

Don't worry **Speak DUTCH**

3 steps to DUTCH flow

1 2 3

Albert Both

DUTCH
flow now

**There is a beautiful place
called Dutch flow
Let's go there quick
Haven't you waited long enough?**

**Albert Both (Mr. Dutch Brainwash)
Dutch Flow Now + Talencoach**

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Introduction

Let's start with a simple question: would you like to speak great Dutch?

Now, before second thoughts, fears or doubts come up, make sure that you just answer this question first. Would you like it?

I just guess that your answer is probably yes (otherwise you would not be reading this e-book ☺) If you said yes, then congratulations! You just made one important and decisive step. Admitting that you really like something is the first essential step for actually getting it!

It is amazing how many people say no to this question. Out of the blue they start to argue that they don't need it for work for example.... Well... why the f#@! does that matter? The question only is: would you like it? If you just feel that it is yes, then admit it. Have some courage and say: yes, **this is what I like** (and smile) !

Do not worry if you do not know how to get there. Don't worry if you have had some negative experiences and maybe even traumas in the past. Just saying that you would like to speak great Dutch, is such a wonderful step. Believe it or not, you are already a huge step ahead in comparison with just one minute ago!

This eBook is for you. It will help you to realize your wish, and ... you can realize it relatively quickly....

Basically there are only 2 questions:
Would you like to speak great Dutch?
and if so, why not now?

This eBook will make a difference, if you read it carefully and apply it. It will show **3 specific steps** that you must take if you want to get to a place that I call **Dutch flow**.

Are you ready for a whole new adventure? Enjoy the journey!

All the best!



Albert Both (Mr. Dutch Brainwash)
Dutch Flow Now + Talencoach

The 3 specific steps that you must take for Dutch Flow

Have you ever imagined how you would feel if you could speak great Dutch? Maybe you already tried it. Or even worse, you do not even think about it anymore, because you heard so many horror stories from all different kinds of people. Why would you set up for failure? On the other hand... if you could speak great Dutch, it would be great, right?

Learning Dutch can be a horrendous nightmare and.. even if you have done so many courses already, you may still find that you cannot speak it as much as you like. Maybe you do your best to speak Dutch as good as you can, but Dutch people switch over to English before you know it! However, do not worry... there is a way out.

Dutch flow is only 3 steps away.

Learning and speaking great Dutch is absolutely possible, even within a relatively short period of time... but... and now comes the catch, **there are 3 specific steps that you must take**, and also it is important they you take these **in a certain way!** And then... everything will be different! You will notice the flow and things that seemed to be impossible at first are now absolutely achievable!

There is more good news... the steps are not that horrible. They could be nice to take! Just have a look for yourself!



So, what do you think? They are not that horrendous, aren't they? Wouldn't you love to take them, if speaking great Dutch is something that you truly want?

P.s: read all the information carefully, even if you can already 'guess' what kind of information you will find about each and every step. One thing is certain: you will be surprised and as soon as you take each and every step you will notice that all of a sudden everything starts to flow!

Step 1: decide!

Step 1: decide!

Why will many people never ever speak great Dutch? The reason is simple. First of all, you must say to yourself that you absolutely like it. **You have to make a decision and then stick to it!** Many people never ever take this first step. No wonder that they will never ever get it.

Many people assume that living in a country automatically means that you will learn a new language. It is all about having exposure right? Some people have been living in the Netherlands for a long time, they married a Dutch partner, have children and then everyone in the family speaks Dutch, except.... Well you can already guess who that is, right?

Being at the right time, in the right place and even with the right people is not enough!

Sure, you will always learn some words when you are in the Netherlands. **Hallo, goede morgen** and if you are lucky even **ik hou van jou** (I love you). So certainly in the beginning it seems that everything will take care of itself. But then... all of a sudden it stops. No flow. There is not so much that you will learn.... everything just stops. In secret some people may hope that one day a miracle will occur that makes them speak great Dutch, but sadly enough, this day will never ever come... So what is it that many people do in such a case? It is a logical thing to do, they do.....exactly..... nothing! ☹

Sure... some people may feel uneasy about it. Some people even feel guilty. If you ask them if they want to learn Dutch, they will always give an affirmative answer. 'Of course I want to learn the language' they will say: 'I just hate it when everybody speaks English, just because of me. I really want to integrate much more in Dutch society you know...' It all sounds very genuine indeed but... it seems that somehow in secret, they still like it. They will often say something like this: 'well... English is so easy for me you know....' This is exactly why many people never ever make a conscious decision. Life is easy now, so why would you like to change it?

Are you waiting for coercion?

Most people do not feel the need to change something, even if it is for the better, when a circumstance is not directly life threatening. This is certainly true for speaking Dutch. You can easily survive without it! So what could really motivate you to do it if this is something that you really would like? It seems that somehow in secret, many people are waiting for coercion. Someone or something that will force them to do it. Maybe you would need a Dutch person that has a gun in his hand who will kill you if you do not learn the language. Or maybe you would only start taking lessons if you knew that your company would fire you if you don't speak Dutch. Wow! That would be quite effective, don't you think?

Although it may look absurd, if you think about it, it is not such a mad idea at all... Isn't it how life functions at schools and at work? Your teacher asks you to study something and then you will do it. Your boss asks you to write a report and you will.... You have to do it, because you also know that if you don't, there will be negative consequences. Both a teacher or your employer can discipline or punish you, or make you look stupid in front of everybody else... ☹



But now another question... did you like those obligations? Probably not... Chances are high that you have enough duties and responsibilities already, so basically you are already fed up with them. So be honest now... if someone tried to impose Dutch on you, wouldn't you try everything that you could possibly think of so that you could escape from it? Your answer should be yes... Just admit it and ... don't feel bad about it. This is what most people would do... (I would... ☺)

So, although duty and compulsion seem to be very effective for motivating you to finally speak Dutch, probably it will not work. On top of that, just check for yourself... If you are really forced to do something, then would you put your heart in it? Would you really bring it to excellence? Probably not... Therefore it is safe to say that it will not work if someone forces you. **Now here is the outrageous idea:** why not go to the total opposite? What if it could be a **free choice**? What if you could do it, **because** it is **YOU like it**?

