

# **CREATIVE RELAXATION EXERCISE - CRE**

## **THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO audio file 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... OH-KON !**

**CRE No. 403 – KHMER FROM ENGLISH  
Version 3 - ... with some errors ... February 2019**

### **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 books. Assimil. Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - deterioration. Books to buy: Lonely Planet South-East Asia Phrase on the web. Assimil language books.**

**Inspired by: Dr. Bob Boland (IU) and Ms. Krachal Lek (Khmerland) and Dr. Giles Boland (Harvard) and Dr. Shams Bathija (UNCTAD) and Boston University and the Team.  
<http://www.bu.edu/familymed/distance/cre/introduction.htm>**

**Email: robertboland@wanadoo.com**

**33 450 408982 199 Chemin Garenne, Preveessin 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 ...**

**In Khmer language, there are some words always used at the end of the sentences as the politeness ( like " sir " in English language ) :- those are "ka" ( speaker female) and "karb" (male). And "I" can be "chan" (general) or "di-chan" (f) or "pom" (m).**

**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 ...**

<b>Thank you.</b>	<b>Oh-kon</b>
<b>Hello</b>	<b>Chumrip Sua (formal)/Sua s'dei (informal)</b>
<b>Yes/no</b>	<b>Baat/chas/Te</b>
<b>Please</b>	<b>Sohm</b>
<b>Excuse me</b>	<b>Sum To(s)</b>
<b>Everything is OK!</b>	<b>Tom ma da!</b>
<b>Good morning</b>	<b>Aroun Sua s'dei</b>
<b>Good night</b>	<b>Ru trei sua s'dei</b>
<b>My name is ...</b>	<b>Kh'nyohm ch'muah ....</b>
<b>What is your name?</b>	<b>Ter neak ch'muah a-ii?</b>
<b>How are you?</b>	<b>Sohk Sabaaii te?</b>
<b>Where do you come from?</b>	<b>Neak mao pii prateh naa?</b>
<b>I want ....</b>	<b>Kh'nyohm chung ....</b>
<b>Good-bye.</b>	<b>Chumrip Lea (formal)/Lea Houy (informal)</b>

**.. so now ... start chatting ... with everybody ....**

## 1.0 INTRODUCTION

### 1.1 STRUCTURE

This program gives you practice in understanding the structure of the language almost instinctively, as for each difficult phrase, English words are inserted. There is also a Mini Phrase-book, a Brief Note on Grammar and a list of the 100 "most used" words in conversation and a simplified explanation of the "key tones".

### 1.2 MEMORY

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

Yes ... Baat ... say ...

... yes ... I would like to drink my chai now ... chai

Goodbye ... Chumrip Lea ... say ...

... goodbye ... bye bye, so was the day ... Chumrip Lea

I want ... Kh'nyohm chung... say ...

... I like ... want a pong tong car? ... pom tong karn

or email [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr) for our CRE 33 MemoryAlert.

### 1.3 PRACTICE.

Learn very rapidly the list of "most used 100 words" and each day, take one page of the mini-phrase-book, to make 10 minutes of Khmer conversation with a natural speaker or aloud with yourself. Then make a friend of a Khmer Phrasebook where the sounds are the same but the spelling may be a little different.

## **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 KHMER word many times slowly ... and then at VERY high speed)**

<b>Thank you</b>	<b>Oh-kon</b>
<b>Hello</b>	<b>Sua s'dei</b>
<b>Mr.</b>	<b>Lok</b>
<b>Mrs.</b>	<b>Lok s'rei</b>
<b>Yes</b>	<b>Baat/Chas</b>
<b>No</b>	<b>(a)Te</b>
<b>Good</b>	<b>Lo-or</b>
<b>Please</b>	<b>Sohm</b>
<b>Do you have any?</b>	<b>Ter neak mean... te?</b>
<b>Goodbye</b>	<b>Chumrip Lea</b>
<b>Who?</b>	<b>Niah na/No na?</b>
<b>What?</b>	<b>Ah-ai ?</b>
<b>I want</b>	<b>Kh'nyohm chung</b>
<b>Where?</b>	<b>Pi naa? -</b>
<b>OK!</b>	<b>Tom ma da!</b>

