

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT FOR JUST 30 MINUTES IN ONE DAY

KEY CONCEPT: WHEN you create new POSITIVE wave patterns in YOUR mind they give you STRENGTH for today ... and HOPE for the future - Terima kasih!

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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 and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web. For Arabic script see CRE 304x.

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DEDICATION

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

He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values. He suggested ... that 30 minutes of a new language ... should be enough to start to make one-self understood ... and then ... the best way ... to progress ... was to speak ... confidently ... more and more ... with natural speakers of the language.

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

Pronunciation is very flexible:

Vowels: a, e (ai), i (ee), o, u (oo)

Consonants: b (mb), d (nd), q (nq), g (ng), c (th)

Thank you.	Vinaka
Hello	Bula
Yes/no	Io/sega
Please	Yalo-vinaka
Excuse me	Kemuni
Good morning	Mataka vinaka
Good-bye.	Vaca-moce
My name (is) ...	Na (my) yacaqu (name) ko ...
What is your name?	O cava (what) na yacamu (name)?
How are you?	Sa (you) vaka (how) evei tiko?
Fine thanks	Bula bula, vinaka.
Where are you from?	Iko (you are) e (from) ve (where)...?
To be, have and want, in the present tense:	
Au sa/sa/vinakata	I am/have/want
O sa/sa/vinakata	You are/have/want
O koya-e/sa/vinakata	He is/has/wants

The word "t-iko" can also mean: am, is, are. STUDY THE SIMPLE GRAMMAR SECTION NOW! FIND DICTIONARY ON: <https://www.go-fiji-com/dictionary-html>

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 Fiji word many times slowly ... and then at VERY high speed)

Thank you	Vinaka	VEE-NAH-KAH
Hello	Bula	BUHLAH
Mr.	Turaga	TURANGAH
Mrs.	Cala	THALA
Yes	Io	EE-YO
No	Sega	SENGAH
Good	vinaka	VINAHKAU
Please	Yalo-vinaka	YALO-VINAKA
Do you have ...? E liko beka vei iko? EI LIKO BERKA VEI IKO?		
Goodbye	Moce	MO-THEY
See you soon !!!	Sota tale?	SOTA TALLE?
Who?	Cei?	CEI
What?	Na Cava?	NA THAVA?
I want	Au vinakata	AU VIHNA-KATAH
Where?	Vei?	VEI?
OK!	OK?	OK?

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

NATURAL SUGGESTIONS

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

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

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

NATURAL SUGGESTIONS (continued)

Generally:

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

1. GENTLE RELAXATION ...

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

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

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

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

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

2. HERE AND THERE (The word t-iko... can also mean: am, is, are)

Au (I) tiko (am) eke (here).

O (you) tiko e-kea (there).

O tiko e-kea?

Io (yes), o tiko e-kea.

O tiko beka (question) eke (here)?

Sega, o sega (not) eke.

Sa (it) ikoya ogo (here).

Evei na vanua (where)?

Sa tiko eke.

Sa tiko e-kea?

I am here.

You are there.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

Au sega (not) ni kila (know).

Sa (is) evei-o (where) Miguel?

Sa sega (not) eke o-koya (he).

Sa evei (where) o-koya?

Sa sega ni kila.

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

Oi Darn! O-koya sa e-kea (there)!

E (is) vakasakiti o-koya.

O. Darn! He is there!

He is wonderful.

3. LIKING:

Au vakataki (like) kemuni (you).

O-dau (you) vakataki au?

Io, au vakataki kemuni.

O-dau taleitaka (like) na ilavo (money)?

Io, au taleitaka (like) na ilavo.

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

Au taleitaka (like) na wai (water).

O-dau taleitaka na wai?

Au taleitaka eso (some) na ivola (books).

E (he) taleitaka na motoka.

A (she) sega taleitaka na motoka.

I like water.

You like water?

I like some books.

He likes the car.

She does not like the car.

O-dau taleitaka na vakayakavi (dinner)?

