

CRE - CREATIVE RELAXATION EXERCISE

BRIEF COGNITIVE HYPNOSIS TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN ONE DAY

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

NO. 304 - ARABIC from ENGLISH

Version 6 - Egyptian with a few minor errors - August 2002

Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration.

Books to buy: Lonely Planet phrase books and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web. For Arabic script request CRE 304x.

Source: Dr. Bob Boland and Ahmed Zaki and Fawkia Morsi (CGC- Cairo) and Dr. Fardos Bakri-Ayas and Dr. Giles Boland (Harvard) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/introduction.htm> for text

Email: drbobboland@hotmail.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.!!

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

Hello	Marhaba	MAAARRR-HABRRR
Mr.	Al Saied	AL-SAAAEED
Mrs.	Al Saieda	AL-SAASEED-AA
Yes	Naam	NAAAM
No	La	LAAAR
Good	Jayid	JAAA-YYYEEED
Please	Menfadhlak	MEN-FUDDD-LUCK
Do you have ...?	Hal indak ...?	HAL IINDAKKK ...?
Thank you	Shokran	SHHOKKK-RAAN
Goodbye	Maas-salama	MAA-AAS-SALAAMMAA
Who?	Ma-nn?	MAA-NNN
What?	Ma-tha?	MAA-THER

I want

Ou-rid

OR-REED

Where?

Ay-na?

AY-NNAA?

OK!

Ta-yib!

TAA-YEEB!

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 - 17 key words

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

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

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

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

Review the Grammar (1 page) and the Glossary.

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

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

Repeat the Throat exercise.

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

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

Play the tape with the text, **SPEAKING SOFTLY** with a good accent.
Do **SPEED READING** (Sections 2-16) and Mini-phrase Book.

5 - Play the tape **WITHOUT** the text, speaking with three different

voices - just for fun!

Create conversation with the Mini-phrase book.

Do **SPEED READING** (2-16).

6- Play the tape **SPEAKING** with a beautiful **CONFIDENT** accent.

Do the quiz (1 page). Create conversation with mini phrase book.

Do **SPEED READING** (2-16) and Mini-phrase book 14 minutes.

Do **APS** and plan for review next week, helping partners as needed.

NATURAL SUGGESTIONS (continued)

Generally:

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

1. GENTLE RELAXATION ...

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

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

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

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

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

2. HERE AND THERE:

Ahlan wa sahlān.

Alham dalilla.

Welcome.

God be praised.

Ana (akoon) huna.

Inta (takoon) hunak.

I am here.

You are there.

Hal inta hunak?

Naam, inta hunak.

Are you there?

Yes, you are there.

Hal inta huna?

La, inta la-sta huna..

Are you here?

No, you are not here.

Ennahō huna.

Ayna houa?

Enahō huna.

It is here.

Where is it?

It is here.

Hal enahō hunak?

Ana la-stu aref.

Is it there?

I do not know.

Ayna Miguel?

Huwa la-yssa huna.

Where is Miguel?

He is not here.

Ayna huwa?

Ana la-stu aref.

Where is he?

I do not know.

Yil-ano. Huwa hunak!

Huwa a-ziim!

Darn! There he is!

He is wonderful!

3. LIKING:

Ahlan wa sahlán.

Alham dalilla.

Ana oheb li.

Hal inta toheb-ni?

Naam, ana oheb-li.

Hal inta toheb el nukood?

Naam, ana oheb el hukood.

Ana oheb maii.

Inta toheb maii.

Ana oheb baadhal kotob.

Huwa yoheb el sayara.

Heya la-yssa toheb el sayara.

Hal inta toheb el akel?

La, ana la-stu oheb el asha.

O. Yil-ano! Mate!

La takoul "Mate" menfudhlak.

Welcome.

God be praised.

I like you.

Do you like me?

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 food?

No, I do not like the dinner.

Oh. Darn! Mate!

Please do not say Mate!

4. DOING:

Welcome.

Ana amel.

Ana amel haatha.

Ahlan wa sahlán.

I do.

I do this.

Inta tamel.

Inta tamel thalek.

Nahnu namel thalek.

Wa nahnu saeed-on.

