

# 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 ... Ndza khensa (thank you)"

### NO. 402B - TSONGA from ENGLISH

Version 1 - with a few errors - June 2006

#### Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for accent improvement. Books to buy: Berlitz African Phrase Book and small dictionary.

Inspired by: Dr. Bob Boland (IUG) and Ms Nthabi Kotsokoane (GSB/UCT Cape Town) and Dr Giles Boland (Harvard) and Dr. Shams Bathija (UNITA) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/>

Email: [drbobboland@hotmail.com](mailto:drbobboland@hotmail.com) [www.crelearning.com](http://www.crelearning.com)

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## DEDICATION

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

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

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

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

Thank you.

Na Khensa

Hallo

Ahe

Yes/no/not

E,ee,eya/hayi

Please

Na Kambela

Excuse me

Rivalelo

Good morning

Avuxeni

Good-bye.

Mi sala kahle

My name is ...

Vito ra mina (name of me) I ...

What is your name?

Vito ra wena (name of you) I wani (question) yini (what)?

How are you?

Mi njani?/Wena njani?

I am well, thanks

Ni pfukile, na khensa

And how are you?

Na wena unjani?

OK

Hi swona

... so from now on ... speak to everyone... and have fun ...

## Lord's prayer in Tsonga

Tata wa hina wa le Matilweni (Our Father who art in Heaven),

Vito ra wena a ri hlawuleke (Hallowed be thy name); a ku te kufuma ka wena (Thy kingdom come);

Ku rhandza ka wena a ku endliwe misaveni tanihi loko ku endliwa tilweni.(Thy will be done on earth as it is in heaven)

U hi nyika namunthla vuswa bya hina bya siku rin'wana ni rin'wana; (Give us this day, our daily bread)

U hi rivalela swidyoho swa hina, tanihi loko hi rivalela lava hi dyohelaka (and forgive us our trespasses as we forgive those who trespass against us)

U nga hi yisi emiringweni kambe u hi ponisa eka lowo biha. (and lead us not into temptation, but deliver us from evil).

# 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 ... ee ... say ...

... yes ... ee by gum, you're right ... ee

Goodbye ... mi sala hantle ... say ...

... goodbye ... me sail her gently by ... mi sala hantle

I want ... ni lava ... say ...

... I want ... my knee wants to love her ... ni lava

or email [drbobboland@hotmail.com](mailto: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 Tsonga conversation with a natural speaker or aloud with yourself. Then make a friend of the main Tswana 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 TSONGA word many times slowly ... and then at VERY high speed)

**Thank you**

**Ndza khensa**

**Hello**

**Avuxeni**

**Mr.**

**Nkulukumba**

**Mrs.**

**Mananankulu**

**Yes**

**E/eya**

**No**

**Hayi**

**Good**

**swi Lungile**

**Please**

**Na kombela**

**Do you have?**

**una yona xana?**

**Goodbye**

**Sala kahle**

**See you soon!**

**Ndzi ta ku vona hi nkarhinyana**

**Who?**

**Mani?**

**What?**

**Yini?**

**I want**

**Ni lava**

**Where?**

**Kwihi?**

**OK!**

**Hi swona!**

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



## NATURAL SUGGESTIONS

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

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

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

## 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 it fits the music ... of the natural language.

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural language ... as you create new wave patterns ... in that special... "Tsonga Place" ... in your mind

## 2. HERE AND THERE:

Ndzi laha (here).

Wena ula haya (there).

Ukona kwa leho xana (question) ?

E (yes), u kona kwaleho.

U kona laha xana (question)?

Hayi (no), wena awu kona laha.

I am here.

You are there.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

Hi leyi laha (it).

Xi kwihi (where)?

Hi lexi

Hi lexiyana?

It (is) here.

Where is it?

It (is) there.

Is it there?

A ndzi tivi.

Miguel u kwihi (where)?

Anga kona lahawani.

U le kwini?

Andzi tivi (know).

I do not know.

Where (is) Miguel?

He is not here.

Where is he?

I do not know.

Xi. hi luya!!

Darn! There he is!

## 3. LIKING:

Ndza ku (you) rhandza (like)

Wa ndzi rhandza xana (question) ?

E (yes), ndza ku rhandza.

