

CRE

POLISH FROM ENGLISH



Dr. Bob Boland

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 ...
... Dzie-kuje ... Thank you ...

NO. 318 - POLISH from ENGLISH

Version 3 - in roman script with a few minor errors - July 2004

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 - Estern Europe

Inspired by: Dr. Bob Boland (EI) and Ania Flak and Wiesland Mochniej and Dr. Giles Boland (Harvard), and Dr. Shams Bathija (UNCTAD) and Boston University and the Team.
www.crelearning.com Email: robertboland@wanadoo.com
33 450 408982 Chemin Garenne, Prevevin 01280 France
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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 greatso start chatting now ...

Thank you.	Dzie-kuje
Hallo	Czesć
Yes/no	Tak/nie
Please	Proszę
Excuse me	Prze-praszam
Good morning	Dzien do-bry
My name is ...	Nazy wam sie...
What is your name?	Jak masz na imię?
How are you?	Jak sie masz?
Fine, thanks	Dzie-kuje, do-brze
Good-bye.	Do wi-dzen-ia

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 Polish word many times slowly ... and then at very high speed)

Thank you	Dzie-kuje	DJING-KOOYAO
Hello	Czesc	CH-ESGTT
Mr.	Pan	PAN
Mrs.	Pan-i	PAN-NNEE
Yes	Tak	TAK
No	Nie	NEE
Good	Do-bre	DO-BREY
Please	Pro-sze	PRO-SHERR
Do you have?	Czy macie ...	CHERR MARCH-R
Goodbye	Do wi-dzen-ia	DO VITTS-ENIA
Yes, it's "cool"!	Tak, jest dobrze!	TAK JES DOB-SGRR
Who?	Kto?	KT-OH
What?	Co?/JAKI?	TTS-O/YAKI
I want	JA CH-CE...	YAK TT-SER
Where?	Gd-zie?	GD-JER
OK!	OK!	OH-KAY

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

NATURAL SUGGESTIONS

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

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

1 - Do IRT. Do the Throat exercise - 16 key words

Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel) ... make it fun! Review the Glossary (2 pages). Make a tape recording of speaking Polish text section 2-15 at high speed - to record how you began the course... just for fun ... but keep it ... handy ...

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). Then listen to your first recording (above)!

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 your 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 ... 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 (no English please) ... as you create new wave patterns ... in that special... "Polish Place" ... in your mind ...

2. HERE AND THERE:

Jest-em (I am) tu (here).
Wy (you) jest-escie (are) tam (there).
Czy (question) jest-escie tam?
Tak (yes), jest-escie tam.
Czy jest-escie (are) tu?

I am here.
You are there.
Are you there?
Yes, you are there.
Are you here?

Nie (no), nie ma (are) was (you) tu (here).
To (it) jest tu.
Gd-zie (where) to (it) jest?
To jest (is) tu.
To jest tam (there)?

No, you are not here.
It is here.
Where is it?
It is here.
Is it there?

Nie (not) wiem (I know).
Gd-zie jest (is) Miguel?
Nie ma (is) go (he) tu.
Gd-zie on (he) jest?
Nie wiem.

I do not know.
Where is Miguel?
He is not here.
Where is he?
I do not know.

Cholera! Tam jest!
On jest (is) wspaniawy!

Zut! There he is!
He is wonderful!

3. LIKING:

(Ja) lubie was.
Czy (wy) mnie lubi-sz?
Tak, (wy) lubie cie (you).
Czy lubi-sz piana-dze (money)?
Tak lubie piana-dze.

I like you.
Do you like me?
Yes, I like you.
Do you like money?
Yes, I like the money.

Lubie wode (water).
Ty lubi-sz wode.
Lubie niektore (some) ksiazki (books).
On lubi auto (car).
Ona nie (not) lubi aut-a.

I like water.
You like water.
I like some books.
He likes the car.
She does not like the car.

Czy lubi-sz kolacje?
Nie, nie lubie kolacji.
Oh. Cholera! Gównol
Prosze, nie mo-w (say) Gównol

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

4. DOING:

(Ja) robie.
Robie to.
(Ty) robi-sz.
Robi-sz tamto.
(My) robi-my tamto.

