

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 ... with LAUGHTER!"

NO. 400 - HEBREW FROM ENGLISH

Version 4 - Corrected by Ruth Robertson - Sept. 2015

Note:

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

Source: Dr. Bob Boland (IUG) and Ruth Robertson

Dr. Giles Boland (Harvard) and Dr Heli Bathija (WHO) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/index.htm> for text

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DEDICATION

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

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

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

So on we go ... for one whole day ... with a partner or small group ... speaking and speaking ... and moving ... face, hands and body language to reinforce your communication ... and ending with ... almost instinctive ... easy inter-active conversation ... in the natural language ... and if you are lucky enough to find ... ANY natural speaker for the day ... to be a partner ... or just part of the small group ... that would be just great ... so start chatting now ...!!

Thank you.	Toda
Hallo	Shalom/Hi
Yes/no	Ken/lo
Please	Bevakasha
Excuse me	Slikha
Everything is OK!	Hakol beseder!
Good morning	Boker tov
My name is ...	Shmi ... / Korim li ...
What is your name?	Ma shimcha?
How are you?	Ma shlom'cha?
Fine thanks	Ze beseder/Tov tov,toda
Good-bye.	Lehitra'ot
Where do you come from?	Me eyfo ata?
I want ...	Ani rotze/Avakesh/Efshar...

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 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 WORD many times slowly ... and then at VERY high speed)

Hello	SHALOM/Hi	SHAARLOMM
Mr.	ADON	A-DONNN
Mrs.	GEVERET	GE-VE-RRRET
Yes	KEN	KENNN
No	LO	LOW
Good	TOV	TOVV
Please	BEVAKASHA	BEVA_KKAASHHA
Do you have?	YESH LAKHEM?	YESHAA LAKHM
Thank you	TODA	TODDAA
Goodbye	LEHITRA'OT	LEHEETRAAH
See you soon!!!	NITRAHE BEKAROV	NETRAAH BEKKARRV
Who?	MI?	MEE?
What?	MA?	MAA?
I want	ANI ROTZE	ANEE ROTZZ
Where?	EYFO?	EYFOW?
OK!	BESEDER	BESS-EDDRR

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

NATURAL SUGGESTIONS

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

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

- 1 - Do IRT. Do the Throat exercise - 16 key words
Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel)...make it fun! Review the 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 the 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 (OR WINE/BEER?) 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 your 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 ... its very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

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

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

2. HERE AND THERE:

(Challenge - complete in your language and then discuss with a fluent speaker)

Ani po.

You are there.

Ata sham?

Ken, ata sham.

Ata po?

Lo, ata lo po.

Zeh po

Eyfo zeh?

Zeh po

Zeh sham?

Ani lo yodea.

Eyfo Miguel?

Hu lo po.

Eyfo hu?

Ani lo yodea.

La'azazel! Hineh hu!

Zeh nehedar!

I am here.

Ata sham.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

Damn-it! There he is!

He is wonderful!

3. LIKING:

Ani mekhabev otacha/otach (M/F).

Ata mekhabeve oti?

I like you.

Do you like me?

FROM NOW MASCULINE VERSION
ONLY

Ken, ani mekhabev otach.

Ata ohev kesef?

Ken, ani ohev kesef

Ani ohev mayim

Ata ohev mayim

Ani ohev sfarim.

Hu ohev et hamechonit.

Hi lo ohevet et hamechonit.

Ata ohev et ha'arucha

Lo, ani lo ohev et ha'arucha.

Oh. La'azazel!

Na lo lehagid "La'azazel" bevakasha.

Yes, I like you.

Do you like money?

Yes, I like the money.

I like water.

You like water.

I like some books.

He likes the car.

She does not like the car.

Do you like the dinner?

No, I do not like the dinner.

Oh. Damn-it!

Please do not say "damn"!

4. DOING:

I do.

I do this.

You do

You do that (plural)

We do that

And we are happy.

Zeh kal?

ani ose.

Ani ose et zeh.

ata ose.

Atem osim et zeh.

Anachnu osim et ze,

Ve-anachnu merutzim.

Is it easy?

Ken, zeh lo kashe.

Ata ose et zeh?

Taase et zeh bevakasha.

La'azazel!!

Zeh nehedar!

Yes, it is not difficult.

Do you do that?

Do that please!!!

Damn-it!!!

It is wonderful!

5. CAN/ABLE TO DO:

ani yakhol.

ani yakhol / ha'im efshar?

Ken, ani yakhol leechol.

I can

Can I?

Yes, I can eat.

Ata yakhol laasot et ze?

Ken, ani yakhol laasot et ze.

Ani yakhol leechol me'at.

Can you do this?

Yes, I can do that.

I can eat a little.

Ani yakhol lishtot me'at.

Ani yakhol lalechet.

Ani yakhol lavo.

I can drink a little.

I can go.

I can come.

Ani yakhol lishon.

Ata yakhol ledaber.

Ha'im ata yakhol ledaber? (male)

I can sleep.

You can speak.

Can you speak?

Ken, Ani yakhol.

Ata yakhol laasot et ze?

