Hindi mo nauunawaan.

Or Hindi mo naiintindihan.

I understand you.

You do not understand me.

Gusto kong magpunta sa bar.

Gusto mong magpunta sa palikuran.

I want to go to the bar.

You want to go to the toilet.

May panahon ako, Miss!

Mayroon ka bang pera, Sir!

I have the time, Miss!

Do you have some money, Sir?

Hwag kang uminom ng tubig sa Pransya!!

Inumin mo ang alak.

Please don't drink the water in France!!

Drink the wine.

Kumusta ka, Eliza? OK?

Or Kumusta ka, Eliza? Ayos lang ba?

Salamat po sayo, mabuti naman ako, Khulu.

How are you, Eliza? OK?

Thank you, I am well, Khulu.

Malaki po ba, Sir?

Hindi, maliit lang sya, Miss.

Is it big, Sir?

No, it is small, Miss.

Hindi mo kilala ang babaing iyan.

Huh!! (or Hanep!!) Ang galing niya!

You do not know that woman.

Darn-it! She is wonderful!

Oo, ngayon may lima na akong problema!!!

Lahat ng mga bata!

Yes now, I have five problems!!!

All the children!

Ano iyan?

Pakiulit po. Ano?

What is that?

Pardon. What?

Ayan na.

Hindi masama.

Huh!! (or Hanep!!)

OK? (or Ayos!)

Oo, ayos iyan!! (or oo,ok yan!)

-The same-

-The same-

Hwag mong sasabihin, kaibigan!!

Hindi ayos iyan!

Kailangan kong gawin ito.

Kailangan mong gawin iyan.

Magaling?

Oo magaling ka!!!

Paalam!

There it is.

Not bad.

Darn it!

OK?

Yes, it's cool!

Yes, it's cool! (classy)

Yes, it's cool! (upper class)

Do not say Mate!!!

It is not cool!!!

I must do this.

You must do that.

Wonderful?

Yes you are wonderful!

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 ... in that special Tagalog place ... in you mind ... as needs arise ... without conscious effort ...

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

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

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

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

And as we end 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 continual support ... our Team ... whjich began in Bayonne, France ... August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

18. NATURAL VOCABULARY:

(Write it out by hand with emotion ...)

I. Greetings/ Exclamations:

| | | | | |
|-------------------------------|-----------------------------------|--------------------|---------------------|---------------------|
| hello | good morning, | how are you? | I am fine | thank you |
| helo po sayo | magandang umaga? | Kumusta ka? | Mabuti naman | ako, salamat |

| | | | | |
|---------------|-----------|--------------|-------------------|-----------------|
| goodbye | yes | no/not | OK | please |
| paalam | oo | hindi | ayos or ok | pakisuyo |

| | | | | |
|-------------|-------------|-----------------|---------------|------------------|
| Darn-it! | Merdel! | there it is! | "cool"!! | pardon! |
| huh! | huh! | Ayan na! | ayos!! | Pakiulit! |

b. Verbs:

| | | | | |
|--------------------------------|-----------------------------------|-------------------------------------|------------------------------------|-----------------------------|
| to be/I am | have | like | want | can |
| maging ako ay | mayroon may kong | gaya ng gusto kong | gusto gusato kong | maaari ??? |

| | | | | |
|--------------|------------------|-------------|---------------|--------------|
| do | say/speak | go | come | give |
| gawin | magsalita | alis | dating | bigay |

| | | | | |
|--------------|-------------|-------------|--------------|-------------|
| take | eat | drink | sleep | know |
| kunin | kain | inom | tulog | alam |

| | | | | |
|----------------|--------------|-------------|------------------------|--|
| understand | must | see | at the present time | |
| intindi | dapat | kita | sa ngayon | |

c. Prepositions:

| | | | | |
|----------------|------------|------------|----------------|-------------|
| some | a | the | to | from |
| ang iba | isa | ang | papunta | mula |

d. Pronouns:

| | | | | |
|------------|-------------|------------------|------------------|-------------|
| I | you | he | she | we |
| ako | ikaw | siya/s'ya | siya/s'ya | tayo |

| | | | | |
|----------------------|------------|------------------|---------------------|---------------------|
| it | this | that | Mr | Mrs. |
| Ito/iyan/iyon | ito | iyon/iyan | Mister/Ginoo | Misis/Ginang |

e. Nouns:

| | | | | |
|-------------|--------------|---------------|--------------|--------------|
| money | thing | man | woman | water |
| pera | bagay | lalaki | babae | tubig |

| | | | | |
|--------------|--------------|--------------|-----------------|---------------------|
| car | ticket | book | friend | time |
| kotse | tiket | libro | kaibigan | oras/panahon |

f. Adjectives/
adverbs/other:

| | | | | |
|---------------|---------------|---------------|---------------|---------------|
| good | bad | big | small | now |
| mabuti | masama | malaki | maliit | ngayon |

| | | | | |
|---------------|---------------|-----------------|---------------|-----------------------------|
| later | a little | wonderful! | happy | easy/difficult |
| mamaya | kaunti | magaling | masaya | madali / mahirap |

here/there
and

dito / doon

g.
Interrogatives:

how much?

magkano?

where?

saan?

what?

ano?

who?

sino?

when?

kailan?