I (and) jesteś-my szczęśliwi.
Czy to jest łatwe?
Tak, to nie jest trudne.
Czy robi-cie tamto?
Z-rob (do) to proszę!

Cholera!!
To jest wspaniałe.

I do.
I do this.
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!!!

Zut!!!
It is wonderful!

5. CAN/ABLE TO DO:

(ja) mogę.
Czy mogę?
Tak, mogę.
Czy możesz (can) to zrobić (do)?
Tak, mogę to zrobić.

Mogę trochę jeść.
Mogę trochę pić.
Mogę iść.
Mogę przyjść.
Mogę spać.

Możesz mówić (speak).
Czy możesz mówić?
Tak, mogę.
Czy możesz to zrobić (do)?
Nie, nie mogę tego (that) zrobić.

Możesz zrozumieć?
Czy możesz zrozumieć?
Rozumiesz?
Tak, trochę.

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.
I can sleep.

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

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

Możesz powiedzieć "GÓWNO"?
Tak, mogę mówić trochę po POLSKU!
Cholera! Jestem wspaniały!

Can you say Shoot?
Yes, I can speak a little Polish!
Zut! I am wonderful!

6. UNDERSTANDING:

(ja) rozumiem.
Nie rozumiem.
Rozumiesz.
Nie rozumiesz.

I understand.
I do not understand.
You understand.
You do not understand.

Czy rozumiesz kobiety?
Nie. Nie. Nie rozumiem ich!!!
Oh. Cholera! Gówno!
Proszę, nie mówić Gówno.
Jestes wspaniały!

Do you understand women?
No. No. I do not understand them!!!
Oh. Zut! Shoot!
Please do not say Shoot!
You are wonderful!

7. WANTING:

(ja) chce
Chce jeszcze trochę.
Chce pić wodę.
Chce iść do toalety!!
Chcecie trochę jeszcze.

I want.
I want to eat a little.
I want to drink the water.
I want to go to the toilet!!!
Do you want to eat a little?

Nie, nie chce jeszcze.
Cholera! Chce dać (give) ci (you) trochę.
Nie dziekuje..
Chce przyjść.
Czy chcesz spać (sleep) ze (with) mną?

No, I do not want to eat.
Zut! I want to give you a bit.
No thank you.
I want to come.
Do you want to sleep with me?

Nie, nie chce spać.
Miguel, chcesz jeszcze żaby (frogs)?
Cholera! Nie teraz, dziekuje!
My jesteśmy wspaniali!

No, I do not want to sleep.
Miguel do you want to eat the frogs?
Zut! Not just now, thank you!
We are wonderful!

8. GETTING:

Proszę, daj mi pieniądze.
Proszę, weź pieniądze.
Ja wezmę (take) pieniądze.
Proszę, daj mi bilet.
Proszę weź bilet.

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

Ja wezme bilet.
Proszę, podaj mi rzecz (thing).
Gdzie jest rzecz?
Nie wiem.
Proszę, daj mi mezczyzne (man)!

I take the ticket.
Please give me the thing.
Where is the thing?
I do not know.
Please give me a man!

Cholera!!! Co za kobieta!!
Ona jest wspaniała!

Zut-t!!! What a woman!!
She is wonderful!

9. HAVING:

(Ja) mam jedna (one) rzecz (thing).
Nie mam jednej rzeczy.
(Ty) ma-sz jedna rzecz.
Mamy jedna rzecz.
Ona ma rzecz.

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

Mam czas, Panienko!
Czy ma pan jakies (some) pieniyaze, Proszę Pana?

I have the time, Miss!
Do you have some money, Sir?

Nie.
O. GÓWNO!
Proszę nie mówcie GÓWNO!

No.
Oh. Shoot!
Please do not say Shoot!

10. ORDERING (POLITELY):

Proszę, daj mi rzecz.
Proszę, daj mi pieniyaze.
Proszę, daj mi wodę.
Dzie-kuje.
Proszę, nie pij wody we Francji!!

Please give me the thing.
Please give me the money.
Please give me the water.
Thank you.
Please don't drink the water in France!!

Pij wino.
Proszę, podejdź tu.
Proszę, idź tam.
Proszę wypij to.
Nie jedź tego!