**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 audio file, 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 audio file ... 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 audio file (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 audio file with the text SPEAKING VERY LOUDLY - STOP THE audio file 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 audio file 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 audio file with the text, SPEAKING SOFTLY with a good accent.  
Do SPEED READING (Sections 2-16) and Mini-phrase Book.**

**5 – Play the audio file 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 audio file 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 audio file 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 ... 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... "Khmer place" ... in your mind ...**

**2. HERE AND THERE:**

**I am (in a place) here.**

**Kh'nyohm (ker)nov tinih**

**You are there.**

**Neak (ker)nov tinuh**

**Are you there?**

**Neak (ker)nov tinuh ort?**

**Yes, you are there.**

**Baat/Chas, neak (ker)nov tinuh.**

**Are you here?**

**Neak (ker)nov tinih ort?**

**No, you are not here.**

**Te, neak mun (ker)nov tinih te.**

**It is here.**

**Vear (ker)nov tinih**

**Where is it?**

**Ter vear nov (ae) naa?**

**It is here.**

**Vear (ker) nov tinih**

**Is it there?**

**Ter vear (ker)nov tinuh ort?**

*(NB. Questions should begin with Ter, but this can be omitted if the tone is clearly a question. Yes/No questions can finish with O)*

**I do not know.**

**Kh'nyohm mun doeng te.**

**Where is Miguel?**

**Ter Miguel nov ae na?**

**He is not here.**

**Koat (ker) mun nov tinih te.**

**Where is he?**

**Koat nov ae na?**

**I do not know.**

**Kh'nyohm mun doeng te.**

**Oh-dear!! There he is!**

**Oh preah oey! Koat (ker) nov tinuh!**

**He is clever!**

**Koat (ker) chhlat!**

**3. LIKING:**

**I like you.**

**Kh'nyohm johl chet neak.**

**Do you like me?**

**Neak johl chet kh'nyohm ort?**

**Yes, I like you.**

**Baat/chas, kh'nyohm johl chet neak.**

**Do you like money?**

**Neak johl chet luy ort? (impolite question!)**

**Yes, I like the money.**

**Baat/chas, kh'nyohm johl chet luy.**

**I like water.**

**Kh'nyohm johl chet tuhk**

**You like water.**

**Neak johl chet tuhk**

**I like to read books.**

**Kh'nyohm johl chet ann sievphow**

**He likes the car.**

**Koat johl chet laan**

**She does not like the car.**

**Neang mun johl chet laan te**

**Do you like the meal?**

**Neak johl chet ahar ort?**

**No, I do not like the meal.**

**Te, kh'nyohm mun johl chet ahar te**

**Oh-dear!!! Mate!**

**Oh preah oey! Mate!**

**Please, do not say Mate!**

**Sohm, kom ni-yeay piak Mate.**

**4. DOING:**

**I do.**

**Kh'nyohm thveuh**

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

Kh'nyohm thveuh nih  
 Neak thveuh  
 Neak thveuh nuh  
 Puok-yoeung thveuh nuh

We are very happy.  
 Is that very easy or not?  
 Yes, that is not difficult.  
 You do that (question)?  
 Please, do that!!!

Puok-yoeung ker rikreay nah (*very, at end of phrase*)  
 Ter (Vear) nuh ngeay sruol klang (*also very*) reu ort?  
 Baat/chas, nuh ker mun pibeak te.  
 Neak thveuh nuh ort?  
 Sohm, thveuh nuh.

Oh-dear!!!!  
 It is clever!

Oh preah oey!  
 Vear (ker) chhlat!

## 5. CAN/ABLE TO DO:

I can do  
 Can you do it?  
 Yes, I can do it.  
 Can you do this?  
 Yes, I can do that.

Kh'nyohm aach thveuh ban  
 Neak aach thveuh (vea) ban ort?  
 Baat/chas, kh'nyohm aach thveuh (vea) ban.  
 neak aach thveuh nih ban ort?  
 Baat/chas, kh'nyohm aach thveuh noh ban.

I can eat a little.  
 I can drink a little.  
 I want to go.  
 Can I come?  
 I can sleep.