Wa yi rhandza mali (money) xana?

Ee, ndza yi rhandza mali.

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

Ndzi Rhandza Mati..  
Wa wa rhandza mati?.  
Ndzi rhandza ti buku tinwana.

I like water.  
You like water?  
I like some books.

U rhandza movha.  
Anga rhandzi movha

He likes the car.  
She does not like the car.

A wa swi rhandza sawkudya swa na mandyambu?  
Hayi ani swi rhandzi swakudya swa na madyambu  
Xi! Munghana!  
Na kambela, unga (do not) ri (say) Munghana!.

Do you like the dinner?  
No, I do not like the dinner.  
Oh. Darn! Mate!  
Please do not say Mate!

#### 4. DOING:

Ndza/Na endla.  
Ndzi endle leswi(this).  
Wa endla  
Endla leswi  
Hi endla leswi

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

Hi Tsakile.  
Swa olova xana?  
Ee, aswi tiki.  
U endla leswi xana?  
Endle leswi nakombela!!!

(And) we are happy.  
Is it easy?  
Yes, it is not difficult.  
Do you do that?  
Do that, please!!!

#### 5. CAN/ABLE TO DO:

Ndzi nga swikota

(I) can

Ndzi nga swikota xana?

Ea ni nga, swikota.

U nga endla lexi?

Ee, ndzi nga endla lexo.

Ndzi nga dya switsanana.

Ndzi nganwa mati ma ntsanana.

Ndzi nga famba.

Ndzi nga ta.

Ndzi nga etlela.

Unga vulavula.

Unga vulavula xana?

E,ndzi nga vulavula.

Unga edle lexi xana?

Hayi ani nge swikoti ku endla lexo

Unga twisisa (understand) ?

Unga twisisa xana?

Eya Switsanana (little).

Wa swikota kuri Munghana(mate)?

Eya ndzi nga Vulavula Xitsonga switsanana!

Xi Swisasekile

Can I?

Yes, I can.

Can you do this?

Yes, I can do that.

I can eat a little.

I can drink a little.

I can go.

I can come.

I can sleep.

You can speak.

Can you speak?

Yes, I can.

Can you do this?

No, I can not do that.

You can understand?

Can you understand?

Yes, a little.

Can you say Mate?

Yes, I can speak a little Sotho!

Darn! I am wonderful!

## 6. UNDERSTANDING:

Ndza Twisisa.

Andzi Twisisi .

Awu twisisi

I understand.

I do not understand.

You do not understand.

Awa Twisisa Nwansati?

Hayi ndzi Va twisisi!!

Xi! Munghana!

Ndza kombela ungaku Munghana..

U sasekile

Do you understand women?

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

Oh. Darn! Mate!

Please do not say Mate!

You are wonderful!

## 7. WANTING:

Ndzi lava (want).

Ndzi lava kudya swintsanana.

Ndzi lava kunwa mati.

Ndzi lava kuya exiyindlwaneni!!

Xana u lava kudya swintsanana?

Hayi! Andzi lavi kudya.

Xi! Ndzi lava ku ku nyika swi ntsongo.

Hayi, ndza khensa.

Ndzi lava kuta.

Ulava ku etlela nami xana?

Hayi, andzi swilavi kuetlela nawena.

Miguel, xana u lava kudya machela?

Xi! Hayi sweswi ndza khensa!

I want.

I want to eat a little.

I want to drink the water.

I want to go to the toilet!!!

Do you want to eat a little?

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! Not now, thank you!

## 8. GETTING:

Ndzakombela ndzi nyiki mali

Ndzakombela teka mali.

Ndzi teka mali.

(Please) give me the money.

Please take the money.

I take the money.

Ndzi Kombela uninyika tikiti.

Nakombela teka tikiti.

Ni teka tikiti.

Nakombela ninyiki xilo lexo.

Xi kwihi xilo?

Ani switivi

Nakombela ndzi nyiki wawanuna!

Xi!! I wa wansati nsati!!

U sasekile!

Please give me the ticket.

Please take the ticket.

I take the ticket.

Please give me the thing.

Where is the thing?

I do not know.

Please give me a man!

Darn-t!!! What a woman!!

She is wonderful!