Sega, au sega (not) ni taleitakav na vakayakavi. No, I do not like the dinner.

O. Damn! Vakaitokan!

Yalovinaka, kakua (do not) ni kaya (say)amn!

Do you like the dinner?

No, I do not like the dinner.

Oh. Damh! Mate!

Please, do not say Damn!

4. DOING:

Au cakava.
Au cakava ogo (this).
O-dau cakava beka (question) oqori?
Cakava oqori, yalaominka!!!

Ya Damn!!
E (it) sa vakassakiti!

I do.
I do this.
Do you do that?
Do that please!!!

O. Damn!!
It is wonderful!

5. CAN/ABLE TO DO:

Au rawa (can) ni cakava.
E rawa beka (question) ni u cakava?
Io, au rawa ni cakava.
O(you) rawa ni cakava ogo (this)?
Io, au rawa ni cakava oqori (that).

Au rawa ni kana (eat) vakalailai (little).
Au rawa ni gunu (drink) vakalailai.
Au via (want) lako (go).
E rawa (question) beka ni u lako-mai (come)?

Au rawa ni moce (sleep).
E rawa ni o vosa (speak).
O rawa ni vosa?
Io, au rawa ni.
E rawa o cakava ogo (this)?

Sega, ni rawa me cakava oqori.
O (you) rawa ni o kila (understand)?
Ni rawa ni kila?
Kila?
Io, vakalailai.

O rawa mo kaya Vakaitokani?
Io, au rawa ni vosa (speak) vakalai Fijian!
Oya. Damn. Au sa Vakasakiti!

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

I can eat a little.
I can drink a little.
I want to go.
Can I 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.

Can you say Mate?
Yes, I can speak a little Fijian!
O. Darn! I am wonderful!

6. UNDERSTANDING:

Au kila.
Au sega ni kila.
O kila.
O seha kila.
O sega beka (question) ni kila na marama?

I understand.
I do not understand.
You understand.
You do not understand.
Can you understand women?

Sega, Sega. Au sega ni ira (them) kila.
O. Damn! Vakaitokan!
Yalovinaka kakua (do not) ni rukuna say!
O sa vakasakititi!

No. No. I do not understand them!!!
O. Darn! Mate!
Please, do not say!
You are wonderful!

7. WANTING:

Au vinakata.
Au vinakata me u kania (eat) vakalailia.
Au via (want) gunu wai (water).
Au via gole (go) ki na (to) toilet!!
O vinakata beka mo kania (eat) vakalai?

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?

Sega, au na sega ni via (want) kana.
Kho! Au vinakata me u solia (give) vei kemuni.
Sega, ni vinaka.
Au vinakata me u lako-mai (come).
O via (want) moce (sleep) beka?

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

Sega, au na sega ni via (want) moce.
Miguel, o vinkata beka kana na boto (frogs)?
Wah! Sega vinaka.
Eda sa vakasakiti!

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

8. GETTING:

Yalovinaka, solisa-vei (give) au na llavo (money).
Taura na llavo.
Au taura na llavo.
Yalovinaka solia-mai vei au na tikite.
Kaura na tikite.

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

Au a kaura na tikite.

I take the ticket.

Yalovinaka, solia-vei (give) au na ka (thing)
 Sa evei (where) na ka (thing)?
 Au sega ni kila.
 Solia-vei au dua na tamata levu (big)!
 Wah!!! E dua na marama!!
 E sa yakasakiti!

Please give me the thing.
 Where is the thing?
 I do not know.
 Give me a big man!
 Wah!!! What a woman!!
 She is wonderful!

9. HAVING:

E tiko (is located) vei with au e dua ma ka.
 E sega vei au e dua na ka (thing).
 E tiko (with you) dua na ka.
 E tiko (with us) e dua na ka
 E tiko vua e dua (with her) na ka.

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

Calata, e dua na gauna (time) lekaleka!
 O. La e dua na nomu (your) llavo lailai, Saka?
 Sega.
 O. Vakaitokani!
 Yalovinaka, kakua ni tukuna (say) na Vakaitokani. Mate! Please, do not say Mate!