Kh'nyohm aach nham ban tich tich.  
 Kh'nyohm aach phoek ban tich tich.  
 Kh'nyohm chung tov.  
 Kh'nyohm aach maok ban ort?  
 Kh'nyohm aach keng ban.

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

Neak aach ni'yeay ban.  
 Neak aach ni'yeay ban ort?  
 Baat/chas, kh'nyohm aach ni'yeay ban.  
 Neak aach thveuh nuh ban ort?  
 Te, kh'nyohm mun aach thveuh noh ban te.

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

Neak aach yol ban ort?  
 Neak yol ort?  
 Neak yol ort?  
 Baat/chas, tich tich.

Can you say Mate?  
 Yes, I can speak a little English.  
 Oh-dear!!! I am clever!

Neak aach ni'yeay Mate ban ort?  
 Baat, kh'nyohm aach ni'yeay pheasa Angle ban tich tich.  
 Oh preah oey! Kh'nyohm ker chhlat!

## 6. UNDERSTANDING:

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

Kh'nyohm yol  
 Kh'nyohm mun yol  
 Neak yol  
 Neak mun yol

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

Neak yol pi s'rei s'rei ort?  
 Te. Te. Kh'nyohm mun yol pi puokkoat.

Oh. Oh-dear!!! Mate!

Oh preah oey, Mate!

Please, do not say Mate!  
You are clever!

Sohm, kom ni'yeay Mate.  
Neak ker chhlat.

## 7. WANTING:

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?

Kh'nyohm chung  
Kh'nyohm chung nham bai tich.  
Kh'nyohm chung phoek tuhk.  
Kh'nyohm chung tov bon tup tuhk.  
Neak chung nham bai tich ort?

No, , I do not want to eat.  
Oh-dear!!! I want to give you a bit.  
No thank you.  
I want to come.

Te, kh'nyohm mun chung nham bai te.  
Oh preah oey!! Kh'nyohm chung aoy neak tich.  
Te, oh-kon  
Kh'nyohm chung maok.

Do you want to stay with me?

Neak chung nov jeamuoy kh'nyohm ort?

No, I do not want to sleep.  
Miguel do you want to eat the "frogs"?  
Oh-dear!!! Not now, thank you!  
We are clever!

Te, kh'nyohm mun chung keng te.  
Miguel, neak chung nham kangkeb ort?  
Oh preah oey! Mun ilauv te, oh-kon  
Puok-yeoung ker chhlat

## 8. GETTING:

Please give me money.  
Take this money.  
I take this money.

Sohm, neak aoy luy kh'nyohm.  
Neak yok luy nih tov.  
Kh'nyohm yok luy nih hae.

Please give me a ticket.  
Take this ticket.  
I take the ticket.

Sohm, neak aoy saamboht muy.  
Neak yok saamboht nih tov.  
Kh'nyohm yok saamboht.

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

Sohm, aoy watok maok kh'nyohm  
Watok nau ae na?  
Kh'nyohm mun doeng te.

Give me a man!!!  
Oh-dear!! What a woman!!  
She is clever!

Aoy pro muy maok kh'nyohm maok!  
Oh preah oey! Srei oey!  
Neang ker chhlat!

## 9. HAVING:

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

Kh'nyohm mean watok muy.  
Kh'nyohm mun mean watok muy te.  
Neak mean watok muy.  
Puok-yoeung mean watok muy.  
Neang mean watok muy.

I have a little time, Miss!!  
But, do you have a little money, Sir?  
No.  
Oh. Oh-dear!  
Please, do not say Mate!

Kh'nyohm mean pelvelea tich, kanya!  
Bontai, neak mean luy tich ort, lok?  
Te  
Oh. Oh preah oey!  
Sohm, kom ni'yeay piak Mate!

## **10. ORDERING (POLITELY):**

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

Sohm me ta, aoy watok kh'nyohm  
Sohm me ta, aoy luy kh'nyohm  
Sohm me ta, aoy tuhk kh'nyohm

Thank you.

Oh-kon

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

Sohm me ta, kom phoek tak now pratesa barang.  
Phoek s'raa

Please come here.

Sohm, mok tinih

Please go there.

Sohm, tov tinuh

Please drink this.

Sohm, phoek muy nih

Do not eat that!