Note:

What is this?

Ano ito?

The child is
here

**Nandito ang
bata.**

Question: is the
child here?

**Tanong:
Nandito ba ang
bata?**

Question: do
you have?

**Tanong:
Mayroon ka
ba?**

h. Numbers:

one

isa

two

dalawa

three

tatlo

four

apat

five

lima

six

anim

seven

pito

eight

walo

nine

siyam

ten

sampu

twenty

thirty

one hundred

two hundred

dalawam pu

tatlum pu

isang daan

dalawang daan

i. And some survival words:

We (tayo)

always (madalas or palagi)

fast/slow (mabilis/mabagal)

but (pero)

never (hindi)

food (pagkain)

train (tren)

bus (bus)

home (tahanan)

work (trabaho)

today (ngayon)

tomorrow (bukas)

paper (papel)

newspaper (babasahin)

day (araw)

week (linggo)

year (taon)

hour (oras)

minute (minuto)

hamburger (hamburger)

think (isip)

read (basa)

write (sulat)

laugh (tawa)

dance (sayaw)

stop (hinto)

policeman (pulis)

six (anim)

seven (pito)

eight (walo)

nine (siyam)

ten (sampu)

hundred (daan)

thousand (libo)

mate (kaibigan)

bye bye for now (paalam)!!

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

(Good idea to write out your own copy ... and use it to chat ... speed reading 4 minutes)

BASICS:

| | |
|------------|------------|
| Hallo | Helow/sayo |
| Yes/no | Oo/hindi |
| Please | Kapi-suyo |
| Thank you. | Salamat po |
| Pardon | Paki-ulet |

INTRODUCTIONS:

| | |
|-----------------------|-----------------------------|
| Good morning | Magandang Umaga |
| Good-bye. | Paalam |
| My name is ... (I am) | Ako ay ... |
| What is your name? | Ano ang pangalan mo? |
| How are you? | Kumusta ka? |
| Fine thanks | Mabuti, maraming salamat po |
| And you? | At ikaw? |

| | |
|---------------------|----------------------|
| Where are you from? | Taga (from) saan ka? |
| I'm from: | Ako ay taga ... |
| France | Francia |
| England | Inglatera |
| America | Amérika |

| | |
|------------|----------------------|
| I am with: | Ako ay kasapi sa ... |
| UN | UN |
| Red Cross | Cruz roja |
| Shell | Shell |

QUESTIONS:

| | |
|-------------------------------------|-----------------------------|
| When/how? | Kailan/paano? |
| What/why? | Ano/bakit? |
| Who/which? | Sino/Alin? |
| Where is/are ...? | Nasaan ang ...? |
| Where can I find ...? | Saan ko mahahanap...? |
| How much is it? | Magkano po ito? |
| Can you help? | Pwede mo ba akong tulungan? |
| What does this mean (want to say)?? | Ano ang ibig sabihin nito |

UNDERSTANDING:

| | |
|--------------------------------|---|
| I understand | Naiintindihan ko. |
| I don't understand. | Hindi ko maintindihan |
| Please say that again.. | Pwede pong pakiulit uli. |
| Can you translate this? | Pwede mo bang i-translate ito? |
| Can you give me ... ? | Pwede mo ba akong bigyan ng....? |
| Do you speak: english/spanish? | Nakakapagsalita ka ba ng ingles/espanyol? |
| I don't speak filipino | Hindi ako marunong magsalita ng Tagalog. |
| I speak a little ... | Nakakapagsalita ako ng kaunti. |

COMMENTS:

| | |
|-----------------|-----------------------|
| It is: | ... ito. |
| better/worse | mas mabuti/mas masama |
| big/small | malaki/maliit |
| cheap/expensive | mura/mahal |
| good/bad | mabuti/masama |
| hot/cold | mainit/malamig |
| near/far | malapit/malayo |

vacant/occupied

libre or bakante / okupado

FOOD:

I like:

breakfast

lunch

dinner.

Gusto kong ...

almusal

tanghalian

hapunan

Please bring a little ... :

bread/butter

cheeso

eggs

meat/potatoes

apples/oranges

coffee/tea

water

milk

mango juice

mango

Pwede (can) bang macdawa nang :

tinapay/mantequilla

keso

itlog

karne/patatas

mansanas/lukban

kape/tsa-a

tubig

gatas

mango juice

mangga

I want to pay now.

I think there is a mistake.

We enjoyed it.

Gusto kong magbayad na ngayon (now).

Palagay ko mayroong mali.

Nasayahan kami.

TRANSIT:

Where is the nearest shop?

Where is a taxi?

How much to go to ...

Saan ang pinakamakipit na SHOP?

Saan ang taxi?

Magkano ang magpunta sa ...?

Take me to this address.

Pakidala ako sa adres na ito ...

Please stop here.

Para po.

This is the wrong road.

Ito ay maling daan (road).

Go straight ahead.

Diretso lang.

It's there, on the:

left/right

next to/after

north/south

east/west

Door ito ...sa ...ang ...

kaliwa/kanan

malapit sa/ pagkalagpas ng

hilaga/timog

silangan/kanluran

Where is the:

town centre

pharmacy

Saan ho ba ...:

pamilihan bayan

farmasya

SHOPPING:

Do you have ...?