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

Proszę, podaj mi to.
Proszę. nie bierz tego.
Proszę, powiedz to.
Proszę, nie mów Gówno.
Cholera! Dzie-kuje. Jesteś wspaniały!

Please give me this.
Please do not take that.
Please say this.
Please do not say Shoot.
Zut! Thank you. You are wonderful!

11. GREETING:

Czesc Ania.
Czesc Paula.
Dzien dobry Miche.
Dzien dobry Sancos.
Jak sie masz, Eliza?

Dobrze dzie-kuje, Khulu.
Jak leci, Xavier?
OK, dzie-kuje Miguel.
Do widzenia Giles.
Do zabac-zenia Judith.

Tak OK, Hollie
To jest wspaniale, Heidi!
Ok, Sam?
Tak Ok, Lucie.
Nie zle, Henri.

W porzadku, moj drogi?
Nie!!!
Cholera! Ona jest wspaniala!

Hello Ania.
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.
Bye bye Judith.

Yes OK, Hollie.
It is wonderful, Heidi!
OK Sam?
Yes OK, Lucie.
Not too bad, Henri.

Are you well, my darling?
No!!!
Zut! She is wonderful!

12. DESCRIBING:

To jest dobre,
To nie jest dobre.
To jest zle.
To jest ksiazka.
Czy to jest duze?

Nie, to jest male.
To jest tatwe?
Nie, to jest ciezkie.
Woda jest dobra?
Nie, woda jest nie dobra we Francji!

Oh gówno!!
Prosze, nie mow gównu.
Czy (my) jesteśmy wspaniali?
Cholera! Tak!

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 Shoot!!!
Please do not say Shoot.
Are we wonderful?
Zut! Yes!!

13. KNOWING (THINGS & PEOPLE):

(Ja) znam to. Wiem to.

Czy wiesz to?

Tak, wiem to.

Wiesz tamto.

Czy wiesz tamto?

Nie, ja nie wiem tego (that).

Znam te kobiety.

Znam tego mezczyzne.

On zna mnie.

Czy znasz te kobiety?

Nie. Dzień dobry, Pani.

Dobre sie Pani ma?

Nie, nie dobrze! Do widzenia!!

Nie znasz jej (her)

Cholera! Ona jest wspaniała!

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 morning Madam?

Are you well, Madam?

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

You do not know her!

Zut! She is wonderful!

14. NUMBERING:

(Ja) mam jeden problem.

Tak, masz problem.

Nie, masz je (of them) dwa (2).

On ma trzy.

Ona ma cztery.

My mamy piec.

Czy masz ich piec?

Tak, teraz mam piec problem-ow!!!

Wszystkie dzieci (children).

Dzieci sa wspaniale!

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Children are wonderful!

15. ASKING:

Ile kosztuje ksiazka?

Piec dolarow.

Ile kosztuje ta rzecz?

Ile?

Cztery dolary.

How much is the book?

Five dollars.

How much is this thing?

How much?

Four dollars.

Gdzie to jest?
To jest tam.
Nie, tego tam nie ma (is not).
Gdzie jest toaleta prosze?
Toaleta jest tam.

Where is it?
It is there.
No, it is not there.
Where is the toilet please?
The toilet is over there.

Co tam jest?
Przepraszam. Co?
Tam.
O, to jest dobra ksiazka.
Co chcesz?

What is that?
Pardon. What?
That.
Oh, it is a good book.
What do you want?

Chce wina, prosze. Po-prosze (please) wina.

I want the wine, please.

Kto tu (here) jest?
My tu jestes-my.
Kim (who) jest ta kobieta?
Nie wiem.

Who is here?
We are here.
Who is that woman?
I do not know.

Cholera! To jest Madonna!
Co za kobieta! Ona jest wspaniala.

Zut! It is Madonna!
What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL:

Jestem tu.
Jest-escie tam. (plural)
Jest-es tam. (singular)

I am here.
You are there.
You are there.

Lubie cie (singular). Lubie was (plural).
Lubi-sz pieniadze.

I like you.
You like the money.

On robi to.
Ona robi tamto.
Moge mowic troche po Polsku!