Kom nham muy nuh!

Please give me this.

Sohm, aoy nih maok kh'nyohm

Please do not take that.

Sohm, kom yok muy nuh.

Please say this.

Sohm, ni'yeay muy nih.

Please, do not say Mate!

Sohm, kom ni'yeay Mate!

Oh-dear!!! Thank you. You are clever!

Oh preah oey!! Oh-kon, neak ker chhlat!

## **11. GREETING: POLITE AND SLANG**

Hello Sreikouich.

Sua s'dei Sreikouich.

Hello Paula.

Sua s'dei Paula

Good morning Miche.

Aroun sua s'dei, Miche

Good morning Sancos.

Aroun sua s'dei, Sancos

How are you, Eliza?

Sok sabaai, Eliza?

I am well, thank you, Khulu.

Sok sabaai, oh-kon, Khulu

How goes it, Xavier?

Mait dai, Xavier?

Ok, thank you Miguel.

Tom ma da, oh-kon Miguel

Goodbye Giles.

Chumrip lea, Giles

Bye bye Judith

Lea houy, Judith

Yes OK, Hollie.

Baat/chas, tom ma da, Hollie

It is clever, Heidi!

Vear ker chhlat, Heidi!

OK Sam?

Tom ma da ort, Sam?

Yes OK, Lucie.

Baat/chas, tom ma da, Lucie

Not too bad, Henri.

Mun akrak pek te, Henri

Are you comfortable, darling?

Neak sruol ort, bong/ahwn samlang?

No!!!

Te!!!

Oh-dear!!! She is clever!

Oh preah oey! Neang ker chhlat

**12. DESCRIBING:**

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

(Vear) ker lo'o nah  
(Vear) ker mun lo'o te  
(Vear) ker akrak

This is a book.  
Is it big?  
Not big, it is small.  
Is it easy?  
No, it is hard.

Nih ker sievphow muy kbal  
(Vear) ker thom ort?  
Mun thom te, vear ker taouch.  
Vear ker sruol ort?  
Te, vear ker pibak.

Is the water good?  
No, the water is not good in France!!  
Oh Mate!!!  
Please, do not say Mate!

Tuhk ker lo'o ort?  
Te, tuhk ker mun lo'o nov bratesa barang!!  
Oh! Mate!  
Sohm, kom ni'yeay piek Mate!

Are we clever?!  
Oh-dear!!! Yes!!

Ter puok-yoeung chhlat ort?  
Oh preah oey! Baat/chas.

**13. KNOWING (THINGS & PEOPLE):**

**NB to know people - skwol; to know information - dong; to know how - jes**

I know this job (must specify what...).  
Do you know this thing?  
Yes, I know this thing.  
You know that thing.

Kh'nyohm dong karnear muy nih  
Neak skowl watok nih ort?  
Baat/chas, Kh'nyohm skowl watok nih.  
Neak skowl watok nuh.

Do you know that job?  
No, I do not know that job.  
I know that woman.

Neak dong karnear nih ort?  
Te, kh'nyohm mun dong karnear nih te.  
Kh'nyohm skwol srei nih.

I know the man.  
He knows me.

Kh'nyohm skwol boros nih.  
Koat skwol kh'nyohm.

Do you know that woman?  
No. Good morning Miss?  
Are you well, Miss?  
No, I am not well!! Goodbye!!!  
You do not know her!

Neak skwol srei nuh ort?  
Te, aroun sua s'dei kanya.  
Sok sabaay te, kanya?  
Te, kh'yohm mun sok sabaay te. Chumrip lea.  
Neak mun skwol neang te.

Oh-dear!!! She is clever!

Oh preah oey! Neang ker chhlat!

**14. NUMBERING:**

I have one problem.  
Yes, you have a problem.  
No, you have two (of them).

Kh'nyohm mean panhnyaha muy  
Baat/chas, neak mean panhnyaha.  
Te, neak mean panhnyaha pi

He has three.  
She has four.

Koat mean bai  
Neang mean bun

We have five.  
Do you have five?

Yes now, I have five problems!!  
All the children!  
Kids are wonderful!

### 15. ASKING:

How much is this book?  
Five dollars.  
How much is this thing?  
How much?  
Four dollars.