Hal ennahoh sahel?

Naam, ennahoh layssa saahb.

Hal inta tamel thalek?

Tamel thalek, mmenfudhlak.

Yil-ano!!!

Enahoh ahaziim!.

You do.

You do that

We do that

And we are happy.

Is it easy?

Yes, it is not difficult.

Do you do that?

Do that please!!!

Darn!!!

It is wonderful!

5. CAN/ABLE TO DO:

Welcome.

Ana akder.

Hal ana akder?

Naam, ana akder.

Hal inta takder amel hatha?

Naam, ana akder amel thalek.

Ana akder akul kaleel.

Ana akder ashrah kaleel.

Ana akder afhhab..

Ana akder aati.

Ahlan wa sahlam.

I can

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.

Ana akder anaam.

I can sleep.

Inta takder tatakalam.

You can speak.

Hal inta takder tatakalam?

Can you speak?

Naam. Ana akder.

Yes, I can.

Hal inta takder amel hatha?

Can you do this?

La, ana la-stu akder amel thalek.

No, I can not do that.

Inta takder afham?

You can understand?

Hal inta takder afham?

Can you understand?\

Naam, kaleel.

Yes, a little.

Hal inta takder taddakher "Mate"?

Can you say Mate?

Naam. ana akder atakalam kaleel Aarabiya.

Yes, I can speak a little Arabic!

Yil-ano! Ana ahaziim!

Darn! I am wonderful!

6. UNDERSTANDING:

Welcome.

Ahlan wa sahlan.

Ana afham.

I understand.

Ana la afham.

I do not understand.

Inta tafham.

You understand.

Inta la-stam tafham.

You do not understand.

Hal inta tafham emraa al nissaa?

Do you understand women?

La. La ana la-stu afhamu-hum!

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

O, Yil-ano! Mate!
La-stum taddakher "Mate", menfudh;ak.

Oh. Darn! Mate!
Please do not say Mate!

Inta ahaziim!

You are wonderful!

7. WANTING:

Welcome.
Ana ourid.
Ana ourid akul kaleel.

Ahlan wa sahlan.
I want.
I want to eat a little.

Ana ourid ashrah kaleel.
Ana ourid athhab ela mirhad.

I want to drink the water.
I want to go to the toilet!!!

Hal inta tourid takul kaleel?
La, ana la-stu ourid akul.

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

Yil-ano! Ana ourid oti-lak kaleel.
La. shokran.
Ana ourid an-aati.

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

Hal inta tourid tan-am maii?
La, ana la-stu ourid an anaam.

Do you want to sleep with me?
No, I do not want to sleep.

Miguel, hal tourid takul dufdaa?
Yil-ano! Alaan la, menfudhlak!

Miguel do you want to eat the frogs?
Darn! Not just now, thank you!

Nahnu azimiin!

We are wonderful!

8. GETTING:

Welcome.

A-aati-ni nukood, menfudhlak (mfl).

akhud nukood, mfl.

Ana ajhud nukood.

A-aati-ni tathkara, mfl.

Takhud tatakara, mfl.

Ana akhud tathkara.

A-aati-ni shai, mfl.

Ayna shai-o?

Ana la-stu aref.

Yoti-ni wahid rajul, mfl!

Yil-ano!! Matha emrah!!

Heya ahaziim.

Ahlan wa sahlan.

Please give me the money.

Please take the money.

I take the money.

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!!! What a woman!!

She is wonderful!

9. HAVING:

Welcome.

Ana indi wahed shai.

Ana layssa indi wahed shai.

Inta indak wahed shai.

Nahnu indana wahd shai.

Heya indaha wahed shai.

Ana indi kaleel wakt, Al-Anisa!

Ahlan wa sahlan.

I have one thing.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

I have a little time, Miss!

Hal indak kaleel nukood, Al-Saied?

Do you have some money, Sir?

La.

No.

O Yil-ano. Mate!

Oh. Mate!

La-stum taddakher "Mate", menfudh;ak.

Please do not say Mate!

10. ORDERING (POLITELY):

Welcome.

Ahlan wa sahlan.

A-aati-li shai, mfl.