Lo, ani lo yakhol laasot et ze.

Yes, I can.

Can you do this?

No, I can not do that.

Ata yakhol lehavin?

You can understand?

Ken, me'at.

Yes a little.

Ata yakhol lehagid "La'azazel"?

Can you say "damn"?

JUST TWO MORE M/F VERSIONS:

Ken, ani yakhol ledaber/yechola ledaber
kzat Ivrit.

Yes, I can speak a little Hebrew!

La'azazel, ani nehedar/nehederet.

Damn-it! I am wonderful!

6. UNDERSTANDING

Ani mevin.

I understand.

Ani lo mevin.

I do not understand.

Ata mevin.

You understand.

Ata lo mevin.

You do not understand.

Ata mevin nashim?

Do you understand women?

Lo. Lo. Ani lo mevin otan!!!

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

Oh. La'azazel! La'azazel!

Oh. Damn-it! "Damn"!

Na lo lehagid "La'azazel" bevakasha.

Please do not say "Damn"!

Ata nehedar!

You are wonderful!

7. WANTING:

Ani rotze (normal)

I want.

Ani rotze kzat ochel

I want to eat a little.

Ani rotze lishtot kzat maim.

I want to drink the water.

Ani rotze la shirutim !!!
Ata rotze me'at le-ochol?
Lo, ani lo rotze le'echol

I want the toilet!!!
Do you want to eat a little?
No, I do not want to eat.

La'azazel! Ani rotze latet leha me-at.
Lo. Toda.
Ani rotze lavo

Damn! I want to give you a bit.
No thank you.
I want to come.

Ata rotze lishon iti?
Lo, ani lo rotze lishon
Miguel, ata rotze leehol tzfardeim?

Do you want to sleep with me?
No, I do not want to sleep.
Miguel do you want to eat the frogs?

La'azazel.Lo akhshav, toda!
Anakhnu nehedarim!

Damn-it! Not just now, thank you!
We are wonderful!

8. GETTING:

Ten li kesef bevakasha.
Kach et ha'kesef bevakasha.
Ani loke'ach et ha'kesef.

Please give me the money.
Please take the money.
I take the money.

Ten li et ha'kartis bevakasha.
Kach et ha'kartis bevakasha.
Ani loke'ach et ha'kartis.

Please give me the ticket.
Please take the ticket.
I take the ticket.

Ten li et ha'davar bevakasha.
Eyfo ha'davar?
Ani lo yode'a.

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

Ten li ish bevakasha!

Please give me a man!

Le'azazel!!! Eizo isha!!

Hi nehedareret!

Damn-t!!! What a woman!!

She is wonderful!

9. HAVING:

Yesh li davar ehad.

Eyn li davar ehad.

Yesh leha davar ehad.

I have one thing.

I do not have one thing.

You have one thing.

Yesh lanu davar ehad.

Yesh la davar ehad.

Yesh li zman, Gveret!

We have one thing.

She has one thing.

I have the time, Miss!

Yesh leha ktzat kesef, adon?

Lo.

Oh. La'azazel!

Do you have some money, Sir?

No.

Oh. "Damn"!

Na lo lehagid "La'azazel" bevakasha.

Please do not say "Damn"

10. ORDERING (POLITELY):

Ten li et hadavar, bevakasha.

Ten li et hakesef, bevakasha.

Ten li et hamayim, bevakasha.

Please give me the thing.

Please give me the money.

Please give me the water.

Toda.

Lo lishtot mayim, beZarfat, bevakasha

Lishtot yayin.

Thank you.

Please don't drink the water in France!!

Drink the wine.

Bo hena, bevakasha.

Please come here.

Lekh le sham, bevakasha.

Shte et ze, bevakasha.

Al tochal et ze!

Ten li et ze, bevakasha.

Al tikach et ze, bevakasha.

Tagid et ze, bevakasha.

Na lo lehagid "La'azazel" bevakasha.

La'azazel! Toda. Ata nehedar!!

Please go there.

Please drink this.

Do not eat that!

Please give me this.

Please do not take that.

Please say this.

Please do not say "Damn".

Damn-it! Thank you. You are wonderful!

11. GREETING:

Shalom Michelle.

Shalom Paula.

Boker tov Miche.

Boker tov Sancos.

Ma schlomech, Eliza?

Metsuyan, toda, Khulu.

Ma nishma, Xavier?

Okey.toda Miguel.

Lehitra'ot Giles.

Lehitra'ot Judith.

Ken. Okey Hollie

Ze nehar, Heidi!

Hello Michelle.

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Eliza?

I am well, thank you, Khulu.

How goes it, Xavier?

OK , thank you Miguel.

Goodbye Giles.

Goodbye Judith.

Yes OK, Hollie.

It is wonderful, Heidi!

Okey, Sam.?
Ken, okey Lucie.
Lo ra, Henri.

OK Sam?
Yes OK, Lucie.
Not too bad, Henri.

At beseder, DARLING??
Lo!!!
La'azazel! Hi nehedar!

Are you well, my darling?
No!!!
Damn-it! She is wonderful!