Oops! That must be a weird feeling... doing something because it is YOUR free choice! Do you notice a difference? Do you like it?

Why would you work all the time?

One favorite argument that people often bring up is that they do not speak Dutch, because they do not need it for work... Now think about it again... What does it mean if you say such a thing? That you only work or that you are a workaholic without any personal life? Don't you think that this is absolute bull \$hit then? If this is true, then why would you have children? Why would you take a cat or a dog? These things have nothing to do with work right? But... **if things enrich your personal life, then it is worth doing them. Period!**

There is another good thing if you do not speak Dutch at work. Then if you speak Dutch, it means that you are not working! Don't you think that this is a great feeling to have? Then speaking Dutch can help you to feel more relaxed ☺

If you don't need it now, it is even better

The main reason that people give for not speaking Dutch is that they do not need it at this very moment. But... when you do not need it right *now*, it is even better. It always takes some more time to bring your Dutch to a higher level and if you really want to use it for work

for example, it may take you at least 6 months. So what would you do if today there was a dream job available with the requirement that you also speak Dutch? If you try to learn it under this circumstance then very likely, you would feel too much pressure and you would be too stressed about it with one logical result: no Dutch and no dream job. Now you have 2 reasons to be frustrated! ☹

Also if you look in your future then what could happen? Although you may not need to speak Dutch now, companies hire and fire people all the time. The economy can also change... So you never know... but isn't it a great idea that if you really need Dutch in a future, it can be at your disposal? This is a great feeling that you can already have at this very moment, if you start right now!

Are you feeling more positive now about step 1? Do you think it will be easier to make a decision right now? If not, don't worry... there are still some other techniques that can help!

Some food for thought....

By the way, you already know that Holland is famous for its tulips, right? Just a question.... Are tulips absolutely necessary in order to survive?

At the end of the second world war many Dutch people found that they were essential in order to survive. So they started eating the bulbs... Did they like it? No! The taste of bulbs was and still is horrendous!



Fortunately the war is over, but ... there are more tulips in the Netherlands than ever... Millions of tourists also love them and they won't eat the bulbs either... So isn't there a strange paradox? Obviously if you do not really need something in order to survive, it is a lot easier to appreciate it and to embrace the beauty of it! ☺

How your decision will boost your learning even more!

It is not difficult to understand that step 1 decide is absolutely vital for great language success... There are some other aspects that most people tend to overlook. But... if you do pay attention to them then somehow it will have a great positive impact on your learning. Just read the text below and check if you thought of it! (maybe you already did ☺)

You have to decide that you speak it!

Here is another strange thing... many people may have decided that they want to learn Dutch and then still not so much happens when it comes to actually speaking it. They may take courses and listen to cd's.... but.... learning does not have a lot of value if you do not speak it! So whenever you decide that you want to master Dutch, then decide explicitly that you also speak it! Knowledge by itself is not power. It is only power when you actually use it!

Also decide how much Dutch you want

Apart from deciding that you speak Dutch, you must also decide how much Dutch you like to speak. Most people set their goals too low and that is why they learn little and have small results. Quite often your goal sets the limit for what you can achieve. Imagine that you decide that you only want to speak Dutch in a shop. Then what will you be able to do after some time...? Indeed... just that, nothing more! If this is what you like, then by all means do it! But.... if you find it boring then maybe it is time to set a higher and more inspiring goal.

When goals are low then learning is slow!

The reason why most people set goals that are too low is that they believe that low goals are easier to achieve. But... contrary to what you may believe, this is not true. Once you set as a goal that you can easily talk about all the things that you really love, then learning will go a lot faster! Why not decide that you will give a presentation in Dutch or lead a meeting?

Also, when you set a goal make sure that that you use a real life situation, rather than getting a certificate. Once you notice for yourself how nice it is to speak Dutch in real life, then you'll feel more energized to learn the language. Some people may argue that you need a diploma or certificate for a permit to stay in the country. If this is the case, then make sure that you get it. But for the rest, forget about them. The problem with learning for a diploma is that your brain will start to dump all the information as soon as you have passed the exam. You will start to forget almost everything if you do not really use it in everyday life, because your brain will automatically assume that the information that you studied so hard, is now irrelevant....

Don't learn for certificates or diplomas! (if you really like to speak Dutch)

Contrary to what you may think, diplomas and certificates do not mean a thing. If you need

it in order to prove to others that you master Dutch so perfectly, then it is already too late. Once you simply speak great Dutch then no one will ask you to show your diplomas.

Another important reason is that passing an exam does not mean that you really master the language. There are many people that use all kinds of tricks for getting an official diploma, but Dutch employers have already discovered that a certificate is not a guarantee at all... so, if you need a certificate for bureaucracy then do it. But then, make sure that you find the inspiration for your goal in real life!

Why not go for fluency?

Oops! Would you think that this goal is far too outrageous for you and that it can never ever be reached? This goal looks so intimidating that most people don't even dare to think of it.

But... contrary to what you may believe, fluency does not have to be so difficult at all. First of all, it does not mean that your Dutch has to be perfect. It does not mean that you have to know everything about grammar and vocabulary

The only thing that you need is that there is a flow in your conversation and that it sounds fluent. So, why not go for it?

Believe it or not, fluency is actually a natural thing. That same thing that energizes water can also boost your Dutch! Make sure that you decide to speak a language fluently. You will feel so much more alive (and...at the end it is not so much more effort at all)

The greatest secret of all

Chances are high that you have heard of the pyramid of Maslow. It says that there is a pyramid of needs. First you want to make sure that you have enough food and drink to survive and only then you can move to the next level.

Only if your first needs are met, then you will work on other things, such as being happy.

In general it is much more satisfying to work on the higher level, rather than on the first two levels below.

If you are only busy with physiological needs and safety, then life is actually boring... Just think of the tulips again! On level 1 you eat the bulbs of the tulips. On level 3/4 you will really start enjoying the beauty of tulips. Therefore, life is more fun on a higher level ☺



Here comes a 'funny' thing... when you look at the program of the average language course, you will see that they mainly deal with the two lower levels, the levels of merely surviving. No wonder that most classes are so boring!