Miss, I have a little time!
 But, do you have a little money, Sir?
 No.
 Oh. Mate!

10. ORDERING (POLITELY):

Yalovinaka solia (give) vei (to) au na ka (thing). Please give me the thing.
 Yalovinaka solia vei au na llavo Please give me the money.
 Yalovinaka solia vei au na wai. Please give me the water.
 Vinaka. Thank you.
 Yalovinka, kakua (don't) ni gunuva (drink) na wai e Varanise. Please, don't drink the water in France!!
 Gunuva na waini!! Drink the wine!!
 Yalovinaka lako (come) mai eke. Please come here.
 Yalovinaka, lako e. Please go there.
 Yalovinaka, gunuva na. Please drink this.
 Kakua ni kania ni! Do not eat that!

Yalovinaka, salea (give) vei au na. Please give me this.
 Yalovinaka, kakua ni taura qori. Please do not take that.
 Yalovinaka, tukuna ogo. Please say this.
 Yalovinaka, kakua ni kaya Vakaitokani! Please, do not say Mate!
 Wah! Vinaka. O sa Vakasakati. O! Thank you. You are wonderful!

11. GREETING:

Mi bula.
Bula Paula.
Mataka vinaka, Miche.
Mataka vinaka, Sancos.
How are you, Xavier?

Bula, vinaka tiko, Khulu,
Ena vacacava, Xavier?
OK, vinaka tiko, Miguel.
Moce, Giles.
Vacamoce, Judith.

Io, OK, Hollie.
E sa vacasakiti, Heidi!
OK, Sam?
Io OK, Lucie.
Sega ni ca (bad), Henri.

Kos a luvequ, daulomani?
Sega!!
Damn. E vacasakiti!

Hello
Hello, Paula.
Good morning, Miche.
Good morning Sancos.
Sa vaka evei tiko, Xavier?

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!!!
Darn! She is wonderful!

12. DESCRIBING:

E sa vinaka.
Sega ni vinaka.
E ca.
Oqo e dua (a) ivola.
Ka sa levu (question) beka?

Sega, e ni lailai.
E rawa-rawa (easy)?
E-sega, ni dredre (hard).
E vinaka (good) beka na wai?
Sega. E sega vinaka na wai e Vakaitokani!

O Vacaitokan!!
Yalovinaka, kakua ni tukuna (say) Vacaitokan!
Eda sa vacaskakiti?
Wah ! Ya!! Eda sa cecere!!

It is good.
It is not good.
It is bad.
It is a book.
Is it big?

No, it is small.
Is it easy?
No, it is hard.
Is the water good?
No, the water is not good in France!!

Oh Mate!!!
Please, do not say Mate!
Are we wonderful?
Darn! Yes!! We are great!!

13. KNOWING (THINGS & PEOPLE):

Au kila ogo.
O kila beka (question) ogo?
Io, au kila ogo.
O kila ni.
O kila beka ni?

Sega, au sega ni kila (know) ni.
Au kila ni marama o ya.
Au kila na tamata.
E kilau au.

O kila beka ni marama o ya?
Sega. Mataka vinaka, Calata?
Sa vakaevei tiko, Calata, Miss?
Sega, au sega ni vinaka. Vacamocel

O sega ni kilai koya!
Wah! E sa vakasakitibo!

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 Miss?
How are you, Miss?
No, I am not well!!! Bye-bye!!

You do not know her!
Darn! She is wonderful!

14. NUMBERING:

Au sotava (have) e dua na leqa (problem).
Io, e sotava e dua leqa.
Sega, o sotava e rua (two) vei ira.
E tolu (three) o koya.
E va tiko (four) o koya..

E sotava lima (five).
E tiko beka e lima na ka?
Io, e lima (five) na noqu (now) leqa!
Ira kece na gone (children).
Era vakasakiti na gone!