12. DESCRIBING:

Ze tov,
Ze lo tov.
Ze ra.

It is good.
It is not good.
It is bad.

Ze sefer.
Ze gadol?
Lo, ze katon.

It is a book.
Is it big?
No, it is small.

Ze kal?
Lo, ze kashe.
Ha'im hamayim tovim?

Is it easy?
No, it is hard.
Is the water good?

Lo, betokh Zarfat, hamayim lo tovim!!
Oh La'azazel!!!
Lo lehagid "La'azazel" bevakasha.

No, the water is not good in France!!
Oh "Damn"!!!
Please do not say "Damn".

Anakhu nehedarim?
La'azazel! Ken!!

Are we wonderful?!!!
Damn-it! Yes!!

13. KNOWING (THINGS & PEOPLE):

Ani makir et ze.

Ata makir ze ?

Ken, ani makir et ze.

Ata makir et ze

Ha'im ata makikir et hahu?

Lo, anil lo makir et hahu.

Ani makir et haisha hazot.

Ani makir et haish..

Hu makir oti.

Ata makir et haisha hazot?

Lo. Boker tov, Gveret.

At beseder, Gveret?

Lo- Ani lo beseder. Lehitra'ot!!!

Ata lo makir ota.

La'azazel! Hi nehederet!

I know this.

Do you know this?

Yes, I know this.

You know that.

Do you know that?

No, I do not know that.

I know that woman.

I know the man.

He knows me.

Do you know that woman?

No. Good moening Madame?

Are you well, Madame?

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

You do not know her!

Damn-it! She is wonderful!

14. NUMBERING:

Yesh li be'aya achat.

Ken, yesh lecha be'aya

Lo, yesh leha shta'im (2).

Yesh lo, shalosh (3).

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

Yesh la arba (4).

She has four.

Yesh lanu khamesh (5).

We have five.

Yesh leha khamesh?

Do you have five?

Ken akhshav, yesh li khamesh be'ayot !!!

Yes now, I have five problems!!!

Kol hayeladim!

All the children!

Yeladim nehedarim!

Children are wonderful!

15. ASKING:

Kama ole hasefer?

How much is the book?

Khamisha dolar.

Five dollars.

Kama ole hadavar haze?

How much is this thing?

Kama ze?

How much?

Arba dolar.

Four dollars.

Efo ze?

Where is it?

Ze sham.

It is there.

Lo, lo ze sham.

No, it is not there.

Eyfo hasherutim, bevakasha?

Where is the toilet, please?

Hasherutim sham.

The toilet is over there.

Ma ze?

What is that?

Slikha. Ma?

Pardon. What?

Ze.

That.

O. Ze sefer tov.

Oh, it is a good book.

Ma ata rotze?

What do you want?

Ani rotze yayin, bevakasha.

Mi ze po?

Anakhue po.

Mi haisha hahi?

Ani lo makir.

La'azazel! Zohi Madonna!

Eyzo Isha !!! Hi nehederet.

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

Damn-it! It is Madonna!

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL:

Ani po.

Ata sham

Ani mehabev otacha/otach) (M/F).

I am here.

You are there.

I like you.

Atta ohev kesef.

Hu ose et ze.

Hi osa et ze.

You like money?

He does this.

She does that.

Ani yakhol ledaber me'at Ivnit!

Ata lo yakhol lomar la'azazel?

Ani mevin otcha.

I can speak a little Hebrew!

You can not say "Damn"?

I understand you.

Ken, Ani yakhol/yechola.

Ata lo mevin oti.

Ani rotze lalechet la bar.

Yes, I can.

You do not understand me.

I want to go to the bar.

Ata rotze lalekhet lasherutim.

You want to go to the toilet.

Yesh li zman, Gveret!

Yesh lecha ktzat kesef, adon?

Al tishte mayim beZarfat bevakash!!.

Shte et hayayin.

Ma schlomech, Eliza?

Ani beseder, toda raba, Khulu.

Ze gadol?

Lo, ze katan.

Ata lo makir et haisha hazot!

La'azazel! Hi nehedaret!

Ken akhshav, yesh li khamesh be'ayot !!!

Kol hayeladim!

Ma ze?

Slikha. Ma?

Ze sham

Lo ra.

La'azazel!!!

Okey? Beseder?

Ken, ze "cool".

Ken ze classe!

Ken, ze bcbg!

Lo lehagid "La'azazel" bevakasha.

I have the time, Miss!

Do you have some money, Sir?

Please don't drink the water in France !!

Drink the wine. Donnez moi un homme

How are you, Eliza?

I am well, thank you, Khulu.

Is it big?

No, it is small.

You do not know that woman

Damn-it! She is wonderful!

Yes now, I have five problems!!!

All the children!

What is that?

Pardon. What?

There it is.

Not bad.

Damn-it!

OK?

Yes, it's cool!

Yes, it's cool! (classy)

Yes, it's cool! (upper class)

Please do not say "Damn".

Anakhu nehedarim?

La'azazel! Ken!!

Ani mukhrakh laasot et ze.

Ata mukhrakh laasot et ze.

Nehadar?

Ken, ata nehadar!