Please give me the thing.

A-aati-li nukood, mfl.

Please give me the money.

A-aati-li ni mfl.

Please give me the water.

La-tum tashrab ma Faransa-fi, mfl!!!

Please don't drink the water in France!!

Tashrab nabiz.

Drink the wine.

Taati huna, mfl.

Please come here.

Tathhab hunak, mfl.

Please go there.

Tashrab hatha, mfl.

Please drink this.

La-sstum takul thalek!

Do not eat that!

Yoti-ni hatha, mfl.

Please give me this.

La-stum tajhud thalek, mfl.

Please do not take that.

Taddakher hatha, mfl.

Please say this.

La-stum taddakher "Mate" mfl.

Please do not say Mate.

La'ana ton alay'hi!! Inta ahaziim.

Damn it!! You are wonderful!

11. GREETING:

Welcome.

Marhaba, Aida!!!

Marhaba, Paula .

Sabah al-khair, Miche.

Sabah al-khair Sancos.

Kaif haalak, Eliza?

Ana bekhair, shokran Khulu.

Kaif haalak, Xavier?

Jayid, shokran Miguel.

Maas-salama Giles.

Maas-salama, Judith.

Naam, OK, Hollie

Enaho ahaziim.

OK, Sam?

Si, OK Lucie.

Mich battal, Henri.

Hal anta bekhair ya Habibi?

La!!!

Yil-ano!!! Heya ahaziim!

Ahlan wa sahan.

Hello Aida!!!

Hello Paula.

Good morning Miche.

Good morning Sancos.

How are you, Eliza?

I am well, thank you, Khulu.

How are you, Xavier?

OK , thank you Miguel.

Goodbye Giles.

Goodbye Judith.

Yes OK, Hollie.

It is wonderful!

OK Sam?

Yes OK, Lucie.

Not too bad, Henri.

Are you well, my darling?

No!!!

Darn!!! She is wonderful!

12. DESCRIBING:

Welcome.

Enaho jayid,

Layssa enahaho jayid.

Enaho saye.

Enaho kitab.

Hal enaho kabeer?

La, enaho saghir.

Hal enaho sahel?

La, enaho saahb.

Hal ma jayid?

La, maa layssa jaid fi Farans!

O Mate!!!

La-stum taddakher Mate, menfudhlak.

Hal nahnu ahaziim?

La'ana ton alay'hi! Naam!

Ahlan wa sahlan.

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!

Are we wonderful?

Darn! Yes!!

13. KNOWING (THINGS & PEOPLE):

Welcome.

Ahlan wa sahlan.

Ana aref hatha.
Hal inta taref hatha?
Naam, ana aref hatha.

I know this.
Do you know this?
Yes, I know this.

Inta taref thalek.
Hal inta taref thalek?
La, ano la-stu aref thalek.

You know that.
Do you know that?
No, I do not know that.

Ana aref hatha emrah.
Ana aref hatha rajul.

I know that woman.
I know the man.

Huwa yaref-ni.
Hal inta taref thaleka emrah?

He knows me.
Do you know that woman?

La. Sabah al-khair, al-Saieda?
Hal anti bikhair, Sayidah?

No. Good morning Madame?
Are you well, Madame?

La, ana la-stu bekhiar. Maaas salamal!
Inta layssa taref-ha!

No, I am not well!!! Goodbye!!!
You do not know her!

La'ana ton alay'hi! Heya ahaziim!

Darn! She is wonderful!

14. NUMBERING:

Welcome.
Ana indi wahed mouchkila.
Naam. inta indak wahed mouchkila.

Ahlan wa sahlan.
I have one problem.
Yes, you have a problem.

La, inta indak itnen mouchkiltain (2).
Huwa indaho thalatha.

No, you have two (of them).
He has three.

Heya indaha arba.

Nahnu indana khamisa (5).

She has four.

We have five.

Hal inta indak khamisa?

Naam. alaan ana indi khamisa mouchkiltain!!!

Do you have five?

Yes now, I have five problems!!!

Kul el atfaal!

EL atfaal aziimin!

All the children!

Children are wonderful!

15. ASKING:

Welcome.