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 I now have five problems!!!
All the children!
Children are wonderful!

15. ASKING:

E vica (how much) na ivola (book)?
Lima dola.
E vica beka na-kena-asua?
E vice?
Va dola.

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

Sa eveil?
E tiko (there).
Sega, ni tiko.
Sa evei na toilet (toilet)?
Na toilet e tiko-kina.

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

Na cava (what) o ya?
Ni lomana. Na cava?
Ni.
O, ogo e dua na ivola vinaka.
Na cava (what) o vinakata?

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

Au vinakata na waini, yalavinaka.
O cei e tiko eke (here)?
Eda (we) mai tiko eke.
O cei na yalewa (woman) o ya?
Au sega ni kila (know).
Wah. E Madonna!
Sa dua na marama cecere (great)!
E vacasakiti.

I want the wine, please.
Who is here?
We are here.
Who is that woman?
I do not know.
Darn! It is Madonna!
What a great woman!
She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Au tiko eke.
O tiko e kea.
Au vackataki kemuni (you).
O dau taletaka na llavo (money).
E cakava ogo.

I am here.
You are there.
I like you.
You like the money.
He does this.

E cakava o-koya (that).
Au rawa ni vosa (speak) vakalalai Fijian!
Sega ni rawa ni tukuna (say) na Vakaitokani!

She does that.
I can speak a little Fijian!
You can not say Mate!

Au kila ni o.
O sega ni kila au (me).

I understand you.
You do not understand me.

Au via gole kin a idabedabe (bar).
O via gole ki na toilet.
Oni, e levu beka na noqu gauna!
La, e levu beka nomu ilavo, Saka?

I want to go to the bar.
You want to go to the toilet.
Honey, I have a lot of time!
But, do you have a lot of money, Sir?

Yalovinaka, kakua ni gunuva na wai e Varanise!!

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

Gunuva na waini!!

Sa vaka tiko, Eliza?
Au sa vinaka, vinaka vakalevu, Khulu.
Ka levu, Saka?
Sega, e lailai.
O sega ni kila (know) na marama o ya!

How are you, Eliza?
I am well, thank you, Khulu.
Is it big, Sir?
No, it is small.
You do not know that woman!

Wah! E vakasaki!
Io, oqo e lima (five) na noqu leqa!!
Ira kece (all) na gone!
Na cava o ya?

Wah! She is wonderful!
Yes now, I have five problems!!!
All the children!
What is that?

Ma-af. Na cava?
E tiku.
Tidak buruk saja!!
Damn!!!

Pardon, What?
There it is.
Not bad!!!
Darn!

OK?

OK?

E ???.
E???!!!

It's cool!
It's cool! (classy)

E???i!!!
Kakua ni cavuta (say) na Vakaitokani!!!

It's really cool! (upper class)
Do not say Mate!!!

E???!!
Sa dodonu (must) me u cakava oqo.

It is not cool (upper class)!!!
I must do this.

Sa dodonu mo cakava oqpro.
Vakasakiti?

You must do that
Wonderful?

Lo e Vakasakiti dina !
Raici (see) iko malua (later)!!

Yes you really are wonderful!
See you later!

Note: Speed reading - 14 minutes

17. CLOSING

Now of all the things ... your mind ... has been pla*ying 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 ... 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 Fiji 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 ... in Preveessin, France On January 10, 2020 ... and of course ... as with all things ... we believe can do ... together ... God Bless ...