Bruckhim habaim.

Lehitra'ot, akhshav!

Are we wonderful?!!!

Damn-it! Yes!!

I must do this.

You must do that

Wonderful?

Yes you are wonderful!

Welcome!

Bye bye, for now!

17. CLOSING

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

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

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

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

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

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

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
Shalom/hi	boker tov	ma schlom'kha?	Metsuyan Ze beseder	toda
goodbye	yes	no	OK	not too bad
lehitra'ot	ken	lo	ze beseder	lo ra
damn-it!	"Damn"!	here it is!	"cool"!!!	
La'azazel	La'azazel	hine ze	kef/ akhla/ sababa	

b. Verbs:

to be	have	like	want	can
Lihyot	Yesh Lekabel	le'ehov	lirtsot	Yakhol tukhal
do	say/speak	go	come	give
la'asot	lomar/ledaber	Holekh lalekhet	lavo	Ten
take	eat	drink	sleep/go to bed	know
lakakhat	okhel	Lishtot shote	lishon	Lehakhir lada-at
understand	must			
Lahavin mevin	tsarikh			

c. Prepositions:

some	a	the	to	from
kama	-	ha	le-	mi-/min

d. Pronouns:

I	you	he	she	we
ani	ata/at	hu	hi	anakhnu

it	this	that	Mr	Mrs.
zeh	ze	hahu/hazeh	Adon	Geveret

e. Nouns:

Money	thing	man	woman/wife	water
kesef	davar/mashehu	ish	isha	mayim

car	ticket	book	friend
mekhonit	kartis	sefer	khaver(a)

**f. Adjectives/
adverbs/Other:**

good	bad	big	small	now
tov	ra	gadol	katan	akhshav

later	a little	happy	easy/difficult	wonderful!
me'ukhar Yoter	me'at	same'akh	kal/ kashe	nehedar

here/there	please	excuse me	some
po/sham	bevakasha	slikha	ktzat

g.
Interrogatives:

how much?	where?	what?	who?	when?
kama?	eyfo ?	ma ?	mi ?	matai ?

Note:	What is this?	Why?	Question?
	Ma ze ?	madu-a?	Ha?

h. Numbers:

one	two	three	four	five
akhat	shta'im	shalos	arba	khamesh

i. And some survival words:

WC (sherutim)	week (shavu-a)
but (aval)	year (shana)
never (af paam)	hour (sha-a)
please (bevakasha)	minute (daka)
food (mazon)	hamburger (hamburger)
train (rakevet)	think (khoshev)
bus (otobus)	read (kr-g)
home (lavo bayta)	write (likhtov)
work (avoda)	laugh (badikha)
time (zman)	dance (lirkod)
today (hayom)	later (me-ukhor yoter)
tomorrow (machar)	stop (la.atzor)
paper (nyar)	policeman (mishtara)
newspaper (iton)	mate (yadid)
day (yom)	goodbye (lehitra'at)...!!

19. NATURAL FEEDBACK AND NEW IDEAS

(to drbobboland@hotmail.com)

1. HOW LONG DID YOU TAKE TO STUDY THE CRE?

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

(Write out your copy - and start to chat with everyone - speed reading 4 minutes)

BASICS:

Hallo

Shalom/hi

Yes/no

Ken/lo

Please

Bevakasha

Thank you.

Toda

Excuse me

Slikha

Everything is

Hakol beseder!

INTRODUCTIONS:

Good morning

Boker tov

Good-bye.

Lehitr'at

My name is ...

Shmi ...

What is your name?

Ma no shimkha ?

How are you?

Ma schlom'kha?

Fine thanks

Metsuyan, toda

And you?

Ata?

Where do you come from?

Me eyfo ata?

I want ...

Ani rotze ...

I'm from:

Ani mi:

France

Zarfat

England

Anglya

America

Arzot habrit

I work with:

Ani oved etzel:

UN
Red Cross

umot meuhadot
hazlav ha'adom

QUESTIONS:

I must do this.

Ani mukhrakh lasasot et ze

You must do that.

Ata mukhrakh lasasot et ze.

When/how?

Matai/Eykh?

What/why?

Ma/mi?

Who/which?

Mi/eyze?

Where is/are ...?

Eyfo nimza---/---?

Where can I find ...?

Eyfa efshar limtzo...?

How much is it?

Kama ze?

Can you help?

Tukhal la-zor li

What does this mean?

Ma ze omer?

UNDERSTANDING:

I understand

Ani mevin

I don't understand.

Ani lo mevin

Please say that again..

Tukhal lehagid et ze shuv?

Can you translate this?

Tukhal letargem etze?

Can I have...?

Efshar lekabel ...?

Do you speak:

Eata medaber:

english/spanish?

anglit/sfaradit?

I don't speak

ani lo medaber ...

I speak a little ...

ani medaber me'at ...

It's:

better/worse

big/small

cheap/expensive

good/bad

hot/cold

near/far

vacant/occupied

Ze:

yoter/yoter garu-a

gadol/katan

zol/yakar

tov/ra

kham/kar

karov/rakhok

panuy/tafus

OK!