So if you want to **boost your Dutch from day one**, then why not decide to start from level 4 or even 5? Once you see speaking Dutch as a true expression of yourself, then finding satisfaction will be so much easier. Believe it or not, with the right approach, you can already start to talk about all the things that really interest you on day 1!

So now that you have decided to operate from level 4 or level 5, the higher levels, you can see that this will have an immediate impact on your learning. Let's assume that you love to go out with friends and share jokes (which is sense of belonging) in Dutch then immediately you realize that memorizing sentences from a book or a cd will not do the trick.

For sharing jokes and humor with your friends, you must operate from a higher level! Luckily there is one huge advantage about it. It is far more fun! And the more fun you have, the faster you will learn. Literally, it is that easy.



Now you also understand that you will have to learn many more things. Isn't it that with your friends you would like to talk about a million of different subjects? Therefore creativity and flexibility are also important things to have. Another important skill to have is that you can also express your feelings and emotions. So once again, set your goals high and only operate from the higher levels of the pyramid of Maslow. You will learn much more and... it does feel a lot better!

Let's do a little experiment

Let's do an experiment. Sit in your living room and just close your eyes and think of your living room. Just try to see all the details. Where is the sofa, where is your TV? Just try to visualize everything as good as you can. And then open your eyes. What do you notice?

Then do this again, but now with a little twist. Close your eyes again and visualize everything again, but now focus on everything that is red in your living room. It may be a sofa, a curtain or some books. Or maybe it is the color of your cat!!

Now, open your eyes again... What do you notice?

Do you notice that all of a sudden all kinds of red things around you?

This is exactly what will happen once you have a huge and inspiring goal.

Somehow important pieces of information will naturally stand out and therefore you will learn many more things with far more ease....



The funny thing is this: two people may follow the exact same course, but with one main difference. One person has a real and clear goal and is really excited about it. The other person just takes it, without having a specific goal in mind. What do you think?

Who will speak the most? Therefore, **having a specific goal in mind** will already create an **enormous difference**.

So, really take a goal that inspires you and see or visualize yourself actually doing it! This is the greatest start you can ever imagine. Or... as Dutch people say it: **een goed begin is het halve werk**, a good start is half of the job and in many ways, this is absolutely true!



When you set your goal, use your fantasy! Remember that the limitation of your own imagination is the limitation for your Dutch. Also don't worry about how you can achieve it! Be outrageous! If you need some inspiration, just look at little children or remember that there is still an inner child inside of you that has the courage to dream big things. What if anything could be possible? What if you could have so much more than you ever imagined?

There is one more thing that you need to do. You have to **set time aside now** in which you will mainly focus on step 2 Learn and fast and have fun So make sure that you know exactly when you will do it.. A dream without action only remains a dream. Let's turn it into reality!

If you are like most people, you will find it difficult to find or make time. Maybe you need to arrange things for your work or you need to organize some things with your family



Quite often, on a very short term not so many things are possible. For example, if you tell your boss that tomorrow you will go and do a Dutch course, then quite likely your boss will tell you that this is not possible. However, if you plan it a couple of months in advance, then somehow it will be a lot easier to arrange.. If you tell your boss that you would like to have some time off after 4 months for example then in most cases it will be quite easy to do it.

Few people realize it, but finding the time is one of the first skills that you need!

Extra: things that can help you to decide to decide

Does the idea of speaking great Dutch still appeal to you, but do you somehow still find it difficult to decide? No problem.... There are some other techniques that can help you to decide so that finally you will say: yes! I go for it!

Let's face it..... there are also huge disadvantages!

If you like the idea of speaking Dutch, but if you have not taken step 1 so far, then probably there is a good reason. You may sense that there are also disadvantages or negative consequences. Congratulations! The only thing that you need to do is that you are extremely honest now. Write down all the things that are less nice about it. Write down everything that comes to your mind, even if it does not make sense to you intellectually. Many good reasons may come up, and some reasons will be silly. This is perfectly ok.

In order to give you some inspiration, here are some examples:

- You may fear that learning is going to be difficult (bad memories from school)
- You may feel less special if no one speaks English to you anymore
- You fear that you sound less intelligent if you speak Dutch and make mistakes
- You don't like the idea that you are less in control of your conversations

You get the idea, right? Make sure that you let all the negative thoughts come up! Don't use censorship!

Oops! Why would you break such a precious egg?

Here is another important thing. You must have heard of the English proverb that you cannot make an omelet without breaking eggs. Although deep inside you know that this is true, it always feels risky if you break an egg. Let's face it, who will guarantee that you will get a nice omelet? There are so many things that can go wrong... Maybe it will get burned in the frying pan or your egg will drop on a filthy floor You see? Investing is not always easy! ☺

Many people are afraid of investing in themselves. If you are like most people, you hesitate when you realize that you need to put in time or money, in yourself! If this is relevant to you, then also write it down! With the time and money that you need to invest, you could also go on a nice holiday right? Maybe you could even go on a cruise.... So if there is any precious egg that you need to break, then write it as a disadvantage!



Make a disadvantage list

Please be very generous with your negative thoughts. The more honest you are, the more insights you will get. It might be fun to do it...

Let your darkest thoughts come up now! Do not refrain yourself! Do not judge yourself if you find that there are many dark thoughts that come up. Just welcome them and write everything down that comes to your mind, even it is absurd or when it is there for only one second.... That is it!



Did you write down many disadvantages? Good! Now comes the fun part....

How many objections do really make sense? Really be honest and judge for yourself if these things should really stop you. It can also be very effective to work with this list with a good friend or a coach! Make sure that you ask some really critical questions....

If you find out objectively that as a matter of fact the disadvantage does not make any sense, then now you can remove it from your list. Just see if this can already make your list a bit shorter. One important thing: only remove it from your list if you are convinced that it is not a negative consequence anymore....

It is time for the other side of the coin!

Luckily there is also good news. If there are disadvantages, then of course you also have advantages. So, let's focus now much more on the advantages.

Focusing on advantages is not always easy. The first tendency of most people is only considering certain risks. Quite often it takes so much energy that paradoxically enough, people forget that there are advantages as well!



Believe it or not, seeing advantages is a skill. Therefore it is important that you start to dig a little bit deeper now. Imagine for example how you could enhance your communication with your Dutch friends or colleagues. What would it really mean?