18. NATURAL VOCABULARY

(without accents)

a. Greetings/Exclamations:

hello bula	good morning mataka vinaka	how are you? sa vakaevei tiko?	I am well au sa bula	thank you vinaka
goodby vaca moce	yes io/ia	no sega	OK donu	not too bad sega nin ca
Darn! Damn	Mate! Vakatokan	there it is! sa ekea/ikoya	"cool"!!! ??	sorry vosoti

b. Verbs:

to be me na	have me tiko	like me vakataki me taleitaki	want meda vinakata me vea	can me rawa ni
do me u cakavame	say/speak me u kaya/vosa	go me u lako/gole	come me lakomai	give me solia
take me taura	eat me kania	drink me ra gunu	sleep me moce	know me kilau
understand me kilai	must dodonu	get me yaco	find/see me ra kunea	think me raici

NOTE- tiko - located, am, are, is etc.

c. Prepositions:

some eso	a edua	the na	to mo	from mai
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d. Pronouns:

I Au	you iko/do/one	he koya	she gata	we daru/datu/da
it Sa	this oqo	that ni	Mr Mr	Mrs/Miss O Mrs/Calata

e. Nouns:

money llavo	thing ka	man tamata	woman matawa	water wai
car motoka	ticket tikite	book ivola	friend itokani	time gauna

f. Adjectives/adverbs/+Other:

good vinaka	bad ca	big levu	small lailai	now oqo
later e muri	a little vkailailai	wonderful! vacasakati	happy marau	easy/difficult rawarawa/dredre
here/there eke/ekea		please yalo-vinaka		

g. Interrogatives:

how much? e vica?	where? eveil/vanua?	what? na cava?	who? era?	when? ni?
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Note: What (is) that? **Ne cava o yu?** Please ... **yalovinaka**
 Question? **Beka?**

h. Numbers:

one dua	two rua	three tolu	four va	five lima
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i. And some survival words:

WC (toilet), always (dau), fast/slow (lolo/berabera), but (la), never (saga ni), food (kakana), train (tuberi)vakanoce ena gauna oqo, bus (basi), home (vale), work (cakacaka), time (gauna), today (nikua), tomorrow (ni mataka), paper (pepa), newspaper (niuspepa), day (siga), week (macawa), year (yabaki), hour (auwa), minute (menut), hamburger (hamburger), McDonalds (nei McDonalds), read (wilika), write (vola), laugh (walu), dance (danisi), stop (tarova), policeman (ovisa), six (ono), seven (vitu), eight (delapan), nine (ciwa), ten (tini), hundred (drau), thousand (udolu) mate (vakaitokani) ... bye bye for now (vakamoce ena gauna oqo) ...). Note: **BEKA** is a question-

19. NATURAL FEEDBACK AND NEW IDEAS

(to drbobboland@hotmail.com)

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

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

4. 5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

(Good idea to type or write out your own copy. Speed read in 4 minutes)

BASICS:

Hello
Yes/no
Please

Bula
Io, sega
Yalouinaka

Thank you.
Excuse me

vinaka
kemuni

INTRODUCTIONS:

Good morning
Good-bye.
My name (is) ...
What is your name?
How are you?
Fine thanks

mataka vinaka
vasa moce
Na yasaqu (name) o ...
Na cava (what) na yacamu?
Sa vaka-evei tiko?
Bula-bula, vinaka

And you?
Where are you from?

Kei iko?
Evei-o (where) iko mai (from) kina?

I'm from:
France
England
America

Au mai (from):
Varanise
igiladi
amerika

I work with:
UN
Red Cross
Nokia

Au cakacak (work) vata kei:
UN
Kauveilat Damudamu
Nokia

QUESTIONS:

When/how?
What/why?
Who/which?
Where is/are ...?
Where to find ...?
How much is it?
Please, can you help me?
What does this mean?

Na cava/vakacava?
Na cava/Vuna?
Cei/Kina?
Sa evei/evri na ...?
Evei-me (wher) me kunei (find) kina (to)?
E vica beka (question)?
Yalovinaka, e rawa(can)n beka ni o vukei (help) au?
Na cava na ibalabale (mean) ni ka ogo?

UNDERSTANDING:

I understand
I don't understand.
Please say that again..
Can you translate this?

Can I have...?
Do you speak:
 english/fijian?
I cannot speak
I can speak a little ...

Au kila (know).
Au sega (don't) ni kila.
Yalovinaka, ni tukiuna (say) tale (again) ...
E rawa (can), beka ni o vakavakadewa (translate)?