Okey! Beseder!

FOOD:

I like:

breakfast

lunch

dinner.

ani ohev:

arukhat boker

arukhat tzohorayim

arukhat erev

May I have some:

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee/tea

Efshar lekobel kzat;

lekhem/khema

gvina

beytzim

basar/tapukhai adama

tapukhim/tapuzim

kafe/te

milk

fruit fuice

water

khalav

mitz

mayim

I want to pay now.

Ani rotze leshalem akhshav

I think there is a mistake.

Anin khoshev sheyesh ta-ut
bakheshbon.

We enjoyed it.

Nehenenu mize

TRANSIT:

Where is the nearest shop?

Eyfo ha hakhanut hakrova?

Where can I find a taxi?

Eyfo efshar limzo monit?

How much is it to ...?

Kama ole linso-a le ...?

Take me to this address.

Kach oti laktovet hazot

Please stop here.

Takhana hena, bevakasha.

This is not the right road.

Zot lo haderech hanechona.

Go straight ahead.

Sa yashar

It's there, on the:

Zeh sham:

left/right

mismol/miyamin

next to/after

leyad/akhorey

north/south

tzafan/darom

east/west

mizrakh/ma-orav

Where is the:

town centre?

pharmacy?

Eyfo:

merfaz ha-ir?

beyt merkakhat?

SHOPPING:

Do you have ...?

How much is this/that?

I will take it.

What colours have you?

Black

Blue

Red

White

Yellow

Green

Efshar lekanbel ...?

Kama ze/hahu?

Ani ekakh oto

Beyze tzeva yesh?

shakhor

kakhol

adom

lavan

tzahov

yarok

I want to buy:

aspirin

soap

half kilo apples

litre of milk

film/newspaper

Ani rotze liknot:

aspirin

sabon

khetzi kilo tapukhim

litre khalav

seret/iton

TELEPHONE:

Hello, this is ...

Please speak:

Halo, medaber ...

Ledaber bevakasha:

louder

daber bekolo ram

slowly

daber le-at

I want to speak to:

Ani rotze ledaber im:

Mr.

Mar

Mrs.

Gveret

Miss

Gveret

When will he be here/there?

Matay hu po/sham?

Ask him to telephone me.

Tukhal lomar lo

TIME:

Do you have enough time?

Yesh leha maspik zman?

What time is it?

Ma hasha-a?

The time now is:

Akhshav hashaa:

five past one

akhat vekhamisha (5)

quarter to three

reva leshalosh (quarter)

twenty past four

arba ve-esrim (20)

half past six

shesh vakhetzi (half)

MEETINGS:

We will see you:

Lehitra-ot bekarov..

today

hayom

tomorrow

makhar

next week

hashavu-a haba

in the morning

baboker

in the afternoon

akar hatzohorayim

in the evening

baerev

tonight

ha-erev

soon

be-karov

You are right/wrong.

Ata zodek/toee

That is right

Ze nakhon.

LOCATIONS:

Here/there

Po/sham

At the UN office

Misrad ONU

Is it near/far?

Ze karov/rakhok?

How many hours?

Kama sha-ot?

21. PLAY QUIZ

(Challenge - complete in your language and then discuss with a fluent speaker)

- | | |
|-------------------------|--------------------------|
| a. I am well, thank you | Ze beseder |
| b. Excuse me | Toda |
| c. Thank you. | Ze beseder, toda. |
| d. OK | Slikha |
| | |
| e. You're wonderful | Odse tov. |
| f. Well done | Ata nehedar. |
| g. Hello | Ma schlom'kha? |
| h. How are you? | Shalom |
| | |
| i. Welcome! | Makhar. |
| j. Today | Har-grev. |
| k. Tomorrow | Hayom. |
| l. Tonight | Brukhim haba im le |
| | |
| m. Yes | Meltzor? |
| n. Please | Ani slikha. |
| o. I am sorry | Bevakasha |
| p. Waiter? | Ken. |
| | |
| q. How much is that? | Ma hasha-a? |
| r. Where is the toilet? | Eyfo/matai/madu-a? |
| s. Where/when/why? | Eyfo ze shimus? |
| t. What time is it? | Kama ze hahu? |
| | |
| u. Can you help me? | Ani lo mevin. |
| v. I do not understand | Ledaber le-at bevakasha. |
| w. What does this mean? | Ma zot omeret? |
| x. Please speak slowly | Tukhal la azor li? |
| | |
| y. See you soon | Zo hayla arukha neheref. |
| z. Lovely meal!! | Lehitra bekarov. |

Answers: cdba, fehg, lkij, ponm, tsrq, xuwv, zy if you need them.

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

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

Our natural suggestions are:

1 - Play YOUR 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 make a recording of sections 2-15 at high speed - your starting point! DO NOT ERASE IT. Then SPEAK with the tape. 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 and laugh Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to drbobboland@hotmail.com.

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

Special Vocabulary for UNHCR

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

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

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

APPENDIX C - BRIEF GRAMMAR

1. Structure - subject, object and verb:

INA po.

I am here.

YALDA po

The CHILD is here.