How much is this/that?

I am going to take it.

Mayroon ka bang ...?

Magkano ito/iyon?

Kukunin ko.

What colours have you?

Black

Blue

Red

White

Yellow

Green

Anong kulay mayroon ka?

itim

bughaw

Pula

puti

dilaw

berde

I want to buy:

half kilo apples

litre of milk

film/newspaper

TELEPHONE:

Hello, this is ...

Please speak:

louder

slowly

Gusto yong bumili ng ...

kalahating (half) kilo ng mansanas
(apples)

litro ang leche (milk)

pelikula/dyaryo

Helo Ito ay...

Paki:

lakasan (loud)

bagalan

I want to speak with:

Mr.

Mrs.

Miss

Gusto kong makausap si ...:

Mister

Misis

Miss

When is he here/there?

Ask him to telephone me.

Kailan siya nandiyan?

Pakisabi sa kanya na tawagan ako.

TIME:

Do we have time?

What time is it? ...

It is:

five past one

quarter to three

twenty past four

half past six

Mayroon ka bang oras?

Anong oras na?

Iti:

ala-una (1) singko (5)

kinse (15) minutos bago (before) mag alas
tres (3)

alas kwatro (4) bente (20)

alas seis y (6) media (half)

(we say the time in Spanish)

MEETINGS:

We will see you:

today

tomorrow

next week

in the morning

in the afternoon/evening

tonight

Magkikita tayo ...

ngayon

bukas

sa isang linggo

sa umaga

hapon/gabi

ngayong gabi

You are right/wrong.

That is right

Ikaw ay tama/mali

Iyan ay tama.

LOCATIONS:

Here/there

At the office

Is it near/far?

How many hours?

dito/doon

Sa opisina

Malapit ba/malayo ba?

Ilang oras?

21. PLAY QUIZ

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

- | | |
|-------------------------|----------------------------|
| a. I am very well | Ayos. |
| b. Excuse me | Salamat po. |
| c. Thank you. | Mabuti na-man |
| d. OK | Paki-ulit |
| e. It is possible | Na-saan ang |
| f. Where is ... | Pwede |
| g. Hello | Kumusta ka? |
| h. How are you? | Helo |
| i. It is nice here | Ako ay. |
| j. I am ... | Saan ka pupunta? |
| k. Where are you going? | Gusto mo ng ...? |
| l. Do you like ..? | Maganda dito ay |
| m. Yes | Na saan ang tuvleta? |
| n. Please | Mister |
| o. Where is the toilet? | Kapi-suyo. |
| p. Waiter? | Oo. |
| q. How much is that? | Ano-ng oras na? |
| r. Where is the book? | Saam/kailan/musta? |
| s. Where/when/why? | Na saan ang libres? |
| t. What time is it? | Magkano iyon? |
| u. Help me please? | Hindi na-intindihan ko. |
| v. I do not understand | Paki-pagsasilita bagalan |
| w. What does this mean? | Help me please???? |
| x. Please speak slowly. | Ano ang ibig sabihin nito? |
| y. See you later. | ¿???!! |
| z. Good food/cheers!! | ¿???. |

Answers: In the phrase book ... or call the Team ...

**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! After doing the routines listed below, be sure to buy a Lonely Planet or Berlitz Phrase-book, and just read it ALL out ALOUD with a natural speaker and a little ETOH, and you will understand EVERYTHING!

Our natural suggestions are:

1 - Do APS. Then play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then 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 (200 WORDS)**

Special Vocabulary for UNHCR

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

| | | |
|-------------------------|--------------------------|-------------------------|
| Hospital | roghtun | shafakhana |
| House | kor | khana/kor |
| HQ | mankaz | mankae |
| Human rights | dd bashar hakkuna | hokuk e bashar |
| Husband | mehra | shwahan |
| Legal protection | kaanuni saatdna | hymayat e kano |
| Malnutrition | bada ghdzaa | sou-e taghziya |
| Material assistance | maadi komak | komak-e mawadi |
| Ministry | wdzaarat | wezarat |
| Nutrition | ghdzaa | taghziya |
| Pain - days/ weeks | dard worat | dard e ruz/hafta |
| Pain - months/ years | dard hafta | dard e mo/sol |
| Pain - treatment | dard mehda | dard e ta-dow-wi |
| Pain - arms/legs | dard bazou/paie | dard e dest/pal |
| Pain - chest | dard sina | dard e sina |
| Pain - ears/eyes | dard gauche/ sterguee | dard e goch/cheshom |
| Pain - hands/ feet | dard daste/paie | dard e dest/pai |
| Pain - head/ neck | dard sav/gardan | dard e sar/ghardin |
| Pain - stomach | dard mehda | dard e meda |
| Persecution | zawrawdi | aziyat |
| Petrol | tel | petrol/tel |
| Police-station | dd polis st-eshan | sar-mammuriyat-e-police |
| President | mdshir | ra-is |
| Prison | bandy-khana | zyndan |
| Province | ayaalat | wela-yate |

| | | |
|------------------------|--------------------|--------------------|
| Reception centre | dd melma paaldne | mahal e pazirahi/ |
| Refugee | mohajer | panahenda |
| Representative | astaazy | nema-yandghi |
| Rural | da kdll | ? |
| Sanitation | hyfzu-syhna | hyfzu syhha |
| Shelter | rijdi | panaga |
| Status | haysiyat | haysiyat |
| Tent | rijdi | gihejdi/khayma |
| Torture | shekanja | shykanja |
| Town | khar | shahr |
| Transportation | transport | transport |
| Travel Docs | sdd safar sanaduna | sdd safar sanaduna |
| Tribe | t-dbdr | kabila |
| Truck | lan mot-dr/lari | motar-d laar/lari |
| Urban | dd khari | dd khari |
| Village | kday | karya |
| Voluntary repatriation | pd rdzaa-sara | berta legal |
| War | jagara | jangue |
| Water | aaba | aab |
| Wife | kaza | zawja/khanom |