E rawa (can) beka (question) ni u cakava (have)?
O dau vosa (speak):
 Vakavalagi/fijian?
Au sega (not) ni rawa ni vosa (speak) ...
Au rawa (can) ni vosa vakalailai

COMMENTS:

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

E sa:
 vinaka cake/ca
 levu/lailai
 cheap7sau levu
 vinaka/ca
 katakata/batbata
 voleka/sara
 lala/vakarawani

FOOD:

I like:
 breakfast
 lunch
 dinner.

Au taleitaka:
 katalau
 vakasigalevu
 vakayakavi

May I get some:
 bread/butter
 cheese
 eggs
 meat/potatoes
 apples/oranges
 coffee
 milk
 fruit juice
 water
 tea

Me u rawata (can) eso na:
 madrai/bata
 jisi
 yaloka
 manumanu/pateta
 apolo/moli
 kofi
 susu
 vuanikai wainimoli
 wai
 ti

I want to pay now.
I think there is a mistake.
I enjoyed it.

Au via sauma (pay) oqo.
Au vakabauta (error) ni liko (believe) dua na cala (mistake)
Au taleitaka-

TRANSIT:

Where is the nearest shop:
Where to find a taxi?
How much I must pay ...?

E tiko evei (where) sitoa (shop) volka duadua?
Evei (where) me a ni kunea (find) kina e dua tekisi?
E vica (how much) beka au na sauma (pay)...?

Take me to this address.
Please stop here.
This is the wrong road.
Straight ahead.

Kauti (take) au kin a vosa oqo (this).
Yalovinaka ni muduka (stop) eke.
Oqo na sala (wrong) cala.
Tue e liu.

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

Sa tiko (there), ena loma ni:
imawi/dodonu
tarava me/ni oti
vualiku/ceva
tokalau/ra

Where is:
the town centre
the pharmacy

Evei na:
na vale (town) e taoni
na kemesi

SHOPPING:

Have you ...?
How much is this/that?
I will take it.
What colours are there?
Black
Blue
Red
White
Yellow
Green

Sa liko vei iko...?
E vica (how much) beka oqo (this)/koya?
Au na taura.
Na roka (colours) cava (what) beka e liko??
loalao
karakarawa
damudamu
vulavula
dromoromo
drokdroka

I want to buy:
aspirin
soap
half kilo apples
one litre of milk
film/newspaper

Au vinikata (buy) me u vol (want):
aspirin
sovu
veimama ni kilo appolo
dua na sucu litre
lyaloyalo/niusapepa

TELEPHONE:

Hello, this is ...

Please speak:

louder

slowly

I want to speak to:

Mr.

Mrs.

Miss

When is he here/there?

Ask him to telephone me.

Ni bula oqo e ...

Yalovinaka vosa (speak):

rorogo

vakamalua

Au via vosa vei:

Mr

O Mrs

Calatai

Ni gauna eke/e-kea?

Kerei (ask) koya me talevonic mai vei au.

TIME:

Have you enough time?

What time is it? ...

The time is:

five past one

quarter to three

twenty past four

half past six

E veirauli beka na normu gaung (time)?

Sa gauna oqo?

Gauna e:

????????

???

?

?

MEETINGS:

We will see you:

today

tomorrow

next week

Kermani na raici (see) kumuni...

nikua

ni mataka

macawa mai oqo

in the morning/tomorrow morning

in the evening

tonight

ena mataka/mataka ni mataka

ena yakari

ena bogi nikau

You are right/wrong
That is right

O dina/cala
E dodonu

LOCATIONS:

Here/there
At the UN office
Is it near/far
How many hours?

Eke/Ekea
Ena valenivolava UN
Sa valeka/sara?
E vica na auwa?