Ha yalda po?

Question - is the child here?

2. Articles:

YALDA akhat po.

A child is here.

3. Nouns:

YALADIM po.

CHILDREN are here.

Ha yalda HATOVA po.

The GOOD child is here.

HU yeled.

HE is a child.

4. Possession:

Hu hayeled SHELI

He is MY child.

5. Relative:

Ha Yalda SHE po.

The child WHO here is.

6. Demonstrative:

Ha Hayalda HAZOT po.

THIS child is here.

Ha yalda HAHU sham.

THAT child is THERE.

7. Interrogatives:

MA hadavar haze?

WHAT is this thing?

MI ze?

WHO is that?

EYFO hayeled?

WHERE is the child?

KAMA OLE hasefer?

HOW-MUCH is the book?

8. Imperatives:

ASE et ze!

DO this!

BO hena!

COME here!

9. Negatives:

Ken, YESH LI sefer.

Yes, I HAVE a book.

Lo, LO eyn li et hasefer.

No, I do NOT have the book.

LO bo hena.

Do NOT come here.

10. To be, have and want (with "me" to indicate the present tense):

Ani/yesh li/ani rotze

I am/have/want

Ata/yesh lehakh/ata rotze

You are/have/want

Hu/yesh lo rotze/hu rotze

He is/has/wants

ADDITIONAL GRAMMAR TO BE CORRECTED AND ADDED

Pronouns M/F:

I, ani/an, you ata/at, he hu, she hi, we anachnu, you aten/atem, they hen/hem

My -i, your -kha/ekh, his -o, her -a, our -env, your -khem, their -am

Verbs:

To be: assumed without saying or use zeh - is.

To have: yesh la-khem

I have yesh li/la, you have y. lehi/leha, y. lo/la, we have y. anachnu, you have y. aten/atem, they have y. hen/hem

To understand: le-havin

I understand ani me-vin

CRE - CREATIVE RELAXATION EXERCISE

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

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

Opportunity: for managers and staff 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, clients and project staff. The effort to speak the local language with a good accent will be much appreciated, as it shows 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: Spoken Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Wolof, Shona, Russian, Mandarin, Xhosa, Burmese, Swedish, Tswana and others in process: Cantonese, Zulu, Sutu, 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 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.

**BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ GERMAN/Hebrew
(rough spelling and gender and few accents) - ADD**

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

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

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

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

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

language	langue,la	idioma	Sprache	s'afot
late	tard	tarde	spät'	me-ukar
later	plus tard	mas tarde/lu.	Später	yoter me-ukar
learn	apprendre	aprender	lernen	lilmod
less	moins de	menos	minus/weniger	
letter	lettre,la	carta/letra	Brief	mikh-tav
life	vie,la	vida	Leben	pakhot
Like (verb)	aimer	gustar	gern haben	lekhobeve
listen	écouter	oir	zuhören	
little	peu	poco	wenig	katan
long	long	largo	lang	arokh
long run	finalement	a lo largo	auf die Dauer	
look	regarder	mirar	schauen	le-khopes
look for	chercher	buscar	suchen	le-khopes
loss	perte,la	pérdida	Verlust	
lot,lots	beaucoup de	mucho	viel	
love	aimer bien	querer	lieben	le-ehov
low	bas	bajo	tief	namukh
lucky (be)	avoir/chance	tener suerte	Glück (haben)	behatzlakim
luggage	bagages,les	equipaje	Gepäck	mizvadut
lunch	déjeuner,le	almuerzo	Mittagessen	a r u k h e t tzohhorayim
make/do	faire	hacer/realizar	machen	lehakhin
man	homme,l'	hombre	Mann	ish
manager	directeur,le	gerente/dir.	Manager	menahel
many	beaucoup (de)	muchos	viele	
map	plan,le	mapa	Landkarte	mapa
March	Mars	marzo	März	mertz
marriage	marriage,le	matrimonio	Heirat	nasuy
marry	se marier	casar	heiraten	lihiyut nasuy
materials	materiaux,les	materia prima	Materialien	
May	Mai	mayo	Mai	may
me	me	mi	mich	jna
meal	repas,le	comida	Essen	arukna
meat	viande,la	carne	Fleisch	basar
meet	rencontrer	encontrar	kennen lernen	nekudat
meeting	réunion,la	reunión	Versammlung	nekudat
mind (not)	égal (etre)	no importa	egal (mir)	ikhpat