He does this.
She does that.
I can speak a little Polish!

Nie mozecie mowic Gówno?
Rozumiem cie.

You can not say Shoot?
I understand you.

Nie nozumie-sz mnie.
Chce isc do baru.
Chce-sz isc do toalety.
Mam czas (time), Panienko!
Czy ma Pan troche pieniedzy?

You do not understand me.
I want to go to the bar.
You want to go to the toilet.
I have the time, Miss!
Do you have some money, Sir?

Proszę, nie pij wody we Francji!!
Pijcie wino.

Jak się masz, Eliza?
Dobrze, dzie-kuje, Khulu.
To jest duże, proszę Pana?

Nie, to jest małe proszę Pani.
Nie zna-sz tej (that) kobiety.
Cholera! Ona jest wspaniała!
Tak teraz, mam pięć problemów!!!
Wszystkie dzieci!

Co to jest?
Przepraszam. Co?
To jest to.
Nie źle.
Cholera!!!

OK?
Tak, jest fajnie.
Tak, jest fajnie (na poziomie)
Tak, jest bardzo (super) fajnie.
Nie mówcie (plural) gównu!!

To nie jest super!!
Ja muszę (must) to zrobić.
Musisz zrobić tamto.
Wspaniale?
Tak, jesteście wspaniali!

Do widzenia. No raze!

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

How are you, Eliza?
I am well, thank you, Khulu.
Is it big, Sir?

No, it is small, Madame.
You do not know that woman.
Zut! She is wonderful!
Yes now, I have five problems!!!
All the children!

What is that?
Pardon. What?
There it is.
Not bad.
Zut!

OK?
Yes, it's cool!
Yes, it's cool! (classy)
Yes it's cool! (upper class)
Do not say Shoot!!!

It is not cool (upper class)!!!
I must do this.
You must do that
Wonderful?
Yes you are wonderful!

Bye bye. For now!

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 "French Place" ... in your mind ...

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

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

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/Exclamations:

hello czesc	good morning, dzien dobry	how are you? jak sie masz?	I am well dobrze	thank you dzie-kuje
goodbye do widzenia	yes tak	no nie	OK OK	not too bad nie zle
Zut! Cholera!	Shoot! Gówno	there it is! to jest tam	"cool"!!! fajne!	please prosze

b. Verbs:

to be byc jest-em	have miec mam	like lubic lubie	want chciec chce	can móc moge
do robic robie	say/speak mówic/powiedziec mówie/mówie	go isc ide	come przyjsc przyjde	give podac po-daje
take brac biore	eat jesc jem	drink pic pije	sleep/go to bed spac spje	know wiedziec wiem
understand rozumiec rozumie	must musiec musze			

c. Prepositions:

some troche	a jedna	the to	to do	from z
-----------------------	-------------------	------------------	-----------------	------------------

d. Pronouns:

I ja/mnie	you ty/wy	he on	she ona	we my
it to	this to	that tamto	Mr Pan	Mrs. Pani

e. Nouns:

money	thing	man	woman/wife	water
pieniadze	rzecz	mezczyzna	kabiet	woda
car	ticket	book	friend	
auto	bilet	ksiazka	przyjaci	

f. Adjectives/adverbs/Other:

good	bad	big	small	now
dobre	zle	duze	male	teraz
later	a little	wonderfull	happy	easy/difficult
pózniej	troche	wspaniale!	szczescie	latwe/ciezkie

here/there
tu/tam

g. Interrogatives:

how much?	where?	what?	who?	when?
ile kosztuje?	gdzie?	co?/jaki?	kto?	Kiedy?

Note: What is that? **Co to jest?**
Question? **Czy ... ?**

h. Numbers:

one	two	three	four	five
jeden	dwa	trzy	cztery	piec

i. And some survival words:

WC (toaleta), always (zawsze), fast/slow (szybko/wolno), but, (ale), never (nigdy), food (jedzenie), train (pociag), bus (autobus), home (dom), work (praca), time (czas), today (dzis), tomorrow (jutro), paper (papier), newspaper (gazeta), day (dzien), week (tydzien), year (rok), hour (godzina), minute (minuta), hamburger (hamburger), McDonalds (McDonalds), think (rzecz), read (czytac), write (pisac), laugh (smiac), dance (tanczyc), later (pózniej), stop (stop), policeman (policjant), six (szesc), seven (siedem), eight (osiem), nine (dziewiec), ten (dziesiec), hundred (sto), thousand (tysiac) shoot (gówno) ... see you soon (na razie)!