## 9. HAVING:

Ndzi na xilo xinwe

Ani na naxinwe.

Una xinwe

Hina xinwe ntsena.

Wa wansati una xinwe ntsena.

I have one thing.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing

Ndzi na nkarhi lontsanana manana-ntsongo

Kambe una mali leyi ntsongo tatana

I have a little time, Miss!

But, do you have a little money

## 10. ORDERING (POLITELY):

ndzi kombela uni nyika xilo

Ndzi kombela uni nyika mali

Ni kombela uni nyika mati

Nna khensa.

Nakombela unga nwi mati ya le France

Please give me the thing.

Please give me the money.

Please give me the water.

Thank you.

Please don't drink the water in France!!



Nwanana wayini  
Ndzi kombela uta lahawani  
Ni kombela uya lahaya  
Ndzi kombela unwa leyi  
Unga ndyi lexo

Drink the wine.  
Please come here.  
Please go there.  
Please drink this.  
Do not eat that!

Ni kombela uni nyika lexi  
Ndzi kombela unga teki lexo.  
Ndzi kombela uvula lexi  
Ndzi kombela kuri unga ku munghana

Please give me this.  
Please do not take that.  
Please say this  
please do not say Mate!

Xi!. Na khensa.

Darn! Thank you.

## 11. GREETING: Polite and slang

Avuxeni Mihayille.  
Avuxeni Paula.  
Avuxeni, Mihayi.  
Avuxeni Sancos.  
Ku njani, Eliza?

Hello Mihayille.  
Hello Paula.  
Good morning Mihayi.  
Good morning Sancos.  
How are you, Eliza?

Hi swona, nna khensa, Khulu.  
U pfuke njani, Xavier?  
Hi swona, nna khensa, Miguel.  
Sala kahle, Giles.  
Sala kahle, Judith.

I am well, thank you, Khulu.  
How goes it, Xavier?  
OK , thank you Miguel.  
Goodbye Giles.  
Bye bye Judith.

E, Swi lungile, Hollie  
Swi lungile, Sam.?

Yes OK, Hollie.  
OK Sam?

E, Swi lungile, Lucie.

Aswi bihangì ngopfu, Henri.

Wa hanya kahle murhandziwa?

Hayi!!!

Yes OK, Lucie.

Not too bad, Henri.

Are you well, my darling?

No!!!

## 12. DESCRIBING:

swi lungile

Aswi bihangì ngopfu.

Swi bihile

I Buku.

Xana yikulu?

Hayi, yi ntsongo.

Swa olova xana?

Hayi, swatika.

Xana Mati Ya lungile/ya kahle?

Hayi, mati yale france aya lungangi/kahle

Oh munghana!!

Ndza kombela unga ku Munghana.

Xi! E!!

it is good.

It is not good.

It is bad.

It is a book.

Is it big?

No, it is small.

Is it easy?

No, it is hard.

Is the water good?

No, the water is not good in France!!

Oh Mate!!!

Please do not say Mate!

Darn! Yes!!

## 13. KNOWING (Things & people):

Ndza switiva.

Wa switiva leswi?

Eya na switiva

U tivi lexo.

I know this.

Do you know this?

Yes, I know this.

You know that.

U tiva lexo?

Do you know that?

Hayi, andzi yi tivi leyo.

No, I do not know that.

Na nwi tiva wa nsati loyi

I know that woman.

Na nwi tiva nwa nuna loyi

I know the man.

Wa ndzi tiva.

He knows me.

Wa nwi tiva nwanasati luya?

Do you know that woman?

Hayi. Avuxeni, Manana-nkulu?

No. Good morning Madame?

Hi swona, Manana-nkulu?

Are you well, Madame?

Hayi. Andzi titwi kahle, famba kahle!

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

Awu nwi tivi.

You do not know her!

## 14. NUMBERING:

Ndzi na nkinga yinwe

I have one problem.

Eya, una nkinga.

Yes, you have a problem.

Hayi, una timbirhi (2).

No, you have two (of them).

Una tinharhu.

He has three.

Una tamune(4).

She has four.

Hi na tintlhanu(5).

We have five.

Xana una tona ta ntlhanu?

Do you have five?

Eya sweswi ndzina tikinga ta ntlhanu!