APPENDIX C - BRIEF GRAMMAR

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

1. Structure - subject, object and verb:

AKO AY nandito.

I AM here.

Ang BATA ay nandito.

The CHILD is here.

Tanong - nandito ba ang bata ?

Question - is the child here?

2. Articles:

Nandito ang bata.

A child here is.

3. Nouns:

Ang MGA BATA ay nandito

Child-REN are here.

Ang mabuting bata ay nandito.

The GOOD child is here.

SIYA ay isang bata.

(HE) is a child.

4. Possession:

(Siya) ay AKING anak.

(He) is MY child.

5. Relative:

Ang bata NA nandito.

The child WHO here is.

6. Demonstrative:

Ang batang ITO ay nandito.

THIS child is here.

Ang batang IYON ay NANDOON.

THAT child is THERE.

7. Interrogatives:

ANO ito?

WHAT (is) this?

SINO iyan?

WHO (is) that?

NASAAN ang bata?

WHERE is the child?

MAGKANO ang librong ito?

HOW-MUCH is the book?

8. Imperatives:

GAWIN mo ito.

DO this!

HALIKA dito!

COME here!

9. Negatives:

Oo, nasa akin ang libro.

Yes, I **HAVE** (TO ME IS) the book.

Hindi, wala sa akin ang libro.

NO, I do **NOT** have the book.

HWAG kang pumunta dito.

Do **NOT** come here.

10. To be, have and want:

Ako ay/mayroon/gusto

I am/have/want

Ikaw ay/mayroon/gusto

You are/have/want

S'ya ay/mayroon/gusto

He is/has/wants

**CRE - CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE WITH A BEAUTIFUL ACCENT
AND 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: Zulu, 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, Tswana, Sutu, 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 to who want to achieve significant accent improvement.

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

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

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

Further information: email: drbobboland@hotmail.com from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - fill in Tagalog and discuss with a natural speaker)

1. A/an
2. After
3. Again
4. All
5. Almost
6. Also
7. Always
8. And
9. Because
10. Before
11. Big
12. But
13. I can
14. I come
15. Either/or
16. I find
17. First
18. For
19. Friend
20. From
21. I go
22. Good
23. Goodbye
24. Happy
25. I have
26. He
27. Hello
28. Here
29. How
30. I
31. I am
32. If
33. In
34. I know
35. Last
36. I like
37. Little
38. I love
39. I make
40. Many
41. One
42. More
43. Most
44. Much
45. My
46. New
47. No
48. Not
49. Now
50. Of
51. Often
52. On
53. One
54. Only
55. Or
56. Other
57. Our
58. Out
59. Over
60. People
61. Place
62. Please
63. Same
64. I see
65. She
66. So
67. Some
68. Sometimes
69. Still
70. Such

- | | | | | |
|-------------|---------------|--------------|-----------|-----------|
| 71. I tell | 72. Thank you | 73. That | 74. The | 75. Their |
| 76. Them | 77. Then | 78. There is | 79. They | 80. Thing |
| 81. I think | 82. This | 83. Time | 84. To | 85. Under |
| 86. Up | 87. Us | 88. I use | 89. Very | 90. We |
| 91. What | 92. When | 93. Where | 94. Which | 95. Who |
| 96. Why | 97. With | 98. Yes | 99. You | 100. Your |

**BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ GERMAN/TAGALOG
 INSERT TAGALOG AND MAKE UP PHRASES
 (rough spelling and gender and few accents)**

| ENGLISH | FRENCH | SPANISH | GERMAN | TAGALOG |
|-------------|----------------|----------------|--------------|---------|
| a | un/une | un/una | in/eine | |
| about | environ | cerca de | ungefähr | |
| accident | accident,l' | accidente | Unfall | |
| action | action,la | accion | Handlung | |
| actually | en fait | realmente | eigentlich | |
| after | après | depués | nach | |
| afternoon | aprèsmidi,l' | tardes | Nachmittag | |
| airport | aéroport,l' | aeropuerto | Flughafen | |
| alone | seul | solo/unico | allein | |
| also | aussi | también | auch | |
| always | toujours | siempre | immer | |
| am (I) | suis (je) | yo soy/estoy | bin (ich) | |
| and | et | y | und | |
| anniversary | anniversaire | cumpleaños | Jahrestag | |
| anybody | n`importe qui | cualquiera | irgendjemand | |
| anything | n`importe quoi | cualquier cosa | irgendetwas | |
| April | Avril | abril | April | |
| are(you) | êtes (vous) | usted es/está | sind | |
| arrive | arriver | llegar | ankommen | |
| at | à | a/en | an | |
| August | Aout | agosto | August | |
| bad | mauvais | malo | schlecht | |
| bank | banque,la | banco | Bank | |
| bar | bar | bar | Bar, die | |
| bath | bain,le | baño | Bad | |
| beat | battre | batir | schlagen | |
| beautiful | beau/belle | hermoso | schön | |
| because | parce que | porque | weil | |
| bed | lit,le | cama | Bett | |
| begin | commencer | comenzar | anfangen | |
| behind | derrière | detrás/atrás | hinter | |
| beside | à côté de | al lado de | nächst | |
| better | meilleur | mejor | besser | |