minute	minute,la	minuto	Minute	daka
Miss	Mademoiselle	Señorita	Fräulein	
mistake	erreur,la	error	Fehler	ta-ut
Monday	Lundi,le	lunes	Montag	yom sheni
money	argent,la	dinero	Geld	kesef
month	moins,le	mes	Monat	khodesh
more	plus	más	mehr	yoter
morning	matin,le	mañana	Morgen	boker
mother	mère,la	madre	Mutter	em
motheri.l.	bellemère	suegra	Schwiegermutter	
Mr	Monsieur	Señor	Herr	mar
Mrs	Madame	Señora	Frau	gveret
multipl.by	multiplier par	multiplic.por	multipliz.mit	
must	devoir	deber/tener de	müssen	lemukhrakh
my	mon	mi/mis	mein	sael
myself	moimême	mi	ich selbst	e-ese
near	près de	cerca de	nahe	karov
never	jamais	nunca/jamás	niemals	pa-am lo
never mind	n'importe	no importa	nichts (macht)	eyn davar
new	neuf	nuevo	neu	khadash
nice	agréable	fino/bueno	nett	
nine	neuf	nueve	neun	tish-a
night	nuit,la	noche	Nacht	kayla
ninety	quatrev.dix	noventa	neunzig	tishim
no	non	no	nein	lo
nobody	personne	nadie	niemand	ak ekhad
noise	bruit,le	ruido	Krach	esh
not	ne...pas	no	nicht	lo
nothing	rien	nada	nichts	
November	Novembre	noviembre	November	november
now	maintenant	ahora	jetzt	akhshav
o'clock	heures (7.00)	hora (7.00)	Uhr (7.00)	akhshav hash-a shiv-a
October	Octobre	octubre	Oktober	oktober
of course	naturellement	naturalmente	natürlich	kamuuan
Oh!	Oh!	O!	Ach!	oh
old	vieux	viejo	alt	yashan
on	sur	sobre	auf	ba/be/bi

one	un	un/uno	eins	ekhad
or	ou	o	oder	o
orders	ordres,les	órdenes	Bestellung	hazmin
our	notre	nuestro	unser	shelanu
ourselves	nousmême	nosotros	wir selbst	
out	dehors	fuera	aus	mikhotz
overheads	frais gen.les	gasto gener.	Laufenden U.	
owner`s eq.	capital,le	capital	Anlagekapital	
parents	parents,les	padres	Eltern	horim
passport	passeport,le	pasaporte	Pass	darkon
people	gens	gente	Menschen	anashim
place	endroit,le	sitio/lugar	Platz	makom
plane	avion,le	avión	Flugzeug	matos
plate	assiette,la	plato	Teller	izalakhat
please	s`il v. plaît	por favor	bitte	kerashama
police	police,la	policía	Polizei	mishtara
polite	poli	cortés	höflich	
porter	porteur,le	portero	Träger	sabal
possible	possible	posible	möglich	
present	présent	presente	gegenwärtig	matana
pretty	joli	bonito	hübsch	
products	produits,les	productos	Produkte	
profit	profit,le	ganancia	Gewinn	
put	mettre	poner	legen	lasim
quarter	quartier,le	cuarto	Viertel	reva
quickly	vite	aprisa/de pri.	Schnell	maher
rain	pluie,la	lluvia	Regen	geshem
read	lire	leer	lesen	lekri
really	vraiment	de veras	wirklich	ammi
red	rouge	colorado/rojo	rot	adum
relax	se relaxer	relajarse	entspannen	
remember	rappeller	recordar	erinnern	zokher
restaurant	restaurant,le	restaurante	Restaurant	mia-ada
right	raison (avoir)	correcto/der.	Richtig	nakhon
road	rue,la	calle	Strasse	derekh
room	chambre,la	cuarto/habit.	Zimmer	kheder
sales	ventes, les	venta/saldo	Verkäufe	mekhirot

Saturday	Samedi,le	sábado	Samstag	shabat
save	sauver	salvar	sparen	
say	dire	decir	sagen	lomrim
see	voir	ver	sehen	lirof
sell	vendre	vender	verkaufen	limkor
September	Septembre	septiembre	September	september
serve	servir	servir	bedienen	
service	service	servicio	Dienst	sherut
seven	sept,le	siete	sieben	shiva
seventy	soixantedix	setenta	siebzig	shivim
she	elle	ella	sie	hi
short	court	corto	kurz	namukh
should	devoir	deber	sollen	
sick	malade	enfermo	krank	omed
Sir	Monsieur	Señor	Mein Herr	
sister	soeur,la	hermana	Schwester	akhot
sit	s'asseoir	sentar	sitzen	
sit down	être assis	sentarse	sich setzen	lashgut
six	six	seis	sechs	shisha
sixty	soixante	sesenta	sechzig	shishim
sky	ciel,le	cielo	Himmel	
sleep	dormir	dormir	schlafen	lishon
small	petit	pequeño/chiqu.	Kein	katan
smoke	fumer	fumar	rauchen	ashen
snack	snack,le	snack	Imbiss	khatif
some	quelques	unos/poco de	etwas	kama
somebody	quelqu'un	alguno	jemand	mashish
something	quelquechose	algo	etwas	mashehu
sometimes	quelquefois	algún tiempo	manchmal	lif amim
son	fil,le	hijo	Sohn	ben
sorry	dommage	lo siento	Verzeihung	slikha
soup	potage,le	sopa	Suppe	
speak	parler	hablar	sprechen	ledaser
spend	dépenser	gastar	ausgeben	lehotzi
spoon	cuillère,la	cuLa'azazel	Löffel	kaf
stand up	se lever	pararse	aufstehen	
station	gare,la	estación	Banhhof	