Yes now, I have five problems!!!

Vana hinkwavo(all)!

All the children!

## 15. ASKING:

I mali muni buku(book) ?

How much is the book?

Ti dollar ta nthlanu(5).

I mali muni xilo lexi(thing)?

I mali muni?

Dolar ta mune(4).

Yi lekwihhi?

Yihi kwalaho(there).

Hayi, ayi kona kwalaho.

Xi le kwihhi xinyindlana?

Xiyindlwana xi lahaya.

Inchini xexo?

Uri yini?

leyo

I buku ya kahle (good).

U lava yini?

Na kombela, ndzi lava wayini.

Kuna mani laha?

Hi lahawani.

Emani wansati luya?

Andzi swi tivi(know).

Xi! i Madonna!

Nwa nsati wo saseka.

## 16. EVERYTHING - Colloquial - Polite and slang:

Ndzi laha(here).

Five dollars.

How much is this thing?

How much?

Four dollars.

Where is it?

It is there.

No, it is not there.

Where is the toilet, please?

The toilet is there.

What is that?

Pardon. What?

That.

Oh, it is a good book.

What do you want?

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

Darn! It is Madonna!

What a woman! She is wonderful!

I am here.

U lahaya.

Eya ndza ku rhandza.

Xana wa yi rhandza mali?

U endla lexi.

U endla lexo.

Ndzi nga vulavula Xitsonga ka ntsongo!

Ndza twisisa.

Awu twisisi.

Ndzi lava kuya abareni.

U lava kuya a xiyindlwaneni,

Ndzina nkarhi lonsanana Manana-nkulu!

Xana u na yona mali leyi yi ntsanana?

Ndzi kombela unganwi mati ya le!

Nwanana wayini.

U pfuke njani, Eliza?

Ndzi pfuka kahle, na khensa.

Xana yi kulu nkulukumba?

Hayi, yintsanana manana-ntsongo.

Awu nwi tivil!

Xi! U sasekile!

Eya sweswi ndzi na ti nkinga ta ntanthlanu!

Vana hi nkwal!

You are there

Yes, I like you.

Do you like money?

He does this.

She does that.

I can speak a little Tswana!

I understand.

You do not understand.

I want to go to the bar.

You want to go to the toilet.

I have a little time, Miss!

But, do you have a little money, Sir?

Please don't drink the water in France!!

Drink the wine.

How are you, Eliza?

I am well, thank you, Khulu.

Is it big, Sir?

No, it is small, Miss.

You do not know her!

Darn! She is wonderful!

Yes now, I have five problems!!!

All the children!

I yini lexo?

Ndzi rivaleli, u ri yini?

Hi liya lahaya.

A swi bihangi ngopfu.

Xi!!!

Hi swona?

Eya I ya xi yimo xale henthla.

Eya, iya le henthla.

Eya iya lehenthla.

Anga vuli munghana.

Ahi swa lehenthla.

Ndzi fanele ku endla lexi.

U fanele ku endla lexo.

saseka?

Eya wa tsakisa/eya u sasekile.

Sala kahle sweswi.

Sala kahle sweswi,

Ndzi taku vona hi nkarhinyana!

Note Speed reading 14 minutes

What is that?

Pardon. What?

There it is.

Not bad.

Darn!

OK?

Yes, it's cool!

Yes, it's cool! (classy)

Yes, it's cool! (upper class)

Please do not say Mate!

It is not cool (upper class)!!!

I must do this.

You must do that

Wonderful?

Yes you are wonderful!

Bye bye, for now!

Bye bye for now!

Be seeing you soon!!

## 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 Tsonga 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 ... "Sotho 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 ... which began in Bayonne, France ... August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...