21. PLAY QUIZ

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

- | | |
|-------------------------|----------------------------------|
| a. I am well. | Donu |
| b. Excuse me | Vinaka. |
| c. Thank you. | Kemuni. |
| d. OK | Au bula |
| e. You're here! | Sa vaca-evei tiko |
| f. Good work | Bula |
| g. Hello | Cakacaka vinaka |
| h. How are you? | O tiko e.kea |
| i. Good morning! | Levu. |
| j. What does this mean? | Vasacome!! |
| k. Goodbye | Na cava na I baiebaie ni ka ogo. |
| l. Great!!! | Mataka vinaka |
| m. Yes | Vinacata |
| n. Please | Au maraug. |
| o. I am happy | Yaloinaka. |
| p. Waiter? | Io. |
| q. How much is it? | Sa gauna ogo |
| r. Where is the toilet? | Eveil/na cava/vuna |
| s. Where/when/why? | Saq evei na toilet |
| t. What time is it? | E vica |
| u. Where is it? | Yalovinaka vosa vakamalua. |
| v. I do not understand. | Au sega ni kila |
| w. What does this mean? | Sa eveil |
| x. Please speak slowly | va me ibalebale ni ka ogo |
| y. I must go! | Sa dona na aka kecega! |
| z. Everything is OK! | Me u lako! |

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 ...

Our natural suggestions for this week are:

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

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

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

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

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

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

Day 7 - SPEAK with the tape with fun and confidence. Email your feedback to drbobboland@hotmail.com

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

Special Vocabulary for UNHCR

USE THE DICTIONARY OR GOOGLE O COMPLETE THE FIJIAN COLUMN

English	Pashto	Dari	Fijian (insert)
Airport	hawaa dagar	maydaan-e hawaai	Rara waqavuka
Army	pauz	fauj/ordu	Mataivalu etc.
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 xaldek	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	
Material assistance	maadi komak	komak-e mawadi	
Ministry	wdzaarat	wezarat	
Nutrition	ghdzaa	taghziya	

Pain - days/weeks	dard worat	dard e ruz/hafta
Pain - months/years	dard hafta	dard e mo/sol
Pain - treatment	dard mehda	dard e ta-dow-wi
Pain - arms/legs	dard bazou/paie	dard e dest/pal
Pain - chest	dard sina	dard e sina
Pain - ears/eyes	dard gauche/sterguee	dard e goch/cheshom
Pain - hands/feet	dard daste/paie	dard e dest/pai
Pain - head/neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e-police
President	mdshir	ra-is
Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/ 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 - complete the Fijian then check and discuss with a natural speaker)

1. Structure - subject, object and verb:

Au tiko eke.

E tiko eke na gone (child).

Question: E gone beka eke?

I (am) here.

The CHILD is here.

Question - is the child here?

2. Articles:

Sa tiko eke (here) e dua na gone

A child here is.

3. Nouns:

Era tiko eke na gone.

Na gone vinaka (good) e tiko eke

O koya (he) e gone.

Child-REN are here.

The GOOD child is here.

HE is a child.

4. Possession:

O koya (he) e gone ny (my).

He is MY child.

5. Relative:

Na gone e tiko (who) eke

The child WHO here is.

6. Demonstrative:

Na gone oqo (this) e tiko eke

Na gone oya (that) e tiko

THIS child is here.

THAT child is THERE.

7. Interrogatives:

Na cava (what) o ya?

O cei o ya?

Evei (where) na gone?

E vica na ivola?

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives:

Cakava (do) oqo!

Lakp mail

DO this!

COME here!

9. Negatives:

Io, au sa vola e dua (have) na ivola

Sega, e sega (not) vei au (have) na ivola.

Kakua ni lako (come) mai eke.

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

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

Au sa/sa/vinakata

Osa/sa/vinakata

O koya e/sa/vinakata

I am/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 - FOR JUST 30 MINUTES

**KEY CONCEPT: WHEN you create new POSITIVE wave patterns in YOUR mind ...
they give you STRENGTH for today ... and HOPE for the future"**

Opportunity for AID WORKERS on short or long missions to developed and developing countries to feel more comfortable and effective in achieving better working relationships in English, with local government, refugees, client and project staff as they perceive the effort to speak the local language with a good accent, and thus to respect and value the local culture.