Bikam kitab?

Khamisa dollares.

Ahlan wa sahlan.

How much is the book?

Five dollars.

Bikam hatha shai?

Bikam?

Arba dollares.

How much is this thing?

How much?

Four dollars.

Ayna enaho?

Enaho hunak.

La, layssa huoua hunak.

Where is it?

It is there.

No, it is not there.

Ayna el hammam, mfl?

Tawlat hunak.

Where is the toilet, please?

The toilet is over there.

Matha thalek?

Asif. Matha?

Thalek.

What is that?

Pardon. What?

That.

O, enaho kitab jayid.

Oh, it is aa good book.

Matha inta tourid?

What do you want?

Ana ourid nabiid, mfl.

I want the wine, please.

Mann hatha?

Who is here?

Nahno hatha..

We are here.

Mann thaleka emrah?

Who is that woman?

Ana la-stu aref.

I do not know.

Yil-ano! Heya Madonna!

Darn! It is Madonna!

Matha emrah! Heya ahaziima!

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL (with slang)

Welcome.

Ahlan wa sahlán.

Alham dalilla.

God be praised.

Ana akder.

I can

Ana huna.

I am here.

Inta hunak.

You are there.

Oheb-ak.

I like you.

Toheb nukood.

You like the money.

Yamel hatha.

He does this.

Tamel thalek.

She does that.

Akder atakalam kaleel Araby!
Inta la yajeb an takoul "Mate"!!

I can speak a little Arabic!
You can not say Mate!!

Ana afham-ak.
Inta la-stum tafham-ni.

I understand you.
You do not understand me.

Ourid athhab ela bar.
Tourid tathhab ela mirhad.

I want to go to the bar.
You want to go to the toilet.

Alaan, indi wakt kaleel, Anisa.
Alaan, hal indak nukood kaleel, Saeed?

Now, I have a little time, Miss!
Now, do you have a little money, Sir?

La-stum tashrab maa fi Faransi, mfl!!.
Tashrab nabiz.

Please don't drink the water in France!!
Drink the wine.

Kaif haalak, Eliza?
Ana Bekhair, Khulu.

How are you, Eliza?
I am well, thank you, Khulu.

Kaif alhal, Eliza?
Ana bekhair, Khulu?

How are you, Eliza?
I am well, thank you, Khulu.

Kaif halek, Eliza?
Kuwayes, Khulu.

How are you, Eliza?
I am well, thank you, Khulu.

Zayac, Eliza?
Labas, Khulu.

How are you, Eliza?
I am well, thank you, Khulu.

Shurnek, Eliza?
Kuli zen, Khulu?
Alham dalilla.

How are you, Eliza?
I am well, thank you, Khulu.
God be praised.

Hal enaho kabeer?

La, enaho saghir.

Is it big?

No, it is small.

Inta lastum taref thaleka emrah.

Yil-ano! Heya ahaziima!

You do not know that woman.

Darn! She is wonderful!

Naam alaan, indi khamsa mouchkiltain!!

Kul al atfal!

Yes now, I have five problems!!!

All the children!

Matha thalek?

Asif. Matha?

What is that?

Pardon. What?

Huwa hunak.

Mich battal.

There it is.

Not bad.

La'ana ton alay'hi!

Tayib?

Darn!

OK?

Huwa "Aal".

Ewe huwa cool!

Yes, it's cool!

Yes, it's cool!

Ewe layssa saye!

Ewe hasanan!

Yes, it's not too bad.

Yes, it's OK.

Layssa yaddakher "Mate"!!!

Enaho layssa Aal!!!

Do not say Mate!!!

It is not cool (upper class)!!!

Ahaziim?

Naam, inta ahaziim!

Wonderful?

Yes you are wonderful!

Sa-al sa-al. Itai lika!

Bye bye. See you soon!