## NATURAL VOCABULARY:

(without accents)

### a. Greetings/ Exclamations:

hello	good morning,	how are you?	I am well	thank you
<b>ahe</b>	<b>avuxeni</b>	<b>mi (wena) njani?</b>	<b>ni pfukile</b>	<b>na khensa</b>
goodbye	yes	no.	Not OK	not too bad
<b>sala kahle</b>	<b>eya</b>	<b>hayi</b>	<b>hi swona</b>	<b>aku bihang ngopfu</b>
Darn!!	Mate!	there it is!	"cool"!!!	please
<b>Xi!</b>	<b>Munghana!</b>	<b>Hi liya</b>	<b>hi swona</b>	<b>Na kombela</b>

### b. Verbs: hoba-

to be	have	like	want	can
<b>ku va</b>	<b>ni na</b>	<b>rhandza</b>	<b>lava</b>	<b>ninga</b>
do	say/speak	go	come	give
<b>endla</b>	<b>vula</b>	<b>famba</b>	<b>tana</b>	<b>nyika</b>
take	eat	drink	sleep	know
<b>teka</b>	<b>jana</b>	<b>nwana</b>	<b>tlela</b>	<b>tiva</b>
understand	must	get	see	
<b>twisisa</b>	<b>mfanelo</b>	<b>Kuma</b>	<b>vona</b>	

### c. Prepositions:

some	a	the	to	from
<b>yinwana</b>	<b>a</b>	<b>yi/wa/</b>	<b>a</b>	<b>uvuya</b>

d. Pronouns:

I	you	he	she	we
<b>Mina/ni</b>	<b>wean.u</b>	<b>u/i</b>	<b>u/i</b>	<b>hina</b>

it	this	that	Mr	Mrs.
<b>Yi/yona</b>	<b>leyi</b>	<b>lexi</b>	<b>Nkulukumba</b>	<b>Mofumahadi</b>

e. Nouns:

money	thing	man	woman/wife	water
<b>mali</b>	<b>xilo</b>	<b>nwanuna</b>	<b>nwansati</b>	<b>mati</b>

car	ticket	book	friend
<b>movha</b>	<b>tikiti</b>	<b>buku</b>	<b>munghani</b>

f. Adjectives/  
adverbs/Other:

good	bad	big	small	now
<b>lungile</b>	<b>biha</b>	<b>kulu</b>	<b>ntsanana</b>	<b>sweswi</b>

later	a little	wonderful!	Happy	easy/difficult
<b>andzaka nkarhi</b>	<b>swei ntsongo</b>	<b>saseka</b>	<b>tsaka</b>	<b>olova/tika</b>

here	there
<b>laha</b>	<b>liya</b>

g. Interrogatives:

how much?	where?	what?	who?	when?
<b>Mali muni?</b>	<b>kwihhi?</b>	<b>yini?</b>	<b>mani?</b>	<b>rini?</b>

<b>Note:</b>	What is this?	Negative	Question?
	<b>I nchini leyi yini?</b>	<b>a-...yona</b>	<b>Aku ... wani?</b>

h. Numbers:

one	two	three	four	five
<b>n'we</b>	<b>mbirhi</b>	<b>nharhu</b>	<b>mune</b>	<b>nthlanu</b>
six	seven	eight	nine	ten
<b>tsevu</b>	<b>nkombo</b>	<b>nungu</b>	<b>nkaye</b>	<b>khume</b>

i. And some survival words:

**WC (ntloana)**  
**always (hi masiku)**  
**fast/slow (hixihatla/swintsanana)**  
**but (kambe)**  
**never (aswinge endleki)**  
**food (swakundya)**  
**train (xitimela)**  
**bus (bazi)**  
**home (kaya)**  
**work (ntirhweni)**  
**time (nkarhi)**  
**today (namunthla)**  
**tomorrow (mundzuku)**  
**paper (phepha)**  
**newspaper (phepha ra timhaka)**

**day (siku)**  
**week (vhiki)**  
**year (lembe)**  
**hour (awarha)**  
**minute (motsotso)**  
**hamburger (berger)**  
**think (ehleketa)**  
**read (hlaya)**  
**write (tsala)**  
**laugh (hleka)**  
**dance (tshina)**  
**later (andzaka nkarhi)**  
**stop (yima)**  
**policeman (phorisa)**  
**six (tsevu)**

seven (nkombo)  
eight (nungu)  
nine (nkaye)  
ten (khume)  
hundred (dzana)

thousand (Gidi)  
mate (munghana)  
bye bye (sala kahle)  
see you soon (ni ta ku vona hi  
nkarhinyana)!

## **19. NATURAL FEEDBACK AND NEW IDEAS**

(to drbobboland@hotmail.com please ...)