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

tired	fatigué	cansado	müde	ayel
to	à	para/a	nach	
today	aujourd'hui	hoy	heute	hayom
tomorrow	demain	mañana	morgen	makhar
too much	trop	demasiado	zu viel	yoter miday
train	train,le	tren	Zug	rakevet
travel	voyager	viajar	reisen	
Tuesday	Mardi	martes	Dienstag	yom shlishi
twelve	douze	doce	zwölf	shneym asar
twenty	vingt	veinte	zwanzig	esrim
two	deux	dos	zwei	schnayim
under	sous	debajo/bajo	unter	mitakhat
up	en haut	arriba	oben	ad
us	nous	nos/nosotros	uns	
vegetables	légumes,les	legumbres	Gemüse	yerakotim
wait	attendre	esperar	warten	lekakot
waiter	garçon,le	camarero	Kellner	mectzar
walk	marcher	caminar/pasear	spazieren	lolekhet
want	vouloir	querer	wollen	lekhabel
waste(n)	gaspillage,le	desgaste	Abfall	
we	nous	nosotros	wir	anackno
weather	temps,le	tiempo	Wetter	mezeg avir
Wednesday	Mercredi	miércoles	Mittwoch	yom revi-i
week	semaine,la	semana	Woche	shavoo-a
wet	pluvieux	húmedo/mojado	nass	
what?	quel/quoi?	qué?	was?	ma
what time?	quelle heure?	qué hora?	wie spät.ist es?	be eyzo
when?	quand?	cuándo?	wann?	malay
where	où?	dónde?	wo?	eyfo
white	blanc	blanco	weiss	
who?	qui?	quién?	wer?	mi
wife	femme,la	esposa	Ehefrau	isha
win	gagner	ganar	gewinnen	
wine	vin,le	vino	Wein	yayin
winter	hiver,le	invierno	Winter	khoref
woman	femme,la	mujer	Frau	isha
work	travail,le	trabajo	arbeiten	

worse	pire	peor	schlechter	yoter garu-a
worst,the	le pire	el/lo peor	schlechtste	
write	écrire	escribir	schreiben	likhtov
wrong	avoir tort	falso/equiv.	Falsch	lo beseder
year	année,la	año	Jahr	shana
yes	oui	sí	ja	ken
yes but	oui mais	si, pero	ja, aber	ken aval
yesterday	hier	ayer	gestern	etmol
you (nom.)	vous	usted/ustedes	Sie	ata
you (acc.)	vous	usted	Sie	
young	jeune	joven	jung	tza-ir
your	votre	su	Ihr	
yourself	vousmême	usted	Sie selbst	
yourselves	vousmêmes	ustedes	Sie selbst	
zero	zero	cero	null	gfes

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge ... learn ... associate ... and remember)

1. A/an ET	2. After AKHAREG	3. Again	4. All KAL	5. Almost KIM-AT
6. Also GAM	7. Always TAMID	8. And VE	9. Because BIGLALSHE	10. Before LIFNEY
11. Big GODOL	12. But AVAL	13. I can ANI YAKHOL	14. I come ANI OVO	15. Either/or
16. I find ANI LIMT	17. First RISHON	18. For LE	19. Friend YADID	20. From NE/MIN
21. I go ANI LAKHAR	22. Good TOV	23. Goodbye LEHITRA-OT	24. Happy MERUTZE	25. I have YESH LI
26. He HU	27. Hello SHALOM/HI	28. Here PO	29. How EYK	30. I ANI
31. I am ANI	32. If	33. In BETOKH	34. I know ANI LEHAKIR	35. Last HO-AKHARON
36. I like ANI OHEV	37. Little KATAN	38. I love ANI AHEV	39. I make ANI HALSHIN	40. Many YATER
41. One EKHAD	42. More	43. Most	44. Much	45. My SHELI
46. New KHADASH	47. No LO	48. Not LO	49. Now AKSHEV	50. Of

51. Often LE_ITIM KROYOF	52. On BA/BE/BI	53. One EKHAD	54. Only AKHSHAV	55. Or O
56. Other	57. Our SHELGNU	58. Out MIKHUTZ	59. Over PO	60. People ANASHIN
61. Place MAKOM	62. Please BEVAKASHA	63. Same OLO	64. I see ANI IROT	65. She HI
66. So	67. Some KAMA	68. Sometimes LIFE OMIM	69. Still ODAYIN	70. Such
71. I tell ANI OMAR	72. Thank you TODA	73. That ZEH	74. The ET	75. Their SHELAHEM
76. Them SHELAHEM	77. Then AZ	78. There is YESH	79. They HEM	80. Thing DAVAR
81. I think ANI KHOSHEU	82. This ZE	83. Time ZMAN	84. To LE/LA/LI	85. Under MITAKHAT
86. Up AD LE	87. Us ENU	88. I use ANI HISHTAMESH	89. Very ME-OD	90. We ANAKHNU
91. What MA	92. When MALAY	93. Where EYFO	94. Which EYZE	95. Who MI
96. Why MADU-A	97. With IM	98. Yes KEN	99. You ATA	100. Your SHELKHA

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! This 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 ... from now on - relax and remember!!**