| | | | |
|------------|----------------|----------------|---------------|
| bill | facture,la | cuenta | Rechnung, die |
| big | grand | grande | gross |
| biscuit | biscuit,le | galleta | Keks |
| black | noir | negro | schwarz |
| book | livre,le | libro | Buch |
| boy | garcon,le | niño/muchacho | Junge |
| bread | pain,le | pan | Brot |
| breakfast | petit dej,le | desayuno | Frühstück |
| brother | frère,le | hermano | Bruder, der |
| bus | autobus,le | autobús/camión | Bus |
| business | affaires,les | negocio | Geschäft |
| buy | acheter | comprar | kaufen |
| can (able) | pouvoir | poder | können |
| car | auto,l' | carro/coche | Auto |
| carefully | prudent | prudente | vorsichtig |
| carry | porter | llevar | tragen |
| cash | argent,le | dinero | Bargeld |
| chair | chaise,la | silla | Stuhl |
| cheap | bon marché | barato | billig |
| children | enfants | niños | Kinder |
| choose | choisir | seleccionar | wählen |
| cigarette | cigarette,la | cigarillo | Zigarette |
| clean | propre | limpio | sauber |
| clever | intelligent | inteligente | klug |
| clouds | nuages,les | nubes | Wolken, die |
| coffee | café,le | café | Kaffee |
| cold | froid | frio | kalt |
| colour | couleur,la | color | Farbe |
| come | venir | venir | kommen |
| complain | plaindre | reclamar | klagen |
| contract | contrat,le | contrato | Vertrag |
| cook | cuire | cocinar | kochen |
| cost | coût,le | costo | Kosten |
| count | conter | contar | zählen |
| creditors | créditeurs,les | acreedor | Gläubiger |
| cup | tasse,la | taza | Tasse |
| customer | client,le | cliente | Kunde |

| | | | |
|------------|----------------|----------------|-----------------|
| customs | douane,la | aduana | Zoll |
| daughter | fille,la | hija | Tochter |
| day | jour,le | día | Tag |
| dear | cher | caro | teuer |
| debtors | débiteurs,les | deudores | Schuldner |
| December | Décembre | diciembre | Dezember |
| dinner | dîner,le | comida | Abendessen |
| dirty | sale | sucio | schmutzig |
| divided by | divisé par | dividir de | dividiert durch |
| do | faire | hacer | tun |
| doctor | médecin,le | doctor/médico | Arzt |
| doers | actifs,les | trabajadores | Täter |
| drink | boire | beber/tomar | trinken |
| drive | conduire | manejar/coduc. | fahren |
| dry | sec | seco/árido | trocken |
| early | de bonne heure | temprano | früh |
| easy | facile | fácil | leicht |
| eat | manger | comer | essen |
| eight | huit | ocho | acht |
| eighty | quatre vingt | ochenta | achtzig |
| either | ou | o | entweder |
| eleven | onze | once | elf |
| English | Anglais | inglés | Englisch |
| enjoy | s`amuser | gozar de | sich freuen |
| enough | assez(de) | bastante/suf. | genug |
| etc. | et cetera | etcétera | usw |
| evening | soir,le | tarde | Abend |
| every | chaque | cada | jeder |
| fall off | tomber | caer | fallen |
| family | famille,la | familia | Familie |
| father | père,le | padre | Vater |
| father/law | beau-père,le | suegro | Schwiegervater |
| fat | gros | gordo | fett |
| Febuary | Février | febrero | Februar |
| fifty | cinquante | cincuenta | fünfzig |
| fight | combattre | luchar | kämpfen |
| finance | financer | finanza | finanzieren |