What would it really mean if you just feel at home in the Netherlands? Many people often complain that quite sometimes they feel like an outsider. So what if you could get rid of this once and for all?

Could a bright future inspire you?

Something else what you could do is to see more advantages in the future as well... How could your future look different one year from now on? And what would be possible after 3 years? What would be possible after 5 years? Now it is time for even a greater question... now that you can see positive things in your future, **how can you feel about it right now?**

Did you already consider immediate benefits?

One thing that most people tend to overlook are **immediate benefits**. Most people erroneously assume that advantages will only come after a long loooong time once you master Dutch and only if you master it perfectly... Fortunately this is not true. **There are many benefits that you can enjoy right now.** Here are some examples:



- Finally you do something for yourself that is not work related
- You stimulate your brain with a new refreshing language adventure
- You discover much more about your own language
- You understand what Dutch people actually mean when they speak English to you
- You discover some new talents within yourself and a sense of control
- You finally realize that this nasty teacher was completely wrong!

All right, now it is time for the next step. You can already guess what it is right? It is time for the advantage list! The ultra positive advantage list!

The ultra positive advantage list

Probably you will find this more fun to do. Make sure that you write down any positive thought that comes to your mind, even if it looks ridiculous. Maybe you like the idea that finally you can understand the dirty jokes of your friends and colleagues or that now you get the message of that stupid commercial. Once again, if it makes you feel good, write it down! Do not withhold yourself, you cannot die from an overdose of positivity! 😊



Did you make a long list? Good! Right now, you do not have to be a rocket scientist to guess what the next step is. Simply compare this list with the list of disadvantages and then it is simply a matter of comparing. Always remember that no one can impose the right choice on you. At the end **only you decide what is right for you**



What if nothing seems to work?

Right now it should be easy to come to a decision. And by the way, always remember that it is perfectly acceptable that it is your decision that you will not learn and speak Dutch. But... here comes the catch, make sure that it is based on a free decision. If you say no, only because you fear that you cannot do it, then very likely it is not the right choice.....



Only read this chapter if nothing works!

There is still one technique that can help you to take step 1 decide! Just one warning... this technique is a bit nasty, but if nothing seems to work then maybe it is time for a bulldozer!

Here it is... if you are not excited then maybe you do not feel motivated by positive goals alone. This is perfectly ok... About 40% of the population mainly feels motivated by avoiding negative consequences. So, if avoidance is the thing that truly motivates you, then why not use it?

The technique is really simple. Just imagine that you will not learn or speak any Dutch at all.... What would be the negative consequences then? Make sure that you write down many things. For example you may write that you are bored during parties. Then what is the negative consequence of that? Now comes the worst part.... It is time to make the negative consequences even more horrendous! So now you start to see the negative consequence from this in the near future. And then one year from now on, and then two years, three years, you get the idea. Then the lemon squeezing question.... Once you can really see and feel that all those negative consequences get bigger and bigger, then how do you feel right now? Make sure that for a moment you feel as much crap as you can, because this might be the thing that you need in order to move forward....

Yes, pile it up! Make it feel even worse!

So, go for it, make your own black list with all kinds of negative consequences. Write everything on a black sheet of paper, so that it looks even worse.... Do not hesitate to write all negative stuff down, because it is great stuff when this can make you feel miserable, just for a short time....

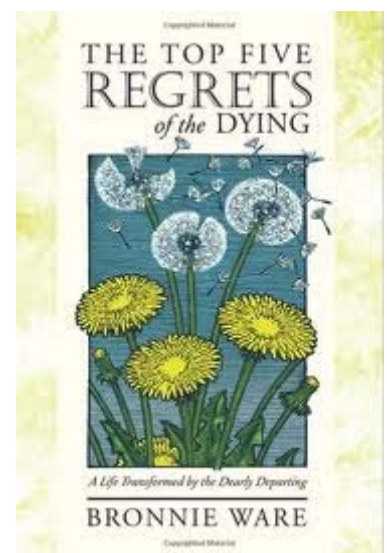
Then, once you feel really crap, it is time for a next question: **what if you could do something today that can take some negative consequences away in the future?** Could that make you feel better? If this question makes you feel lighter, then you are on the right track! Now you know what to do!

How to find your true priorities in life

There is still one technique left and it is tremendously powerful. You can see it as a rough kill or cure remedy, and it is extremely effective, so therefore many life coaches use it in their work. Yes, this technique is quite confronting, but... there is also a real beauty in it, if you allow yourself to see it.

This is how it works. You see yourself in the future, but.... as far in the future as you possibly can. Oops, yes, that is right.... Just a couple of days before dying.... Simply imagine that the moment has come in which you will move to another dimension and that you look back at your life.... Make sure that you really do your best to associate with this situation as best as you can, so that you can really see and feel as if you were there, at this last moment in your life. Now it is time to look back.... Also at all the fears and doubts that you used to have earlier in life.... How would you think about it now, now that you have gained so much wisdom? How does it really look from the perspective that you now have?

There is a famous book written by Bronnie Ware, who is a nurse from Australia. She has been working many years in palliative care with people that have less than 3 months to live. Meanwhile she has had many deep conversations with her patients about the meaning of life. Bronnie Ware found out that all these people had more or less the same regrets. Here is the top 5:



Top 5 regrets of the Dying

- 1 I wish I had the courage to live a life true to myself, not the life that others expected from me
- 2 I wish I had not worked so hard
- 3 I wish I had the courage to express my feelings
- 4 I wish I had stayed in touch with my friends
- 5 I wish that I had let myself be happier

Once again, only you decide what is important to you! Doing this exercise does not automatically imply that you have to decide to learn and speak Dutch. Just do some self research and decide for yourself. You are the director of your life!

By the way, whatever you decide, why not continue reading this eBook? You never know... you may still **discover things that you like!** 😊 Let's end this chapter with something funny!

Funny but true 😊 (raar maar waar)

Last but not least, there is something funny that I want to share with you. Would you understand what this sentence means? **Au! Ik heb kiespijn!** It means! Ough! I have a toothache! Pijn = pain and kies = molar



But.... in Dutch this could also mean something else..... actually when you think about it this pun is quite appropriate! Here you have a first hint. It can also hurt tremendously if you do nothing about it.... Sure, first you can try to ignore it, but one day the pain may be so intense that you must do something about it urgently!