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

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

Who is here?  
We are here.  
Who is that woman?  
I do not know.  
Oh-dear!!! It is Madonna!

What a woman! She is clever!

Puok-yoeung mean pram  
Neak mean pram ort?

Baat/chas, kh'nyohm mean panhnyaha pram!  
Kon kon teang oa!  
Kon kon ker oh'cha nah

Sievphow nih thlay pun man?  
Pram dollars  
Watok nih thlay pun man?  
Thlay pun man?  
Bun dollars

Vear nau (ee) na?  
(Vear) ker nov tinih.  
Te, vea mun nov tinuh te.  
Ter bon tup tuhk nau ae na?  
Bon tup tuhk ker nov tinuh.

Nuh ker jeah avai?  
Ta mait? ker avai?  
Tinuh.  
Oh! (vea) ker sievphow la'a.  
Neak chung ban avai?  
Kh'nyohm sohm chung ban sraa

Nyah nah nov tinih?  
Puok-yoeung ker nov tinih.  
Srei nuh ker chea nyah na?  
Kh'nyohm mun skwol te.  
Oh preah oey! (Vear) ker nov Madonna!

Srei nih mun tom ma da! Neang chhlat nah!

### 16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

I am here.  
You are there.

Kh'nyohm nov tinih.  
Neak nov tinuh.

I like you.  
You love the money.

Kh'nyohm johl chet neak.  
Neak sralang luy.

He does this job.  
She does that.

Koat thveuh karnear nih.  
Neang thveuh nuh.

I can speak a little Khmer!  
I can speak a little Khmer!  
You cannot say Mate!

Kh'nyohm aach ni'yeay Khmai ban tich tuich.  
Kh'nyohm aach ni'yeay Khmai ban tich tuich.  
Neak mun aach ni'yeay Mate ban te!

I understand you.  
You do not understand me.

Kh'nyohm yol pi neak.  
Neak mun yol pi kh'nyohm te.



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

**Kh'nyohm chung tov tiem.  
Neak chung tov bon tup tuhk.**

**I have a lot of time, Miss!  
But, do you have a little money, Sir?  
No.  
Oh. Oh-dear!**

**Kh'nyohm mean pel chrean, kanya!  
Bontai, neak mean luy tich, lok?  
Te.  
Oh. Oh preah oey!**

**Please, do not say Mate!**

**Sohm, kom ni'yeay piak Mate.**

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

**Sohm, mai ta kom phoek tuhk nov bratesa barang te.  
Phoek sraa !!**

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

**Sok sabaai te, Elizabeth?  
Sok sabaai, Khulu. Oh-kon**

**Is it big?  
No, it is small.**

**(Vear) ker thom ort?  
Te, (vear) ker nov touich.**

**You do not know that woman.  
Oh-dear!!! She is clever!**

**Neak mun skwol srei nuh te.  
Oh preah oey... Neang ker chhlat**

**Yes now, I have five problems!!!  
Children are wonderful!  
What is that?  
Pardon. What?**

**Baat/chas, ilauv nih, kh'nyohm mean panhnyaha pram!  
Kon kom ker oh'cha nah!!  
Nuh ker chea avai?  
Ta mait. Ker chea avai?**

**There it is.  
Not bad.**

**(Vea) ker nov tinuh.  
Mun akrak te.**

**Oh-dear!!!  
OK?**

**Oh preah oey!  
Tom ma da?**

**Yes, it's cool!  
Yes, it's wonderful! (upper class),**

**Baat/chas, lo'o na nah!  
Baat/chas, oh'cha nah!**

**Do not say Mate!!!  
It is not cool (upper class)!!!**

**Neak kom ni'yeay piak Mate!!  
Vear mun oh'cha te!!**

**I must do this.  
You must do that.**

**Kh'nyom trauvte treuvh muy nih.  
Neak trauvte treuvh muy nuh.**

**Clever?  
Yes you are clever!**

**Chhlat?  
Baat/chas, neak ker chhlat**

**Bye bye, for now!**

**Oey lov, lea houy!**

**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 "Khmer 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 continueing 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 sua sdei	good morning aroun sua sdei	how are you? sok sabaai?	I am well Sok sabaai	thank you Oh-kon
goodbye chumriplea,	yes Baat/chas	no Te	OK sok sabaai	not too bad mun akrak na
Oh-dear!! Oh preah	mate puern	there it is	"cool"!!!	sorry
more	never			