**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

### BASICS:

Thank you.

Ndza khensa

Hallo

Avuxeni

Yes/no/not

eya/hayi

Please

ndza kombela

Pardon - please speak

ndzi kombela u vulavula?

Where is the toilet?

Xi le kwini xiyindlwana?,

### INTRODUCTIONS:

Good morning

Avuxeni

Good-bye.

Sala kahle

My name is ...

vito ra mina i ...

What is your name?

Vito ra wean u mani?

How are you?

U pfuka njani?

I am well.

Ndzi pfuka kahle.

And how are you?

Wena u pfuka njani?

Where do you come from?

U huma kwihi?

I'm from:

Ndzi huma:

France

France

England

Engilani

America

Amerika

I'm with:

Ndzi na:

UN

UN

Red Cross

xihambano xo tshuka

Nokia

Nokia

**QUESTIONS:**

When/how?

rini?/njani?

What/why?

Yini?/hiko kwalaho ka yini?

Who/which?

Mani/xihi?

Where is/are ...?

xile kwihi/swile kwihi ... ?

Where can I get ...?

ndza nga swi kuma kwihi ...?

How much?

E mali muni?/swo tani hi kwihi

Can you help?

Ndzi nga ku pfuna xana?

What does this mean?

Swi vula yini leswi?

**UNDERSTANDING:**

I understand

Ndza twisisa.

I don't understand.

Andzi switwisisi.

Please say that again.

Ndza kombela vulavula na kambe.

Can you translate this for me?

Ndzi kombela uni hlamusela leswi?

Can I have... ?

Ndza kombela...?

You know how to speak:

Wa swi tiva ku vulavula ... ?

English/Sotho?

English/Sotho

I don't speak Sotho.

Andzi vulavuli Xi Sotho

I speak a little ...

Ndzi vulavula swintsanana

**COMMENTS:**

It's:

Hi yona ...:

right/wrong

lunga/lungangi

better/worse  
big/small  
cheap/expensive  
good/bad  
hot/cold  
near/far

antswa/biha  
kulu/ntsongo  
tshipile/dura  
lunga/biha  
kuhisa/kutitimela  
kusuhi/kule

**FOOD:**

**Swa kudya**

**I like:**

breakfast  
lunch  
dinner

**Ndzi rhandza:**

swa kudya swa na mpundzu  
swa kudya swa na nhlikani  
swa kudya swa na madyambu

**May I have some (I can get some):**

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

**Ndza kombela:**

xinkwa  
cheese  
matandza  
nyama/mazambani  
maapula  
kofi  
meleke  
juice ya mihandzu  
mati  
tiye

**I want to pay.**

**Ndzi lava ku hakela.**

**Very good.**

**U thlarihe ngopfu/swi lunge ngopfu**

**Thank you.**

**Ndza khensa.**

**TRANSIT:**



Where is the nearest shop:

Where is a taxi?

How much to go to ...?

Take me to ....

Stop at this place ...

This is the wrong road.

Go straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Where is the:

town centre?

pharmacy?

Vhengele ra le ku suhi ri kwihi?

Taxi yi kwihi?

I mali muni ku ya kona ....

Teka mina...

Yima laha wani ...

A hi ndlela yona leyi

Famba u ya mahlweni. (yana mahlweni)

I lahayani ... :

xinene/voko ra kudya

amahlweni ka/andzaku.

dzonga

Vupela dyambu

Yi le kwihi.

Doroba-kulu ?

Khemisi?

## SHOPPING:

Do you have any ...?

How much is this?

I will take it.

Xana una nchumu?

I mali muni lexi?

Ndzi tayi teka.

What colours have you?

Black

Blue

Red

White

U na mivala yihi?

Yantima

Wasi

Tshuka

Yo Basa

## Green

## Ya luhlaza

I want to buy:

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

Ndzi lava ku xava(buy):

mapilisi ya nhloko/xisibi  
saka ra maapula (apples)  
litara ya (of) meleka (milk)  
filimi/pepha ra ti mhaka

TELEPHONE:

Hello, this is tsakani speaking.

Ahe, I tsakani la vulavulaku.

Please speak slowly.

Nakombela vulavula swi ntsanana.

I want to speak to:

Ndzi lava kuvulavula na:

Mr.