| | | | |
|-------------|----------------|----------------|----------------|
| find | trouver | encontrar | finden |
| fine | beau | fino/perf/bel. | schön (Wetter) |
| fingers | doigts,les | dedos | Finger |
| finish | finir | terminar | beenden |
| fish | poisson,le | pescado | Fisch |
| five | cinq | cinco | fünf |
| fog | brouillard,le | niebla | Nebel |
| food | nourriture,la | comida/alim. | Essen |
| fools | fous,les | tontos/locos | Verrückten |
| for | pour | para/por | für |
| fork | fourchette,la | tenedor | Gabel |
| four | quatre | cuatro | vier |
| forty | quarante | cuarenta | vierzig |
| Friday | Vendredi,le | viernes | Freitag |
| friendly | sympathique | amigable | freundlich |
| friends | amis,les | amigos | Freunde |
| future(adj) | futur | futuro | zukünftig |
| game | jeu,le | juego | Spiel |
| generally | généralement | generalmente | allgemein |
| get | obtenir | obtener | bekommen |
| girl | jeune fille,la | niña/muchacha | Mädchen |
| give | donner | dar | geben |
| glass | verre,le | vaso | Glas |
| go | aller | ir/andar | gehen |
| good | bon | bueno/buen | gut |
| goodbye | au revoir | adiós | auf Wiedersehn |
| good even. | bonsoir | buenas tardes | guten Abend |
| good morn. | bonjour | buenos días | guten Morgen |
| good night | bonne nuit | buenas noches | gute Nacht |
| greedy | gourmand | codicioso | gierig |
| half | moitié | medio/mitad | halb |
| happy | heureux | contento/feliz | glücklich |
| hate | détester | odiar | hassen |
| have | avoir (j'ai) | haber/tener | haben |
| he | il | él | er |
| hello | salut | hola | hallo |
| help | aider | ayudar | helfen |

| | | | |
|-------------|----------------|---------------|-----------------|
| helpful | utile | util | behilfflich |
| her (acc.) | la/lui | la/le | ihr |
| here | ici | aquí | hier |
| herself | ellemême | ella misma | sie selbst |
| him | le/lui | le/lo | ihn/ihm |
| himself | luimême | él mismo | er selbst |
| his | son | suyo | sein |
| honest | honnêt | honrado | ehrlich |
| hope | espérer | esperar | hoffen |
| hospital | hopital,le | hospital | Krankenhaus |
| hot | chaud | caliente | heiss |
| hotel | hotel,le | hotel | Hotel |
| how are y.? | comment a.v.? | cómo está Ud? | wie geht e.l.? |
| how many? | combien de? | cuántos? | wieviel? |
| however | cependant | sín embargo | jedoch |
| hundred | cent | cien | hundert |
| hungry | avoir faim | tener hambre | hungrig |
| husband | mari,le | esposo/marido | Ehemann |
| I | je | yo | ich |
| I am well | je vais bien | muy bien | mir geht es gut |
| icecream | glace,la | helado | Eis |
| if | si | si | wenn |
| important | important | importante | wichtig |
| impossible | impossible | imposible | unmöglich |
| in front of | devant | enfrente de | vor |
| intelligent | intelligent | inteligente | klug |
| inventory | inventaire, l' | inventario | iventor |
| is (he) | est (il) | es | ist (er) |
| it | cela | eso | es (er) |
| itself | celamême | eso mismo | es selbst |
| January | Janvier | enero | Januar |
| journey | voyage,le | viaje | Reise |
| July | Juillet | julio | Juli |
| June | Juin | junio | Juni |
| knife | coûteau,le | cuchillo | Messer |
| know | savoir/conn. | saber/conocer | wissen |
| labour | main d`oeuvre | trabajo | Arbeit |

| | | | |
|---------------|----------------------------------|----------------|---------------|
| language | langue,la | idioma | Sprache |
| late | tard | tarde | spät |
| later | plus tard | mas tarde/lu. | später |
| learn | apprendre | aprender | lernen |
| less | moins de | menos | minus/weniger |
| letter | lettre,la | carta/letra | Brief |
| life | vie,la | vida | Leben |
| like aimer | (verb) g u s t a r gern haben | | |
| listen | écoûter | oir | zuhören |
| little | peu | poco | wenig |
| long | long | largo | lang |
| long run | finalement | a lo largo | auf die Dauer |
| look | regarder | mirar | schauen |
| look for | chercher | buscar | suchen |
| loss | perte,la | pérdida | Verlust |
| lot,lots | beaucoup de | mucho | viel |
| love | aimer bien | querer | lieben |
| low | bas | bajo | tief |
| lucky (be) | avoir/chance | tener suerte | Glück (haben) |
| luggage | bagages,les | equipaje | Gepäck |
| lunch | déjeuner,le | almuerzo | Mittagessen |
| make/do | faire | hacer/realizar | machen |
| man | homme,l' | hombre | Mann |
| manager | directeur,le | gerente/dir. | Manager |
| many | beaucoup (de) | muchos | viele |
| map | plan,le | mapa | Landkarte |
| March | Mars | marzo | März |
| marriage | marriage,le | matrimonio | Heirat |
| marry | se marier | casar | heiraten |
| materials | materiaux,les | materia prima | Materialien |
| May | Mai | mayo | Mai |
| me | me | mi | mich |
| meal | repas,le | comida | Essen |
| meat | viande,la | carne | Fleisch |
| meet | rencontrer | encontrar | kennen lernen |
| meeting | réunion,la | reunión | Versammlung |