Note: Speed reading - 14 minutes

17. CLOSING

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

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

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

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

And as we end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continuing support ... of our Team ... 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
marhaba	sabah al-khair	kaif haalak? ez zayda?	ana bekair kowayes	shokran
goodbye	yes	no	OK	not too bad
maas-salama	naam/aywa	la/layssa	tayib/OK	mich battal
Darn!	Mate!	there it is!	"Cool"!!!	welcome
yilano!	Mate	ma huwa	Aal	ahlan wa sahlan

b. Verbs :

to be	have	like	want	can
yakoon	yindaho	yoheb	yourid	yakder
do	say/speak	go	come	give
ya-mel	yatakalam	yathhab	ya-ati	yo-ti
take	eat	drink	sleep	know
ya-khud	yakul	yashrab	yinaam	yaref
understand	must	possible	see	
yifham	yajib	mumkin	yara/yashouf	

c. Prepositions:

some	a	the	to	from
bad-al	wahed	al-	ela	min

d. Pronouns:

I	you	he	she	we
Ana	inta	huwa	heya	nahnu/ehna

it	this	that	Mr	Mrs.
enaho	haatha	thalek	al-Saied	al-Saieda

e. Nouns:

money	thing	man	woman	water
nukood	shai	rajul	emrah	ma

Car	ticket	book	friend
sayara	tathkara	kitab	sadeek

*f. Adjectives/
adverbs/Other:

good	bad	big	small	now
jayid	sa-ye	kabeer	saghir	ala-an

Later	a little	wonderful!	happy	here/there
muta-akher	kaleelan	raez/aziim	saeed	huna/hunak

g.
Interrogatives:

how much?	where?	what?	who?	when?
bikam?	ayna?	matha?	mann?	mataa?

Note: What is this? Question?
Ma hatha? Hal?

h. Numbers:

One	two	three	four	five
wahed	itnen	thalatha	arba	khamisa

i. And some survival words:

toilet (hammam)	year (sana)
fun (madadaloo)	hour (sa-aa)
but (laakin)	minute (dakeeka)
never (abadan)	hamburger (hamburger)
food (akel)	think (yefakkar)
train (kattar)	remember (yiftikir)
bus (bus)	read (yakta-a)
home (menzel/bayt)	write (yak-tub)
work (yamel)	laugh (yidhak)
time (wakt)	dance (yarkes)
today (alyom)	stop (bas/kefaye)
tomorrow (ghaddan)	policeman (police)
paper (wara)	mate (sahbi)
newspaper (gariida)	see you (ela al lekaa)
day (yom)	bye bye (sa-al)
week (osbua)	

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:

Welcome	Ahlan wa sahan
Hallo	Marhaba
Yes/no	Naam/la
Please	Menfadhlak - mfl.
Thank you.	Shokran
Excuse me	Asif/afwan

INTRODUCTIONS:

Good morning	Sabah al-khair
Good-bye.	Maas-salama
My name is ...	Ismi ...
What is your name?	Ma (what) ism-ouka (your)?
How are you?	Kaif (how) haalak?
Fine thanks	Ana bekhair (well) , shokran.
And you?	Wa inta?
Where do you come from?	Min (from) ayna tati (come)?
I'm from:	Ayna (come) min:
France	Faransa
England	Ingiltira
America	Amerika

I'm with:

UN

Shell

Ana (I) fi ...

UN

Shell

QUESTIONS:

When/how?

Mataa//kiif ?

What/why?

Matha/ limatha?

Who/which?

Mann/eiy?

Where is/are ...?

Ayna ...?

Where can I find ...?

Ayna ajid ...?

How much is it?

Bikam thalek?

Possible for you to help, please?

Mumkin (possible) tisadi (help)-ni (you), mfl?

What does this mean?

Matha (what) ya'nee hatha (this) haize (mean)?

UNDERSTANDING:

I understand

Ana afham.

I don't understand.

Ana lastu (not) afham.

Please say that again.

Mfl, kol (say) hatha (that) marra (once) okhra (more)

Can you translate this?

Hal (question) youmkin antoutarjem (translate) hatha (this) ?

Can I have...please?

Ourid (want) ... mfl.

Do you speak English?

Hal (question) tatakalam (speak) Inglizi?

I don't speak

I speak a little ...

Ana lastu (not) atakalam

Atakalam kaleel (little) ...