Description: dynamic English-based brief language learning system developed with some UN staff and available shortly in: Dari, Pashto, Turkmen, Uzbek, Tajik, Russian, English, French, German, Spanish, Portuguese, Finnish, Arabic, Urdu, Indonesian, Malay, Shona, Mandarin and with other languages in process: Cantonese, Xhosa, Zulu, Tswana, Swedish, Hindi, Nepali, Italian, Zulu, Swahili etc.

Designed for: non-speakers to acquire a confidence very rapidly, in the basics of the local natural language, and for current speakers to achieve significant accent improvement.

Course duration: one hour of professional instruction in CRE and then at individual discretion during one week, with 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 the CRE technique to achieve intuitive absorption of the natural language with confidence and without stress. Designed to handle varying individual value systems and needs. CRE technique, once acquired, can be easily used for any other language or dialect.

Further information: email drbobboland@hotmail.com

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THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - complete the FIJI then check and discuss with a natural speaker)

1. A/an E DUA NA	2. After OTI	3. Again TALE	4. All CAGI	5. Almost VOLEKA
6. Also TALE GA	7. Always DAU	8. And KEI/KA/IA	9. Because BALETA/NI	10. Before I LIU
11. Big LEVU	12. But JA/GA	13. I can AU RAWA	14. I come AU LAKO MAI	15. Either/or DUA/SE
16. I find AU KUNEA	17. First INA/TAI	18. For NI	19. Friend ITAU	20. From MAI
21. I go LAKO	22. Good VINAKA	23. Goodbye VASA MOCE	24. Happy MARAU	25. I have AU SA
26. He KOYA	27. Hello BULA	28. Here EKE/OGO	29. How VAKA/CAVA	30. I AU
31. I am AU SA	32. If KE/KEVAKA	33. In E	34. I know KILA	35. Last LOTIOTI
36. I like AU TALEITAKA	37. Little VAKA LAILAI	38. I love AU TALEITTAKA	39. I make AU CAKAVA	40. Many VUQA
41. One DUA	42. More CAKE	43. Most DUADUA	44. Much LEVU	45. My NOQU
46 New VOU	47.No SEGAL	48. Not SEGA NI	49. Now OQO	50. Of NI/NEI
51. Often DAU	52. On ENA	53. One DUA	54. Only GA/DUA/WALE GA	55. Or SE
56. Other TALE ESO	57. Our NODA	58. Out TUBA	59. Over VAKATULEWA	60. People KAI
61. Place VANUA	62. Please YAL VINAKA	63. Same VATA GA	64. I see RAICA	65. She GATA
66. So Kina	67. Some ESO	68. Sometimes SO	69. Still TIKOGA	70. Such VAKAOQO
71 Sorry VOSOTI	72. Thank you VINAKA	73. That KOYA/OQORI/NI	74. The NA/A	75. Their NODRA
76. Them IRA	77. Then TAO JALEWA	78. There is E LIKO	79. They RAU/RATOU/RA	80. Thing KA
81. I think NANUMA	82. This OQO	83. Time GAUNA	84. To I	85. Under E RA
86. Up CAKE	87. Us KEDA	88. I use YAGA	89. Very SARA	90. We DARU/DATU/DA
91. What A	92. When NAICA	93. Where EVEI NA/NAVUA	94. Which	95. Who KINA/CAVA
96. Why VUNA	97. With KEI	98. Yes IO/IA	99. You IKO/DO/ONE/NE	100. Your NOMU

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

- 1. Make a special 30 minute APS audio tape recording of all the material that you want to absorb into your long term memory, as follows:**
 - a. Speak with gentle persuasive tone. This encourages perception and retention without effort.**
 - b. Speak only for about 8 seconds ... pause for about 4 seconds continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress,**
 - c. Add seven key learning points which were important to you! 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 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.fr. So, and from now on - relax and remember!!**