| | | | |
|------------|----------------|----------------|-----------------|
| mind (not) | égal (etre) | no importa | egal (mir) |
| minute | minute,la | minuto | Minute |
| Miss | Mademoiselle | Señorita | Fräulein |
| mistake | erreur,la | error | Fehler |
| Monday | Lundi,le | lunes | Montag |
| money | argent,la | dinero | Geld |
| month | moins,le | mes | Monat |
| more | plus | más | mehr |
| morning | matin,le | mañana | Morgen |
| mother | mère,la | madre | Mutter |
| motheri.l. | bellemère | suegra | Schwiegermutter |
| Mr | Monsieur | Señor | Herr |
| Mrs | Madame | Señora | Frau |
| multipl.by | multiplier par | multiplic.por | multipliz.mit |
| must | devoir | deber/tener de | müssen |
| my | mon | mi/mis | mein |
| myself | moimême | mi | ich selbst |
| near | près de | cerca de | nahe |
| never | jamais | nunca/jamás | niemals |
| never mind | n'importe | no importa | nichts (macht) |
| new | neuf | nuevo | neu |
| nice | agréable | fino/bueno | nett |
| nine | neuf | nueve | neun |
| night | nuít,la | noche | Nacht |
| ninety | quatrev.dix | noventa | neunzig |
| no | non | no | nein |
| nobody | personne | nadie | niemand |
| noise | bruit,le | ruido | Krach |
| not | ne...pas | no | nicht |
| nothing | rien | nada | nichts |
| November | Novembre | noviembre | November |
| now | maintenant | ahora | jetzt |
| o'clock | heures (7.00) | hora (7.00) | Uhr (7.00) |
| October | Octobre | octubre | Oktober |
| of course | naturellement | naturalmente | natürlich |
| Oh! | Oh! | O! | Ach! |
| old | vieux | viejo | alt |

| | | | |
|-------------|----------------|----------------|---------------|
| on | sur | sobre | auf |
| one | un | un/uno | eins |
| or | ou | o | oder |
| orders | ordres,les | órdenes | Bestellung |
| our | notre | nuestro | unser |
| ourselves | nousmême | nosostros | wir selbst |
| out | dehors | fuera | aus |
| overheads | frais gen.les | gasto gener. | Laufenden U. |
| owner`s eq. | capital,le | capital | Anlagekapital |
| parents | parents,les | padres | Eltern |
| passport | passeport,le | pasaporte | Pass |
| people | gens | gente | Menschen |
| place | endroit,le | sitio/lugar | Platz |
| plane | avion,le | avión | Flugzeug |
| plate | assiette,la | plato | Teller |
| please | s`il v. plaît | por favor | bitte |
| police | police,la | policía | Polizei |
| polite | poli | cortés | höflich |
| porter | porteur,le | portero | Träger |
| possible | possible | posible | möglich |
| present | présent | presente | gegenwärtig |
| pretty | joli | bonito | hübsch |
| products | produits,les | productos | Produkte |
| profit | profit,le | ganancia | Gewinn |
| put | mettre | poner | legen |
| quarter | quartier,le | cuarto | Viertel |
| quickly | vite | aprisa/de pri. | schnell |
| rain | pluie,la | lluvia | Regen |
| read | lire | leer | lesen |
| really | vraiment | de veras | wirklich |
| red | rouge | colorado/rojo | rot |
| relax | se relaxer | relajarse | entspannen |
| remember | rappeller | recordar | erinnern |
| restaurant | restaurant,le | restaurante | Restaurant |
| right | raison (avoir) | correcto/der. | richtig |
| road | rue,la | calle | Strasse |
| room | chambre,la | cuarto/habit. | Zimmer |

| | | | |
|-----------|--------------|----------------|-------------|
| sales | ventes, les | venta/saldo | Verkäufe |
| Saturday | Samedi,le | sábado | Samstag |
| save | sauver | salvar | sparen |
| say | dire | decir | sagen |
| see | voir | ver | sehen |
| sell | vendre | vender | verkaufen |
| September | Septembre | septiembre | September |
| serve | servir | servir | bedienen |
| service | service | servicio | Dienst |
| seven | sept,le | siete | sieben |
| seventy | soixantedix | setenta | siebzig |
| she | elle | ella | sie |
| short | court | corto | kurz |
| should | devoir | deber | sollen |
| sick | malade | enfermo | krank |
| Sir | Monsieur | Señor | Mein Herr |
| sister | soeur,la | hermana | Schwester |
| sit | s'asseoir | sentar | sitzen |
| sit down | être assis | sentarse | sich setzen |
| six | six | seis | sechs |
| sixty | soixante | sesenta | sechzig |
| sky | ciel,le | cielo | Himmel |
| sleep | dormir | dormir | schlafen |
| small | petit | pequeño/chiqu. | kein |
| smoke | fumer | fumar | rauchen |
| snack | snack,le | snack | Imbiss |
| some | quelques | unos/poco de | etwas |
| somebody | quelqu'un | alguno | jemand |
| something | quelquechose | algo | etwas |
| sometimes | quelquefois | algún tiempo | manchmal |
| son | fil,le | hijo | Sohn |
| sorry | dommage | lo siento | Verzeihung |
| soup | potage,le | sopa | Suppe |
| speak | parler | hablar | sprechen |
| spend | dépenser | gastar | ausgeben |
| spoon | cuillère,la | cuchara | Löffel |
| stand up | se lever | pararse | aufstehen |