All right, I will reveal the secret now... if you use your imagination, you could translate the word **kiespijn** with choose pain as well... Many people in Holland suffer from it.... It could mean that somehow it seems that it hurts to make a choice.... And then many people tend to remain passive about it....

Meanwhile, most people still spin and ponder about it... They know that they should make a choice, but somehow they don't do it... Now comes the funny thing... it seems that if there is an important choice in your life that you should make, somehow you feel it... it does not feel good in general. Although in the beginning it may only hurt mildly all of a sudden the pain is unbearable.... Just like a tooth that hurts, all of a sudden the pain will scream and call for all your attention.

So what would you do with normal **kiespijn**? You take out the tooth that hurts so much right? Well... the procedure with the second form of kiespijn is more or less the same... Just make a choice! Good or bad, it does not matter! If you leave an issue unresolved it is as if it starts to ache like a bad tooth.... What a strange thought, don't you think?

Once again, the cure is ridiculously simple. Just make a choice and the pain will stop almost instantaneously.....

So, just choose! Make a choice, good or bad.... And if you say yes, to speaking Dutch then **let's go to step 2. Learn fast and have fun!**

Step 2: Learn fast and have fun

Step 2: learn *fast* and have fun

Make sure that you really understood the clear message of this second step. It does NOT say: start to study like crazy. It says: **learn *fast* and have fun!**

Learning fast is extremely important, certainly in the beginning. Hopefully you will agree with this, right? It is extremely easy to predict what can happen if learning goes slow. Right... your enthusiasm starts to drop and then before you know it self confidence goes down. And then, once self confidence starts to drop, learning goes even slower... It is that nasty place that we call a **vicious circle**.

But.... now comes the good news! There is also a **gracious circle** which literally can spiral you up! It works like this: once you learn fast, you will like it more and then confidence will start to grow. The logical consequence is that you learn fast and because of that, confidence will start to increase again. And up it goes, on and on and on.....

Equally important that you also **have fun while doing it!**

Once you have a good time, you will notice that negative feelings such as doubt and fear start to melt away....

Having fun while learning is quite easy, because learning is not what most people think. It is not a synonym for studying or memorizing boring stuff.... Nothing could be further from the truth. **Learning is something that all living creatures naturally like...** just look at young animals



for example. All they do is **play around and discover new things**. Still, at the same time while they are running and jumping around in such a frolic way, all young animals learn exactly what they need in order to survive. Mother nature isn't stupid you know.....

So, maybe it is time to forget about thick serious studying books. All you need is to **play with an open mind and experiment**. Nature has already decided for with all the wisdom that it has that learning can be an adventure and that it is supposed to be fun! So, why not allow it?

Therefore, **as long as you learn fast and have fun, you will succeed**. However the sad truth is that most people fail, certainly when they want to learn and speak Dutch. First of all, if learning is too slow then it is very easy to stop. This is exactly what most people do. **Most people forget about the fun part and stop too soon**. One definition that I personally like about success is this one: **success is your ability to finish something**. Once you know how to finish your first job for learning and speaking Dutch, then your success is virtually guaranteed! That **first job is to launch your language rocket**. We will talk more about it later...

Here is another important thing. When you read the words have fun, it does not mean that each and every feeling should only be positive.... This would be a fatal mistake!

Sure... negative feelings may come up now and then. So what? Maybe you feel a lack of control, or maybe you feel confused sometimes. But.... just compare this with all the other things that you love to do. Maybe you love to play tennis or play music. You may love to climb mountains or you may love to make your own software programs. Does this only mean that you can only do it if you feel positive 100% of the time? I hope that you see that this would be nonsense. Even if you do the things that you absolutely love doing, you will meet frustrations and sometimes even defeat. But... once you know that is worth doing, you will go on. And then you will enjoy positive results even more. The same thing is true when you learn or speak a new language. If a negative feeling turns up, then this is perfectly ok. Just continue your work and soon you will feel even better about it.

Expect resistance

In Dutch people say: **al het begin is moeilijk**, which roughly means that each beginning is always difficult. Things will get a lot easier over time, but of course you must make sure that you **do not quit!**

Have you ever played with a kite in your life? In the beginning it takes some effort to let it fly. You have to run to let it fly, so it takes a lot of energy. But.... once your kite is flying high in the sky then something beautiful happens. It is as if the wind has always carried it and all you need to do is to pull your cord sometimes. Well... you get the metaphor right.... With learning Dutch it works exactly the same!



Before your kite starts to fly it meets a lot of resistance from the wind. So certainly in the beginning you may have the feeling that nothing is going smoothly at all and that many things work against you. But instead of giving up, now is exactly the time to give it all of your efforts and to give it an enormous energy boost. Have you ever noticed that your kite may fall a couple of times on the ground before it actually starts to fly? This is also an important lesson for unleashing your Dutch. If your kite does not fly, you run again!

Here is the good thing: once your kite is flying, it will take a lot less effort. Sure, you must take care of it now and then, but.... once it flies high enough, the wind will carry it. With a new language it is exactly the same thing.

You may have heard of the word **momentum**. It is the energy and power that a rocket needs in order to get launched. The funny thing is that just for launching a rocket it may already use up 50% of all its fuel. But... once it is flying, then everything is so much easier.

You must have noticed it whenever you learned other things. In the beginning it was really hard, right? Riding on a bike, working with a computer, learning how to read and to write. But... as long as you just keep doing the good work, then soon enough everything is so much easier and a lot of learning will take of itself!