19. NATURAL FEEDBACK AND NEW IDEAS

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

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

BASICS:

Hallo	Czesc
Yes/no	Tak/nie
Please	Prosze
Thank you.	Dzie-kuje
Excuse me	Prze-praszam
Everything is OK!	Wszystko jest OK!

INTRODUCTIONS:

Good morning	Dzien dobry
Good-bye.	Do wi-dzen-ia
My name is ... (am called)	Mam na imie ...
What is your name?	Jak masz na imie?
How are you?	Jak sie masz?
Fine thanks (I go well)	Dzie-ku-je do-brze
And you?	I pan?
Where do you come from?	Skad pan pochodzi?
I'm from:	Jestem z ...:
France	Franc-ji
England	An-glii
USA	Ze Stanow Zje-dno-czo-nych
I work with:	Pracuje n ... :
UN	ONU
Red Cross	Czerwony Krzyz
Nokia	Nokia

QUESTIONS:

I must do this.	Ja musze to zrobic.
You must do that.	Wy musi-cie zrobic tamto?
When/how?	Kie-dy/jak?
What/why?	Co/dlo-cze-go?
Who/which?	Kto/Kto-ry?
Where is/are ...?	Gdzie jest ...?
Where can I find ...?	Gdzie moge (can) zna-lezc (find) ...?
How much is this?	Lie to kosztuje?
Can you help me?	Czy mozesz mi pomoc?
What is that?	Co to jest?

UNDERSTANDING:

I understand
I don't understand.
Please repeat that.
Do you have...?
Do you speak:
 english/polish?
I don't speak
I speak a little ...

Ro-zu-miem
Nie (not) ro-zu-miem
Peo-sze to (that) po-wto-rzyc
Czy masz ...?
Czy mow pan ...:
 Po an-giel-sku/Pol-sku?
Nie mowie ...
Malo mowie ...

COMMENTS:

It's:
 better/worse
 big/small
 cheap/expensive
 good/bad
 hot/cold
 near/far
 vacant/occupied
 OK!

To jest:
 lepieg/gorzej
 duze/maje
 tanie/drogie
 dobre/zie
 go-ra-ce/zim-no
 blisko/da-leko
 wolny/zajste
 OK!

FOOD:

I like:
 breakfast
 lunch
 dinner.
Can I have some:
 bread/butter
 cheese
 eggs
 meat/potatoes
 apples/oranges
 coffee/tea
 milk
 fruit juice
 water

Ja lub-bie:
 snia-dani
 o-biad
 kdaje
Czy moge dustac ...:
 chleb/ć-lo
 ser
 jaj-ka
 mieso/ziem-niak
 jabl-ko/poma-rancze
 kawe/her-bate
 mleko
 sok
 woda

May I have the bill?
I think there is a mistake.
We enjoyed it.

Proprosze o ra-chunek.
Pomylilam sig.
My sie dobize bawikismy (happy)

TRANSIT:

Where is the nearest shop?	Gdzie znajduje sie najblizszy sklep?
Where can I find a taxi?	Gdzie znajole taksowke?
How much is it to ...?	Ile kosztuje ...?
Please, take me to rgis address.	Pro-sze mnie za-wiezc pod ten adres.
Please stop here.	Pro-sze sie tu (here) za-trzy-mac (stop).
This is not the right road.	Czy wiecie qzie moge znalezc ta droge.
Go straight ahead.	Pro-sze (go) isc pros-to.
It's there:	Tam jest:
left/right	po-lewej/po prqwo
next to/after	nastgona/po paceaniam
north/south	na pol-noc/na po-kudnie
east/west	na wsc-hod/na zac-hod
Where is the:	Gdzie ... jrst:
town centre	centrum miasta?
pharmacy	ap-teka?
toilet	toa-leta?

SHOPPING:

Do you have ...?	Czy sa ...?
How much is this/that?	Ile koszkuye?
I will take it.	Wezme to.