### b. Verbs:

to be	have	like	want	can
do	say/speak	go	come	give
take	eat	drink	sleep	know / recognise
understand	must	love	hate	scare

### c. Prepositions:

some	a	the	to	from
------	---	-----	----	------

### d. Pronouns:

I	you	he	she	we
this	that	Mr	Mrs.	Miss

### e. Nouns:

money	thing	man	woman	water
car	ticket	book	friend	time

**f. Adjectives/adverbs/Other:****good****bad****big****small****now****later****little****clever!****happy****easy/difficult****here/there****a lot of**

### g. Interrogatives:

how much? pon man?	where? nau ee na?	what? av-ai?	who? nyah nah?	when? pel na?
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Note: What is that?  
Question?

### h. Numbers:

one muy	two bi	three pai	four bun	five pram
------------	-----------	--------------	-------------	--------------

### i. And some survival words:

WC (bon tup tak) ,  
apologize (sum tos) ,  
always (tengte) ,  
but (bonte) ,  
please (sohm) ,  
bus (lanokrong) ,  
work (karngear) ,  
today (thngai) ,  
paper (kradeas) ,  
day (kwai) ,  
year (ch'nam) ,  
minute (neati) ,  
McDonalds (McDonalds) ,  
bread (nombong) ,  
fried-rice (bay cha) ,  
soup (saoub) ,  
fried-chicken (mean bampong) ,  
fish (trei) ,  
shrimp (bangkea) ,  
butter (bu) ,  
think (kit) ,  
write (sarser) ,  
dance (roam) ,  
stop (banhchhop) ,  
policeman (bau li s) ,  
seven (pram pi) ,  
nine (pram bun) ,  
hundred (roy) ,  
*mate (mit)* ,

*pardon (sum tos)* ,  
congratulation (saum abaarsator) ,  
fast/slow (luen/yut) ,  
never (min del) ,  
food (ahar) ,  
home (phteah) ,  
time (pelvelea) ,  
tomorrow (thngaisaek) ,  
newspaper (kaset) ,  
week (sa bta) ,  
hour (chure-monge) ,  
hamburger (hamburger) ,  
sausage (sachkrak) ,  
rice (angkor) ,  
rice-soup (saoub srav) ,  
*curry (kang-ped)* ,  
roasted-pork (moo-yang) ,  
beef (sachko) ,  
squid(pla-muuk) ,  
dessert (bangaem) ,  
read (an) ,  
laugh (saech) ,  
Khmer-dance (roam-Khmai) ,  
start (chabphtaem) ,  
six (pram muy) ,  
eight (pram pai) ,  
ten (dong) ,  
thousand (puon) ,  
see you later (chuob knea pel kraoy) .

**19. NATURAL FEEDBACK AND NEW IDEAS**  
**( to [drbobboland@hotmail.com](mailto: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****(Challenge: write out your own copy and start to chat . Speed reading - 4 minutes)****BASICS:****Thank you.****Hello****Yes/no****Please****Excuse me****Everything is OK!****Good morning/evening****Good night****Good-bye.****My name is ...****What is your name?****How are you?****Fine, thanks****And you?****Where do you come from?****I'm from:****France****England****America****I work at/with:****UN****Red Cross****Nokia****QUESTIONS:****When/how?****What/why?****Who/which?****Where is ...?****Where can I find ...?****How much is it?****Can you help?****What does this mean?****UNDERSTANDING:****I understand.****I don't understand.****Please repeat that again.****Can you translate this?**