The first goal is to launch your language rocket

When most people start to learn and speak a new language, they erroneously think that the first goal is to master everything perfectly. Fortunately, nothing could be further from the truth. In the beginning you have basically one main goal and that is to **launch your language rocket!**



The beauty is that once your language rocket is flying in Dutch space, a lot of learning will go automatically and relatively fast. But... your rocket needs to leave the atmosphere of your comfort zone and limited thinking first. During the launch, your language rocket meets a lot of resistance. This resistance may come in all different kinds of forms. They could be doubts, lack of clarity or confusion. Here is another one: you feel tired.... But now you know exactly what to do. **Do not slow down. Just give it more energy! Really go for it!**

So why is it that most people fail so miserably at learning and speaking Dutch? You should be able to guess it.... The main cause is a lack of enthusiasm and energy. When most people start to learn Dutch, they will do it for one hour or two hours per week and then they stop. Now just be honest: how stupid is this? In the beginning gaining **momentum**, the vast amount of energy that you need is almost a holy principle. **Without momentum nothing will fly.** Kites, rockets and also your Dutch will stay on the ground....

So once again, momentum is that huge energy that you build up within a very short time so that something can start to fly. In order to make your kite fly, you may only need a couple of minutes. The same is true for launching a rocket. Now unfortunately, for launching your Dutch language rocket, you will need much more than a couple of minutes. It does take a much longer time... But... contrary what you may think it does not have to last for years, not even a month. Believe it or not, **7 days in a row can already do the trick** for learning and speaking Dutch! So basically all you need is one week to give it your full attention and energy. But then, once it starts to fly, you will immediately notice that it takes much less energy to continue and improve it. It feels as if you are carried by the wind. Without any effort at all, you keep flying. For speaking Dutch it means that only now, automatic learning takes place. However, funnily enough, in most cases you may not even notice 😊 So hopefully you start to understand how important this process of gaining momentum really is.

How to launch your language rocket, once and for all

Once you understand the importance of momentum, you are already many steps ahead of anyone else... Also, once you truly understand that very likely you will meet resistance,

now you can even welcome it! All you need to do is to keep going for at least a couple of days in row. Decide that you go on during these days, no matter what. And then, this is extremely important: make sure that you learn fast while having fun!

Now you may think: that sounds good, learning fast and having fun.... But.... how can I do it?' Let's be honest about it. Not everyone has positive associations with learning. Maybe you have some bad memories from school. So how can you turn learning and speaking Dutch in a positive experience?

The main problem is that most people have a one track mind. They erroneously believe that there is only one way to learn. But... fortunately there are 2 paths that you can take. They are perfectly illustrated by the pictures below. Just have a look for yourself!



There is **a slow snail trail** and **a fun fast track**. Would you have a preference ?

It is also good to know that there are **4 ways of learning and speaking Dutch**

Contrary to what you may believe, most people choose the slow snail trail. Why?

Yes, there are 4 different ways of learning and speaking Dutch. But.... here is the bad news: 3 ways belong to the slow snail trail and somehow they seem to be very popular. Most people don't realize that there is also **a 4th way** that leads you directly to the great results of the fun and fast track. Somehow, **it seems to be a secret path, but not for too long**... Soon enough you will be able to say: **a little bird told me how to learn with more fun and faster than I ever imagined!** That is right.... You are going to discover 4 different ways of learning and speaking a new language and then you can simply choose the way you like most. Therefore, you are going to meet four birds, so that you understand the idea immediately! Why wait?

Let's invite the 4 birds now. It is time to fly!

Type 1: the ostrich



Of all the different learning styles for learning and speaking Dutch, this first one is the worst of course. In many cases the ostrich does not sign up for a Dutch course and is only afraid. Maybe this ostrich listens too much to other creatures that tell him/her that learning Dutch is such a disastrous experience and that it is extremely difficult.... Strangely enough, the ostrich often does not admit that he is hiding for something. 'I am just looking for very delicious and tasty worms' the ostrich says, 'I am not hiding at all. As soon as I have found them, I will start to learn and speak great Dutch.' But... you do not need supernatural powers to predict that this will never ever happen....

By the way, do you know what the biggest problem is? **Most people do not even realize that they are operating on this learning system.** Most often they will fanatically deny it. Strangely enough, it is as if this ostrich is invisible. But... it is a safe assumption that it is there....

How do you notice that there is an ostrich inside of you? Very simple... Once you feel that something is slowing you down, then you have the ostrich at work. Contrary to what you may think, an ostrich does not disappear when you sign up for a language course... It is exactly the right moment to pop up more actively! Do you feel distracted? Are you feeling tired? Does a headache come up? Congratulations... you have found your ostrich now!

Once again, this ostrich may haunt you for a very long time. You also notice that you have one if you keep speaking English instead of Dutch all the time. Be very aware... the ostrich is very clever and knows very well how to disguise itself. Usually you notice its presence by the thoughts that you have: **this is too difficult. I do not want to look stupid. I'll never learn.** Here comes another important warning. The ostrich always stops you from speaking Dutch. One favorite trick that it uses is suggesting that only now your Dutch is not good enough yet, and that there is only a tiny little piece of information that you need before you can actually speak it. This is a lie of course, but... before you know it, you may believe it.

Remember that the ostrich always acts on fear. And luckily there is a gentle way to keep your inner ostrich quiet. You do not have to kill it! All you need to do is let your inner ostrich know that **there is actually nothing to fear!** So, if you get in touch with your inner ostrich then never approach it aggressively. Always be gentle and friendly. If the ostrich wants to be there, just welcome it and do the things that you want to do anyway... For example, if you feel nervous while speaking Dutch, than do not fight with it. Simply go ahead. When you treat your inner ostrich with gentleness and respect, your inner ostrich will feel at ease. **Once your ostrich realizes that it is safe it will stop bugging you!**

Type 2: the parrot



What is the learning style of a parrot? All right, you do not have to be a rocket scientist to understand what this is.... But.... Let's start with the good news first. This parrot style is much better than the ostrich way. At least, the parrot is there and it is talking! So that is a good start, don't you think? There is progress at least....

But... of course, there are other learning styles that are much better.

Although it is always good to listen and repeat things, if you do it with a parrot mind then results will not be that spectacular either. Just check it for yourself. You may have had some conversation with a parrot somewhere in your life. So what did you talk about? Was the conversation engaging and highly interesting?

The problem of this learning style is the parrot mind. The parrot does not think for himself but merely copies some basic words and then it stops. Although the parrot has some clue of some meaning of words, actually it hardly knows what it is saying. For example the favorite word of parrots in Holland is *lorre lorre*, but no one knows what it actually means!