What colours have you?	Jakie kolovy mocie?
Black	czar-ny
Blue	nie-bieski
Red	czar-wony
White	bia-ly
Yellow	zol-ty
Green	zielo-ny

I want to buy:	Chce ku-pic:
aspirin	aspirynjne
soap	my-dlo
kilo apples	kilo jabtel
litre of milk	litr mleka
film/newspaper/book	film/gazetg/ksig-zke

TELEPHONE:

Hello, here is ...

Halo, tu...

Please speak:

Proszę mówić:

louder

głośniej

slowly

wolniej

I want to speak to:

Chcę rozmawiać z ...:

Mr.

Panem

Mrs.

Panią

Miss

Panną

Ask him to telephone number...

Pytaj go o numer telefonu ...

TIME:

Do you have enough time?

Czy masz dużo czasu

What time is it?

Która jest godzina?

The time now is:

Teraz jest godzina...:

one o'clock

pierwsza

twenty past two

dwadzieścia po drugiej

half past one

poł do drugiej

MEETINGS:

We will see you:

Zobaczymy się ...

today

dzisiaj

tomorrow

jutro

next week

w przyszłym tygodniu

in the morning

rano

in the afternoon

po południu

in the evening

wieczorem

tonight

dzisiaj wieczorem

soon

niedługo

I am right/wrong.

Mam rację/mam nie.

That is right

Ta jest prawda. Tamto jest nieprawda.

LOCATIONS:

Here/there

Tu/tam

At the UN office

Z biura ONU

Is it far/near from here?

Czy to daleko/blisko stąd?

How many hours?

Ile godzin?

21. PLAY QUIZ

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

- | | |
|------------------------------|--------------------------|
| a. I am well | Nie wiem. |
| b. Excuse me | Dzie-kuje. |
| c. Thank you. | Dobrze. |
| d. I do not know. | Prze praszam |
| | |
| e. I want to buy: | Co to jest? |
| f. What is that? | Chce ku-pic |
| g. Hello | Jak sie masz? |
| h. How are you? | Czesc |
| | |
| i. I must do this. | Chce rozmawiac z. |
| j. Please give me the money. | Jak mueze to zrobic. |
| k. I want to speak to. | Jak mas na imie? |
| l. What is your name? | Prosze daj mi pieniadze. |
| | |
| m. Yes | Pan |
| n. Please | Tak. |
| o. I am sorry | Prepraszam. |
| p. Waiter? | Prosze. |
| | |
| q. How much is the book? | Ktoma jest godziono? |
| r. Where is the toilet? | Gdzie/kie-dt/dlo-cze-go? |
| s. Where/when/why? | Gdzie jest taaleta? |
| t. What time is it? | Ile kosztuje ksiazka? |
| | |
| u. Where can I find? | Nie rozumie. |
| v. I do not understand | Procaq mosic woliej |
| w. Where do you come from? | Gdzie moge zna-lezc? |
| x. Please speak slowly | Skad pan jest? |
| | |
| y. Bye bye. For now! | Proszp |
| z. Cheers!! | Do widzenie. No razie. |

Answers: In the phrase book ... 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 ... jsut play!

Our natural suggestions are:

1 - Do APS. Then play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts. LIST your five key problems!

2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes. USE the Mini-phrase Book for easy interactive conversation

3 - SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes. USE the Mini-phrase Book for easy interactive conversation

4 - SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting! Review your five problems.

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

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LiSTEN to your recording. Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to robertboland@wanadoo.fr.

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

Special Vocabulary for UNHCR

English	Pashto	Dari	Insert Polish
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 paxldy 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	
Lamp	dewan	tsheragh	
Legal protection	kaanuni saatdna	hymayat e kanoun	
Malnutrition	bada ghdzaa	sou-e taghziya	
Shootrial 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	zawravdi	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/ markaz-d paziraa-i
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
Voluntrary repatriation	pd rdzaa-sara berta legal	bar-gasht-d yraadi
War	jagara	jangue
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

(Challenge: discuss with a natural speaker)

1. Structure - subject, object and verb:

JES-EM tu.

DZIEC-KO jest tu.