COMMENTS:

It's:

better/worse

big/small

cheap/expensive

good/bad

hot/cold

near/far

Enaho:

ahsan/aswa'a

kabeer/saghir

rakhees/ghali

jayid/saye

sokhon/bared

kareeb/baiid

FOOD:

I like:

breakfast

lunch

dinner.

Ourid:

futur

ghada

asha

May I have some:

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

Mfl. Ourid ... kaleel (a little) :

khubtz/zibda

gibna

baid

lahma/batatis

tiffahb/bortokal

kahwa/shay

halib/ laban

aseer faakiha

water

maa

I want to pay now.

Ana ourid (want) an adfaa (pay) al'an (now).

We enjoy it.

Nahnu nastamteh (enjoy) thalek.

TRANSIT:

Where is the nearest shop?

Ayna akrab (nearest) mahal?

Where can I find a taxi?

Ayna ajed (find) taaksi?

How much is it to ...?

Bikam ela ...?

Take me to this address.

Khud-ni (take-me) ela hatha (this) al enwan (address)...

Please stop here.

Kiff huna (here) mfl..

This is the wrong road.

Hatha tarik ghalat (wrong).

Go straight ahead.

Ithhab (go) ila al aamam ...

It's there, on the:

Enaho hunak (there) ...

left/right

al shimal/yaamin

next to/after

karib min/baad

north/south

chamaal/djanoub

east/west

charq/gharb

Where is the:

Ayna ... :

town center

wassat el madina (town)

pharmacy

saydaliyya

SHOPPING:

Do you have ...?

Hal (question) indak ...?

How much is this/that?
I will take it.

Bikam hatha/thalek (that)?
Saa /sawaf (I will) ajhud-ha.

What colours have you?

Chou andak (have) alwan (colour) ...?

Black

aswad

Blue

azrak

Red

ahmar

White

abyad

Yellow

Asfar

Green

akhdar

I want to buy:

Ourid an ashtray (buy):

aspirin

aspirina

soap

sabun

half kilo apples

noss kilo toffah

litre of milk

liter halib

film/newspaper

filemm/jaridae

TELEPHONE:

Hello, I am ...

Hallo, ana

Please speak more:

Mfi tatakalam (speak) akther...:

L ouder

be sout aala

slowly

ala mahlak

Who do you want?

Mann (what) tourid?

I want ...:

Ourid ...:

Mr.

Al-Saied

Mrs.

Al-Saieda

Miss

Al-Anissase

When is he here?

Mataa (when) yakoon huwa (he) huna?

Ask him to call me, please?

Mfl, otlob (ask) minho al ittisal-bi (me).

TIME:

Do we have a little time?

Hal (question) indana kaleel (little) menal wakt (time)?

What time is it?

Kam (how many) al saa (hour)?

The time now is...

Alaan (now) al saa ...

five past one

waheda (1) wa khamsa (5) daqaaek (minutes)

quarter to three

thalatta (3) ella(before) ribee

four o'clock

arba (4)

half past five

khamsa (5) wa nisf (half)

MEETINGS:

We will see you:

Sawfa naraak (you) ...

today

alyom

tomorrow

ghaddan

next week

el ousbu (week) el kadim

in the morning

sabah (morning) an

in the afternoon

baad (after) el zouhr

in the evening

masa an

tonight

achiye/ masa'an

soon

awem/ awam

You are right/wrong.

That is right

Indak (you have) haq /khatta.

Enaho saheeh

LOCATIONS:

Here/there

At the office

Is it near/far?

How many hours to go there?

Huna/hunak

Bil (at) maktab

Hal (question) howa karib/baiid?

Kam (how many) saa li athhab (go) ela hunak?