So once again, although the parrot is much better than the ostrich, the biggest problem is this: **learn like a parrot and all you get is peanuts.**

If you only copy words that you do not understand, then you are certainly on the snail trail!

Is it always a bad idea to use the parrot strategy? Not necessarily.... Sometimes it could be the best thing to do, just for a short while. Imagine that you like to learn another language that has nothing in common with your language or English such as Chinese or Turkish. Then it might be a good idea to memory 500 words like a parrot. Just for getting started...

For Dutch it would be a waste of time. It is close enough to English to use more advanced and intelligent ways of learning. We will talk about it later.

As you may have noticed, in one way or another, the parrot style is often a core ingredient of many language courses. You just need to repeat outlandish sounds, even if you do not have any clue of what they mean. Some language courses promise that if you keep doing this, then eventually learning will take care of itself. Sure, this may be true, but then only after a very looooooong time and after many dull and boring repetitions. So, if you like to learn fast, then why not skip this bird as much as you can?



Type 3: the chicken



In a way, the learning and speaking style of the chicken is already a huge leap ahead. In comparison to the previous two birds, the chicken already looks like a genius and if not, linguistically enlightened. The difference is so massive that many people erroneously believe that this is the way to go (without realizing that there is still a 4th way of another bird that is much much much better!) No wonder that this learning style is extremely popular and you will find the chicken approach in many language courses.

The chicken is a lot smarter than the parrot, sometimes you could call it even 'intelligent', up to a certain extend. The chicken understands that if you learn a new language, then there is also grammar. Also, quite often the chicken has an enormous drive, some chickens can even look ambitious. Many chickens run really fast and they grasp everything that they possibly can. In a way, they really want to learn, so they run fast at many schools and even at universities.

But.... unfortunately if you observe again, then you will soon discover that it is not so positive. Sure... chickens are running around like crazy, they cackle and then.... well, that is it. The sad thing is that chickens are extremely shortsighted and worst of all, they never fly!

So how do you recognize the chicken learning and speaking style? There are many characteristics, but let's start with just a few. One official warning... many characteristics may look very positive to you!

It is easy to see the differences between the parrot and then the ostrich and the parrot right? The chicken is the first bird that takes learning really seriously and this we must admit, is a good thing... chickens are not afraid to put in a lot of energy....

For many chickens, learning is an important thing and they are very serious about it.

So, here we have the problem.... They are **too serious!** They almost seem to worship seriousness, so therefore many chickens do like the idea of intelligence and science...

But... there is one thing that chickens overlook. Many chickens do not realize that

being too serious is one massive learning obstacle. How can you learn fast if no playfulness, creativity and humor is allowed? Chickens interpret the absence of all these three elements as a good sign. For them it means that obviously they are learning on a higher level. **For chickens learning often means studying.**

No wonder they feel attracted to serious approaches and they feel at home at universities and other serious institutions. When chickens learn, then most often their **main goal is a diploma or a certificate.** They hope that this little piece of paper will impress other people so that finally they can get the approval that they are looking for.

One main goal of a chicken is to pass exams, so you can already guess what the number one priority of the chicken is. It is the **avoidance of mistakes!** With every mistake that you make



your score gets lower and failing for an exam is the worst thing that could happen for a chicken. So now you understand that all of a sudden many chickens have one important drive: **perfection!** Making mistakes is literally a dangerous thing, if not a serious threat on many deeper levels. Therefore, it is easy to understand why a chicken is so serious all the time. There is a lot at stake!

Initially the urge for perfection can be an enormous driving force that can take learning to a higher level. Chickens know that they must master grammar and that they should know as much as possible. You cannot accuse them of being lazy. Often they may work quite hard, but here comes the nasty part. Working hard does not automatically mean that you will also have great results, fast! As a matter of fact, many chickens are so nervous and obsessed about mastering Dutch, that learning goes even slower. This is the sad paradox, but.... unfortunately the chicken refuses to know about it.

Although a chicken loves to improve its knowledge and performance, there is one thing that the chicken absolutely hates: taking risks. The mere thought that something could be wrong, paralyzes a chicken completely. Therefore, they are not willing to play and experiment. Information should be given beforehand and then it has to be memorized intellectually. There is no sense of adventure, but there is a constant hunger for more information, because somehow, this provides certainty to the mind of the chicken. A chicken constantly feels that somehow nothing is good enough and that therefore information is always needed. Chickens are often quite compulsive about perfection, and therefore they have a strong preference for certain information. Chickens think in a very specific chicken way!

The first way for a chicken to reduce its uncertainty with information is that they love **details!** Although focus on details is an important thing, it should never ever be the main focus in the beginning! Chickens tend to see trees, but they do not see that there is a forest. For a chicken it is extremely easy to get lost in too many details. On top of it, a chicken cannot prioritize. For a chicken all details are equally important, because most often there is a lack of a bigger picture. Chickens hardly have a helicopter vision, so therefore they tend to treat each detail as an isolated fact as well... For chickens it is hard to see connections that things have with each other, because that means that you have to zoom out and take a step back. Chickens hate that idea, they see reflection as a waste of time. They just love to walk around like crazy, hunting for even more little details.

Another complication is that chickens are **extremely procedural**. Imagine that a chicken wants to learn the Dutch alphabet for example. First of all, it wants to be sure that it pronounces all the letters correctly before it moves on. So now you can imagine what will happen when a chicken hits the Dutch letter G ☹ Yes.... the chicken will focus all of its attention on mastering this sound perfectly before it can move on to H. The sad thing is that the chicken does not understand that learning will be so much harder if you only focus on things that you find hard to do. Certainly with pronunciation it is a good idea to move on to

other things, because paradoxically enough, pronunciation will get better over time if you can only focus on other things that you can easily handle. Most chickens erroneously believe that pronunciation must be perfect first, before they can move on. This is a fatal mistake. Although pronunciation is important, there are many other things that are much more important than that. Unfortunately, a chicken will always miss this ☹

Chickens often act in a kind of compulsive way. They do not have a lot of flexibility. So if there is something that they find difficult, then their first tendency is to get stuck. They will not move to other things that are easy to handle and easy to learn, so no wonder that quite often learning means a lot of effort and that self confidence is often quite low....