Czy (question) jest tu dziec-ko?

I AM here.

The CHILD is here.

Is the child here?

2. Articles - limited use with "jedno" as one:

JEDNO dziec-ko jest tu.

A child is here.

3. Nouns - and plural modifier:

Dziec-I sa (are) tu.

DOBRE dziec-ko jest tu.

ON jest dziec-kiem.

The child-REN are here.

The GOOD child is here.

HE is a child.

4. Possession:

On jest MOIM dziec-kiem.

He is MY child.

5. Relative - with who ("ktore"):

KTÓRE dziec-ko jest tu.

The child WHO is here.

6. Demonstrative - this and that:

TO dziec-ko jest tu.

TAMTO dziec-ko jest tam.

THIS child is here.

THAT child is there.

7. Interrogatives - what, who, where and how much:

Co to jest?

Kto to jest?

Gdzie jest dziec-ko?

Ile kosztuje książka?

What is this?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives - ordering (with a "C"):

ROBIC to!

PRZY-JSC tu!

DO this!

COME here!

9. Negatives - no ("nie") and not ("nie"):

Tak, mam książkę.

Nie, nie mam książki.

NIE przy-chodź tu.

Yes, I HAVE the book.

No, I do NOT have the book.

Do NOT come here!

10. To be, have and want:

Jestem/mam/chce

Jeste-s/ma-sz/chce-sz

Jeste-scie/ma-cie/chce-cie (plural)

On jest/ma/chce

I am/have/want

You are/have/want

You are/have/want

He is/has/wants

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

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

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

Description: dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Polish, Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa and with other languages in process: Cantonese, Zulu, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, 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 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: 33 450 408982 or 199 Chemin Garenne, Prevezin, 01280 France or email: robertboland@wanadoo.fr from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - make up short phrases with a natural speaker)

1. A/an JEDNA	2. After POTEM	3. Again ZNOW	4. All WSZYSCV	5. Almost RAWIE
6. Also OPROCZT	7. Always ZAWSE	8. And I	9. Because BO/PONIEWAZ	10. Before ZANIM
11. Big DUZE	12. But ALO	13. I can MOGE	14. I come PRYZIDO	15. Either/or LUB/LUB
16. I find ZNALAZTEM	17. First PEDIOSZY	18. For DLA	19. Friend PRZYJACIEL	20. From Z
21. I go IDE	22. Good DOBRY	23. Goodbye DO WIZENIA	24. Happy SZCZESCI	25. I have MAM
26. He ON	27. Hello CZESC	28. Here TU	29. How JAK	30. I JA
31. I am JEST	32. If NALE	33. In N	34. I know WIEM	35. Last OSTAINI
36. I like LUBIE	37. Little MOLE	38. I love KOCHAM	39. I make ROBIE	40. Many DUZO
41. One JEDEN	42. More DUZO	43. Most NAJWIECEJ	44. Much DUZO	45. My MOJ
46. New NOWY	47. No NIE	48. Not NIE	49. Now TERAZ	50. Of PRZY
51. Often CZESTO	52. On NA	53. One JEDEN	54. Only TYLKO	55. Or LUB
56. Other BEZ	57. Our NAX	58. Out ZEWNQTRZ	59. Over BDZIES	60. People LUDZIE
61. Place MIEZSCE	62. Please PROSZE	63. Same JAKIES	64. I see WIDZE	65. She ONA
66. So WIEC	67. Some TROCHE	68. Sometimes CZAZEN	69. Still CIAGLE	70. Such TO
71. I tell MOWIE	72. Thank you DZE-KUJE	73. That TAMTO	74. The TO	75. Their ICH
76. Them ONI	77. Then POTEM	78. There is JEST TAM	79. They ONI	80. Thing RCECZ
81. I think MYSIG	82. This TO	83. Time CZAS	84. To DO	85. Under POD
86. Up DOGORY	87. Us NASZ	88. I use UZYWAM	89. Very BAMDZO	90. We MY
91. What CO/JAKI	92. When KIEDY	93. Where GDZIE	94. Which KTORY	95. Who KTO
96. Why DLACZEGO	97. With Z	98. Yes TAK	99. You TY/WY	100. Your DOOJ

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

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