**Can I have ...?**

**Do you speak ...?**

**English/Khmer**

**I don't speak Khmer.**

**I speak a little Mandarin**

### **COMMENTS:**

**I must do this.**

**You must do that.**

**It's:**

**Right/wrong**

**big/small**

**cheap/expensive**

**good/bad**

**hot/cold**

**near/far**

**OK!**

### **FOOD:**

**I like:**

**breakfast**

**lunch**

**dinner.**

**May I have some:**

**bread/butter**

**eggs**

**meat/potatoes**

**vegetable/cabbage**

**apples/oranges**

**coffee/tea/water**

**milk**

**fruit juice**

**I want to pay the bill.**

**I think there is a mistake.**

**We are happy.**

### **TRANSIT:**

**Where is the nearest shop?**

**Where to get a taxi?**

**How much to go to ...?**

**Take me to ....**

**Please stop here.**

**This is not the right road.**

**Go straight ahead.**

**It is there, on the:**  
left/right  
next to/after  
north/south  
east/west

**Where is the: ...**  
town centre  
pharmacy

## **SHOPPING:**

**Do you have ...?**  
**How much is this/that**  
**I will take/buy this thing.**

**What colours have you?**

**Black**

**Blue**

**Red**

**White**

**Gold**

**I want to buy:**

**aspirin**

**aspirin (specific name)**

**drug relieve pain**

**soap**

**apples**

**milk**

**film/newspaper**

**TELEPHONE:**

**Hello, I am ...**

**Please speak:**

**louder**

**slowly**

**I want to speak to:**

**Mr. ...**

**.**

**Mrs....**

**.**

**When will he be there?**

**Ask him to telephone me.**

**TIME:****Do you have much time?****What time is it?****The time now is:****1.05 p.m.****2.45 p.m.****4.20 p.m.****6.30 x****Note:**

= o'clock (time)  
     = minute  
 = second  
     = hour ,  
     = four hours .

**MEETINGS:****We see you:****today****tomorrow****next week****in the morning****in the afternoon****in the evening****tonight****soon/no long after****You are right/wrong.****That is right****LOCATIONS:****Here/there****At the UN office****Is it near/far****How many hours to go?**

## 21. PLAY QUIZ

Test your instinctive Khmer ... associate the phrases ... in mixed groups of four ...

- |                         |                                |
|-------------------------|--------------------------------|
| a. I am well.           | Soksabaai                      |
| b. Excuse me            | Kh'nyohm lo-or                 |
| c. Thank you.           | Sum tos                        |
| d. OK                   | Oh-kon                         |
| e. You're here!         | Sua s'dei                      |
| f. Good work            | Sok-sabaai te?                 |
| g. Hello                | Neak nov tinih                 |
| h. How are you?         | Karngear lo-or                 |
| i. Good morning!        | Aroun sua s'dei                |
| j. What does this mean? | Sum tos                        |
| k. Sorry                | <i>Great!!!</i>                |
| l. Great!!!             | <i>What does this mean?</i>    |
| m. Yes                  | <i>Waiter</i>                  |
| n. Please               | Baat/Cha                       |
| o. I am sorry           | Kh'nyohm sum tos               |
| p. Waiter?              | Sohm                           |
| q. How much is it?      | Thlay pun man?                 |
| r. Where is the toilet? | Nau na/Pelvela na/ <i>Why?</i> |
| s. Where/when/why?      | Pelvelea ker avait?            |
| t. What time is it?     | Ter bon tup tuhk nau ae na?    |
| u. Can you help?        | Neak aach <i>help</i>          |
| v. I do not understand. | <i>What does this mean?</i>    |
| w. What does this mean? | Kh'nyohm mun yol               |
| x. Please speak slowly  | Sohm ni'yeay <i>slowly</i>     |
| y. Bye-bye for now!!    | Mun panhnyaha                  |
| z. Fine! No problem!    | Oey lov, lea houy!             |

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

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT  
AND LONG TERM RE-INFORCEMENT - AFTER ONE MONTH**

**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 audio file and RECORD your efforts.**

**Day2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the audio file. SPEED READING (2-16) in 14 minutes.**

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

**Day 4 – SPEAK with audio file and text. For difficult words/phrases ... stop the audio file ... 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 audio file 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 audio file ... with a beautiful CONFIDENT accent.**

**Day 7 - SPEAK with the audio file with fun and confidence. Email your feedback to ( [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr) )**