21. PLAY QUIZ

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

- | | |
|--|--|
| a. I am very well | Shokran. |
| b. Excuse me | Skokran |
| c. Thank you. | Ana bekhair. |
| d. OK | Asif/ afwan |
| e. Welcome | Tamel jayid. |
| f. Well done | Ahlan wa sahlan |
| g. Hello | Kaif haalak? |
| h. How are you? | Marhaba. |
| i. What is this in arabic? | La. |
| j. I can do that. | Asif / afwan |
| k. Excuse me. | Matha hatha fi arabiya? |
| l. No. | Akder amel thalek. |
| m. Yes. It is "cool"!! | Sably? garssone |
| n. Please | Menfudhlakfl. |
| o. Where are you going? | Naam. Huwa "Aal" !! |
| p. Waiter? | Ayna tathhab? |
| q. How much is that? | Kam el saa? |
| r. Where is the toilet? | Ayna/mataa/limatha? |
| s. Where/when/why? | Ayna mirhad? |
| t. What time is it? | Bikam thalek? |
| u. Can you help me please? | Ana la afham. |
| v. I do not understand | Mfl tatakalam ala mahlak. |
| w. What does this mean? | Mumkin yisadi ni, mfl? |
| x. Please speak slowly. | Matha hatha haizi? |
| y. Damn!/See you later. | Aahlan wa sahlan!! |
| z. You are most welcome!!
Alham dualilla. | Al La'na/Ital lika.
God be praised. |

**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 week ... of **PLAYING** with the natural language ... with the Instant Relaxation Exercise daily.

Our natural suggestions for this week are:

Day 1 - Do **APS**. Then play the **LEARNING REINFORCEMENT**. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then **SPEAK** with the tape and **RECORD** your efforts.

Day 2 - **STUDY** the text (Sections 2-16). Then **SPEAK LOUDLY** and then very **SOFTLY** with the tape. **SPEED READING** (2-16) in 14 minutes.

Day 3 - **SPEAK** in **THEATRICAL** style with the tape and text together. Do **SPEED READING** (2-16) in reverse-mode in 12 minutes.

Day 4 - **SPEAK** with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting!

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

Day 6 - **SPEED READING** (2-16) in 8 minutes. **LISTEN** to your recording from Day 1. Then **SPEAK** with the tape ... with a beautiful **CONFIDENT** accent.

Day 7 - **SPEAK** with the tape with fun and confidence. 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	Arabic (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/syhhath	
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	jangu
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

(Just read now and later ... discuss with a natural speaker))

Note: In Arabic many words are understood and thus are often omitted, such as: a, the, I, you, is, are etc.

1. Structures:

Ana (akoon) huna.

I (am) here.

I (am) here.

RAJUL huna.

A MAN is here.

Man here..

HAL rajul huna?

Is a man here?

Question man here?

2. Articles:

AL rajul huna.

THE man is here.

The man here

3. Nouns, adjectives and pronouns:

Al REJEL huna.

The MEN (are) here.

The men here

Al rajul JAYID huna.

The GOOD man is here.

The man good here

HUWA rajul.

HE is a man.

He man

4. Possessions:

Rajul-I huna.

MY man is here.

Man - my here

5. Relatives:

Al rajul ALATHI huna

The man WHO is here

The man who here

6. Demonstratives:

HAATHA rajul huna.

This man here

THALEK rajul **HUNAK**.

THAT man THERE.

THIS man is here.

THAT man is there.

7. Questions:

MATHA haatha?

What this?

MANN hatha?

Who that?

AYNA al-rajul?

Where the man?

BIKAM al-kitab?

WHAT is this?

WHO is that?

WHERE is the man?

HOW-MUCH is the book?

8. Instructions:

T-AMEL haatha!

Do this!

TA-ATI huna!

Come here!

DO this!

COME here!

9. Negatives:

NAAM, ana **INDI** kitab.

Yes, I have book.

LA, ana **LAYSSA** indi kitab

No, I not have book.

BU ta-ati huna!

Not come here!

YES, I **HAVE** the book.

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

Do **NOT** come here.

10. Basic verbs:

Ana (a-koon) /ind-i /ourid I (am)/have/want

Anta (ta-koon) /ind-ek /t-ourid You (are)/have/want

Heya (ya-koon) /ind-aho /y-ourid He (is)/has/wants

APPENDIX D - BROCHURE
CRE - CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT
WITH A 30 MINUTE AUDIO TAPE IN ONE DAY

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

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

Description: dynamic English-based brief language learning system developed with some UN staff, for aid workers, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa, Zulu, Cantonese, Zulu, Swedish, Swahili, Basque, etc. 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 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 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 Oct 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, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Nokia etc