Nkulukumba

Mrs.

Manana-nkulu

Miss

manana-ntsongo

When is he back?

Buya rini?

Can you tell him I called?

Unga nwi byela kuri ani nwi belele rigqingo xana?

TIME:

Do you have enough time?

Una wo nkarhi wo ringana xana?

What time is it? ...

I nkarhi muni?

Time is:

Nkarhi I :

five past one

nhlanu wait minite andzaka awara yinwe

quarter past three

kotara endzaku ka awara ya vunharhu

## MEETINGS:

We see you:

today

tomorrow

next week

in the evening

See you soon.

You are right/wrong.

That is right

Ha ku vona

namunltha

mundzuku

vhiki leri taku

namadyambu

Ndzi taku vona ku ngari khale

Utiyisile/ahi swona

Swi-lungile.

## LOCATIONS:

Here/there

At the UN office

(Is) it near/far

How many hours?

laha/lahaya

a ti ofisini ta UN

yi le kusuhi/yi le kule

I ti awara ti ngani?

## 21. PLAY QUIZ

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

- |                         |                                     |
|-------------------------|-------------------------------------|
| a. I am well.           | Ni hanye kahle/ndzi hanyile         |
| b. How are you          | U pfuka njani                       |
| c. Thank you.           | Na khensa                           |
| d. Here                 | laha                                |
| e. What is this         | Inchini lexi                        |
| f. Goodbye              | sala kahle/famba kahle              |
| g. Hello                | Ahe                                 |
| h. It is good           | Swilungile/Hi swona                 |
| i. OK                   | Hi swona                            |
| j. What is your name?   | Imani vito ra wena                  |
| k. I do not drink.      | A ndzi nwi                          |
| l. Stop here.           | Yima laha                           |
| m. Yes                  | Eya                                 |
| n. Please               | na kombela                          |
| o. It is wonderful      | Swi lungile/Swi sasekile            |
| p. No                   | Hayi.                               |
| q. How much is that?    | I mali muni leyo                    |
| r. Where is the toilet? | Xi kwihi xiyindlwana                |
| s. Where/when/why?      | Kwihi/rini/hikuva-hiko kwalaho kayi |
| t. What time is it?     | I nkarhi muni                       |
| u. Can you help?        | U nga ndzi pfuna xana?              |
| v. I do not understand  | Andzi twisisi.                      |
| w. What does this mean? | Swi vula yini leswi                 |
| x. Please, speak slowly | Ndza kombela vulavula swintsanana   |
| y. See you soon!.       | Ndzi ta ku vona ku nga rikhale      |
| z. Good food!!          | Swakudya swo tsokombela!            |

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!**

**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 inter-active 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**

<b>English</b>	<b>Xilungu</b>	<b>Tsonga</b>
<b>Airport</b>	<b>xima-xihahampfuka</b>	
<b>Army</b>	<b>Masoja</b>	
<b>Asylum</b>	<b>asylum</b>	
<b>Border</b>	<b>bodara</b>	
<b>Camp</b>	<b>kampu</b>	
<b>Children</b>	<b>Vana</b>	
<b>Clothing</b>	<b>Swiambalo</b>	
<b>Cooking pot</b>	<b>Mapoto</b>	
<b>Cooperation</b>	<b>Ntwanano</b>	
<b>Customs</b>	<b>Baxavi</b>	
<b>Delay</b>	<b>ndzaka nkarhi/hlwela</b>	
<b>Detention</b>	<b>Ku khomiwa</b>	
<b>Development program</b>	<b>Ku humelala mahlweni</b>	
<b>Displaced persons</b>		
<b>Electricity</b>		
<b>Expulsion</b>	<b>Xibaleswo</b>	
<b>Family</b>	<b>mundyeni</b>	
<b>Government</b>	<b>Holobye wa tiko</b>	
<b>Grandparents</b>	<b>Vo kokwani</b>	
<b>Handicapped</b>	<b>Xigono</b>	
<b>Health</b>	<b>Vutomi</b>	
<b>Hospital</b>	<b>Xibedlele</b>	
<b>House</b>	<b>Yindlu</b>	