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

**Special Vocabulary for UNHCR**

**English**

**Khmer**

**Airport**

**Army**

**Asylum**

**Blind**

**Border**

**Camp**

**Children**

**Kon kon**

**Clothing**

**Cooking pots/pans**

**Cooperation**

**Customs**

**Deaf**

**Delay**

**Detention**

**Development program**

**Displaced persons**

**Dumb**

**Electricity**

**Emergency**

**Expulsion**

**Family**

**Government**

**Grandparents**

**Handicapped**

**Health**

**Hospital**

**House**

**Human rights**

**Husband**

**Lamp**

**Legal protection**

**Malnutrition**

**Material assistance**

**Ministry**



**Nutrition****Pain - days/weeks****Pain - months/years****Pain – treatment****Pain - arms/legs****Pain - chest****Pain - ears/eyes****Pain - hands/feet****Pain - head/neck****Pain – stomach****Peace****Persecution****Petrol****Police-station****President****Prison****Province****Reception centre****Refugee****Representative****Rural****Sanitation****Shelter****Status****Tent****Torture****Town****Transportation****Travel Documents****Tribe****Urban****Village****Voluntary repatriation****War****Water****Wife**

## APPENDIX C - BRIEF GRAMMAR

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

### 1. Structure - subject, object and verb:

**I (am) here.**

**The CHILD is here.**

**Question: is the child here?**

### 2. Article

**A child is here.**

### 3. Noun

**Child-REN are here.**

**The GOOD child is here.**

**HE is a child.**

### 4. Possession:

**He is MY child.**

### 5. Relative:

**The child WHO here is.**

### 6. Demonstrative:

**THIS child is here.**

**THAT child is THERE.**

### 7. Interrogatives:

**WHAT is this thing?**

**WHO is that?**

**WHERE is the child?**

**HOW MUCH is the book?**

### 8. Imperatives:

**DO this!**

**COME here!**

### 9. Negatives:

**Yes, I HAVE a book (f)**

**No, I do NOT have the book (m)**

**Do NOT come here.**

### 10. To be, have and wan (present tense):

**I am/have/want**

**You are/have/want**

**He is/has/wants**

**Kao pen, yu, kreu / mee / tong-karn**

## **APPENDIX D - BROCHURE**

### **CRE - CREATIVE RELAXATION EXERCISE THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO audio file 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 in Afghanistan, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa, 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 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, Prevessin, 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, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.**

## **APPENDIX E - THE ONE HUNDRED MOST USED WORDS IN CONVERSATION**

**(Challenge - complete with Khmer and then check and discuss with a natural speaker)**

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

- |                      |                    |                     |                   |                  |
|----------------------|--------------------|---------------------|-------------------|------------------|
| <b>64. I see</b>     | <b>65. She</b>     | <b>66. So</b>       | <b>67. Some</b>   |                  |
| <b>68. Sometimes</b> | <b>69. Still</b>   | <b>70. Such</b>     | <b>71. I tell</b> |                  |
| <b>72. Thank you</b> | <b>73. That</b>    | <b>74. The</b>      | <b>75. Their</b>  |                  |
| <b>76. Them</b>      | <b>77. Then</b>    | <b>78. There is</b> | <b>79. They</b>   |                  |
| <b>80. Thing</b>     | <b>81. I think</b> | <b>82. This</b>     | <b>83. Time</b>   |                  |
| <b>84. To</b>        | <b>85. Under</b>   | <b>86. Up</b>       | <b>87. Us</b>     |                  |
| <b>88. I use</b>     | <b>89. Very</b>    | <b>90. We</b>       | <b>91. What</b>   |                  |
| <b>92. When</b>      | <b>93. Where</b>   | <b>94. Which</b>    | <b>95. Who</b>    |                  |
| <b>96. Why</b>       | <b>97. With</b>    | <b>98. Yes</b>      | <b>99. You</b>    | <b>100. Your</b> |

## **AAPPENDIX F - APS - LEARNING REINFORCEMENT** **AUTONOMIC PLAYBACK SYSTEM**

1. **Make a special 30 minute APS audio audio file recording of all the material that you want to absorb into your long term memory, with a NATURAL SPEAKER present, who gently corrects you on audio file (for fun) 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 audio file (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 audio file. 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 audio file (with head 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: robertboland@wanadoo.frrobertboland@wanadoo.fr and send us a copy. So, and from now on**
  - relax and remember!!