| | | | |
|-------------|--------------|----------------|------------------|
| station | gare,la | estación | Bahnhof |
| stay | rester | quedarse | bleiben |
| stool | banc,le | taburete | Stuhl |
| sugar | sucre,le | azúcar | Zucker |
| summer | été,le | verano | Sommer |
| sun | soleil,le | sol | Sonne |
| Sunday | Dimanche,le | domingo | Sonntag |
| sweet(pud.) | dessert,le | dulce/postre | Süßspeise |
| table | table,la | mesa | Tisch |
| take | prendre | tomar/llevar | nehmen |
| talk | parler | hablar | sprechen |
| talkers | bavards,les | habladores | Schwätzer |
| taxi | taxi,le | taxi | Taxi |
| tea | the,le | té | Tee |
| téléphone | téléphone,le | teléfono | Telefon |
| tense | temps,le | tiempo | Zeitform |
| ten | dix | diez | zehn |
| terrible | terrible | terrible | schrecklich |
| thank you | merci | gracias | danke |
| that | la/cela/que | ese/aquel/cual | jener/jene/jenes |
| the | le/la | el/la/los/las | der/die/das |
| their | leur | su | ihr |
| them | eux | ellos/ellas | sie |
| themselves | euxmêmes | ellas/ellos | sie selbst |
| there | là | allí | dort/da |
| they | ils | ellos/ellas | sie |
| this | ce/cet | este/esta | dieser |
| thin | mince | delgado | dünn |
| thing | chose,la | cosa | Ding |
| thirsty | avoir soif | tener sed | durstig |
| thirty | trente | treinta | dreissig |
| thousand | mille | mil | tausend |
| three | trois | tres | drei |
| threeqtr. | troisquarts | tres cuartos | dreiviertel |
| Thursday | Jeudi | jueves | Donnerstag |
| ticket | billet,le | boleto/billete | Karte |
| time | heure,la | tiempo/vez | Zeit, die |

| | | | |
|------------|---------------|----------------|------------------|
| tip | pourboire,le | propina | Trinkgeld |
| tired | fatigué | cansado | müde |
| to | à | para/a | nach |
| today | aujourd'hui | hoy | heute |
| tomorrow | demain | mañana | morgen |
| too much | trop | demasiado | zu viel |
| train | train,le | tren | Zug |
| travel | voyager | viajar | reisen |
| Tuesday | Mardi | martes | Dienstag |
| twelve | douze | doce | zwölf |
| twenty | vingt | veinte | zwanzig |
| two | deux | dos | zwei |
| under | sous | debajo/bajo | unter |
| up | en haut | arriba | oben |
| us | nous | nos/nosotros | uns |
| vegetables | légumes,les | legumbres | Gemüse |
| wait | attendre | esperar | warten |
| waiter | garçon,le | camarero | Kellner |
| walk | marcher | caminar/pasear | spazieren |
| want | vouloir | querer | wollen |
| waste(n) | gaspillage,le | desgaste | Abfall |
| we | nous | nosotros | wir |
| weather | temps,le | tiempo | Wetter |
| Wednesday | Mercredi | miércoles | Mittwoch |
| week | semaine,la | semana | Woche |
| wet | pluvieux | húmedo/mojado | nass |
| what? | quel/quoi? | qué? | was? |
| what time? | quelle heure? | qué hora? | wie spät.ist es? |
| when? | quand? | cuándo? | wann? |
| where | où? | dónde? | wo? |
| white | blanc | blanco | weiss |
| who? | qui? | quién? | wer? |
| wife | femme,la | esposa | Ehefrau |
| win | gagner | ganar | gewinnen |
| wine | vin,le | vino | Wein |
| winter | hiver,le | invierno | Winter |
| woman | femme,la | mujer | Frau |

| | | | |
|------------|------------|---------------|--------------|
| work | travail,le | trabajo | arbeiten |
| worse | pire | peor | schlechter |
| worst,the | le pire | el/lo peor | schlechteste |
| write | écrire | escribir | schreiben |
| wrong | avoir tort | falso/equiv. | falsch |
| year | année,la | año | Jahr |
| yes | oui | sí | ja |
| yes but | oui mais | si, pero | ja, aber |
| yesterday | hier | ayer | gestern |
| you (nom.) | vous | usted/ustedes | Sie |
| you (acc.) | vous | usted | Sie |
| young | jeune | joven | jung |
| your | votre | su | Ihr |
| yourself | vous-même | Usted | Sie selbst |
| yourselves | vous-mêmes | Ustedes | Sie selbst |
| zero | zero | Cero | null |

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

1. **Make a special 30 minute APS audio tape recording of all the material that you want to absorb into your long term memory, as follows:**
 - a. **Speak with gentle persuasive tone. This encourages perception and retention without effort.**
 - b. **Speak only for about 8 seconds ... pause for about 4 seconds ... continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress,**
 - c. **Add seven key learning points which were important to you! Thus provides "associations" in your mind for the new learning.**
2. **The NEXT DAY, relax and playback the tape (using ear phones) while watching some interesting TV show WITHOUT audio e.g. a football match or other a sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just to relax and gently give all attention to the TV show. Relax and let your mind absorb the data WITHOUT ANY CONSCIOUS EFFORT at all.**
3. **Play this once more.**
4. **Finally, on the FOLLOWING DAY, do IRT (relax), and playback the tape (with ear phones) while gently viewing and repeating the text material (hear, see, say and feel).**
5. **Adapt APS to your special needs and personality. Use it for any new material that you want to absorb without stress or effort. And please remember to email feedback and new creative ideas to our Team at: drbobboland@hotmail.com. So, and from now on - relax and remember!!**