Human rights	Malungelo Ya Vanhu
Husband	Nwanuna
Lamp	Rivoni
Legal protection	
Malnutrition	Ndlala
Material assistance	mpfuno
Ministry	Nkulukumba/mfundisi
Nutrition	???
Pain - days/weeks	Kuvava - masiku/mavhiki
Pain - months/years	- nhweti/lembe
Pain - treatment	- ku hola
Pain - arms/legs	- mavoko/milenge
Pain - chest	- Xifuba
Pain - ears/eyes	- Ndleve/Matihlo
Pain - hands/feet	- swandla/melenge
Pain - head/neck	- nhloko/nhamu
Pain - stomach	- khwirhi
Persecution	???
Petrol	Mafura ya movha
Police-station	Xiphorisa
President	Holobye
Prison	Tirongo
Province	??
Reception centre	Yindlu ya vuamukerhi
Representative	Xivulavuleri
Rural	Amakaya
Sanitation	Mahanyelo ya kahle
Shelter	Yindlu

<b>Status</b>	<b>Xiyimo</b>
<b>Tent</b>	<b>Tende</b>
<b>Torture</b>	<b>Xanisa</b>
<b>Town</b>	<b>Doroba</b>
<b>Transportation</b>	<b>Swifambo/Timovha</b>
<b>Travel Docs</b>	<b>Tibuku To famba</b>
<b>Tribe</b>	<b>Xonga</b>
<b>Truck</b>	<b>Lorhi</b>
<b>Urban</b>	<b>Doroba</b>
<b>Village</b>	<b>Makaya</b>
<b>War</b>	<b>Nyimpi</b>
<b>Water</b>	<b>Mati</b>
<b>Wife</b>	<b>Wansati</b>



**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 staff and 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, Cantonese, Zulu, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, Tsonga, Sotho etc. and with other languages in process:

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

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

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

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

Further information: email: [drbobboland@hotmail.com](mailto: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 check Tsonga ... and discuss with a natural speaker)

1. A/an a	2. After ndzaku	3. Again nakambe	4. All hi nkwaswo	5. Almost u lavile
6. Also nayena	7. Always kotala	8. And na	9. Because hikuva	10. Before mahlweni/ masungulweni
11. Big kulu	12. But kambe	13. I can ndzi nga	14. I come ndza ta	15. Either/or kambe
16. I find nikuma	17. First rosungula	18. For yona	19. Friend MUNGHANA	20. From ku huma
21. I go ndza famba	22. Good swilungile	23. Goodbye SALA KAHLE	24. Happy Ntsako	25. I have ni na yona
26. He nuna	27. Hello AVUXENI	28. Here laha	29. How njani	30. I mina
31. I am ndzi	32. If loko	33. In andzeni	34. I know na switiva	35. Last mahetelelo
36. I like Ndza rhandza	37. Little Ntsongo/ntsanana	38. I love Ndza rhandza	39. I make ndza edle	40. Many swotala
41. One nwe	42. More ko tala	43. Most kotala	44. Much swingani/swotala	45. My swa/ya
46. New leyi ntshwa	47. No HAYI	48. Not HAYI	49. Now sweswi	50. Of WA

51. Often kotala	52. On yona	53. One nwe	54. Only ntsena	55. Or kumbe
56. Other yinwana	57. Our tahina	58. Out huma	59. Over ahenthla	60. People Vanhu
61. Place ndzawu	62. Please NAKoMBELA	63. Same swafana	64. I see Vona	65. She xisati
66. So sweswi	67. Some yinwana	68. Sometimes hinkarhi wunwana	69. Still yima	70. Such swofana
71. I tell ndza vula	72. Thank you ndza khensa	73. That lexiya	74. The a/i/	75. Their ta bona
76. Them Bona	77. Then ivi	78. There is ku na	79. They bona	80. Thing xilo
81. I think Ndzi Hleketa	82. This Lexi	83. Time nkarhi	84. To KWAla	85. Under a hansi
86. Up a henhle	87. Us Hina	88. I use Ndzi tirhisa	89. Very swinene	90. We Hina
91. What yini	92. When rini	93. Where kwihhi	94. Which yihhi	95. Who mani
96. Why HIKOKWALA KAYI	97. With NA	98. Yes EYA	99. You WENA	100. Your YA WENA