Can you see the **fatal combination** of the **love of details and acting in an extremely procedural way**? For fast learning this can really work like poison! Procedural means that for most chickens there is a constant lack of alternatives. With procedural thinking there is only one right thing to do, so therefore many chickens also use **right or wrong thinking**. Something is right or something is wrong. There is only black or white.... Nothing is grey....

Chickens often believe that in many situations, there is only one right word to say, or to make it even worse and more ridiculous, only one right sentence. And then.... just in order to feel safe, this right sentence should be memorized, preferably beforehand. No wonder that many chickens study all the time. It gives them a sense of control. But... at the end this sense of control is only an illusion....



There is another tricky thing. **For a chicken, a word can only mean one thing**. When chickens learn a new word, they will only give it one translation. According to a chicken a Dutch word should always have the same meaning. Ouch! **Now the learning disaster is complete!** Do not try to tell a chicken that a word in Dutch often has two, three and sometimes even four different meanings, all depending on the context. This will turn a chicken completely crazy! **Chickens do not like to play with words**. They do not see humor and they do not understand puns or jokes or recognize irony and sarcasm. Can you start to see how limited this way of learning really is? There is not so much fun, don't you think?

There is another strange thing. As chickens are extremely procedural, they also tend to believe that you must learn a new language, subject by subject or theme by theme. So often they start with the usual classical themes and when you look closely enough you will see that they are all based on the two lowest levels of the pyramid of Maslow and that the main goal is merely survival. Somehow the word survival is attractive to chickens. They actually love it.



Then as a logical consequence the chicken uses **single context learning**. It means that when a chicken learns new things, it likes to limit it to one situation only. For example, if a chicken learns new words about the weather then it will only learn things about the weather.

Nothing more. As chickens love details, chances are high that they want to know all the little tiny things about the weather first, before they feel confident enough to move to a next subject. So, although procedural single context learning looks very practical at first, you may now start to see that learning fast is quite difficult once you are on this track.

Here is a quick summary of the chicken learning style:

- 1 When you see a new word, you immediately try to memorize it
- 2 Do not check if it matches with something that you already know
- 3 In order to memorize it, just hammer it in. Do not use fun or creativity
- 4 Only give one meaning to this new word and only use it in one specific context

Once again, with this chicken learning style, you are much better off than if you learn like a parrot. On top of it, this strategy is somehow effective, certainly over a long period of time and when you work hard enough. It can serve you to pass exams and get diplomas....

Many chickens are proud of the fact that they are hard workers and that they study a lot. There is only one problem.... This is not the right track for learning fast and.... probably there is not so much fun either....

So.... Would you like to stay on the slow snail trail or are you ready for a new adventure? **Luckily there is a 4th way that is so much more exciting!** One important warning however.... Many chickens absolutely hate what they will read in the next chapter. Somehow the message can be shocking and many chickens feel really offended....



Chickens believe that the next bird is arrogant. That what he says does not make any sense at all. This is not strange, because the next bird talks from a higher perspective and sees what the chicken cannot see....

But... here is the good news. Normally, chickens do not like to reflect on things. They hate seeing things in a broader perspective, because they think that this is only a waste of time... Chickens do not like considering alternatives and the idea that there could be more effective and more fun ways of learning can only frighten them... But...if you **notice that you are curious now**, it might be a first sign that you can leave this chicken stage far behind.... You must have outgrown the chicken way, or maybe you realize now that **you were never ever a chicken in the first place...** Chances are high that you notice the presence of another bird now... a wonderful bird that always flies high!

Let's invite the final bird that makes all the difference!

Type 4: the eagle



Finally, we have moved to realm of the eagle. **One official warning:** if you mainly operate on the chicken style, then reading this information may upset you and even make you extremely furious. The first thing that you notice is that the perspective of the eagle is so completely different. It is actually flying high. Logically enough, the chicken can never ever imagine that there could be a different or higher perspective. Remember that for chickens only one thing can be right and that they have one obsession: chickens want to be right all the time. There is nothing worse for a chicken than being wrong, even if it is only once in a while. Being wrong for a chicken only means one thing: personal defeat. Well... I hope that you can see that this thought is just nonsense... so let's move on!

Can you see how relaxed an eagle is? It just flies there high in the sky, enjoying a great and magnificent view. This is the first secret of the eagle. It starts on a **higher level** and therefore it immediately sees the **bigger picture**.

There are many differences between the eagle and the chicken.

First of all, **the eagle is not obsessed with perfection**. It knows that there are many ways to improve things and that **you learn a lot faster if you are relaxed about it**. The main attitude of the eagle is very playful. While the chicken thinks: I must do it right, the eagle thinks: I do something, and if right then bingo! If it is wrong, then I simply correct it. At the end, I will do it better, so **I always win!** An eagle does not feel stupid while making mistakes. An eagle will only think: Hey! **I learned something new! That means that I got a little bit smarter again!**

Massive acceleration with two powerful questions

The eagle operates from a higher and more intelligent perspective. **The first question** is: **what do I already know?** Soon enough the eagle discovers that English and Dutch have many things in common, so soon enough he discovers that he knows a lot already. But...the eagle is also intelligent enough to understand that somehow some things must also be different or even counter intuitive. So the **next task** is to **find out** what the **differences** are. So what is the fastest way to do it? Surprise, surprise.... by making mistakes. Thousands of them!

Therefore the eagle loves **making mistakes**. It is not only **the fastest way to learn**, many mistakes are actually quite funny. Then when the eagle makes a mistake, then he knows that now it is the time to learn something new. Most important of all, it can all be done in a playful and cheerful way. Therefore it does not really feel as work.....

From the very beginning, an eagle can learn new things about each and every thinkable subject in Dutch. The eagle does not feel the limitation that first you have to do one thing, before you can move to another... An eagle plays with many different things at the same time.

When a chicken sees something new, its main obsession is to memorize it immediately. The approach of the eagle is different. First it just starts noticing things. An eagle just plays with the words that he sees and then if he plays with some words again and again then he will remember them, so in this sense learning takes place in a very natural way.

The eagle is very good at prioritizing and understands that some things are more important than others. So therefore an eagle starts with a big picture first and only after some time starts to focus on detail. Also, **there is another secret that the eagle understands**. Some words are more important than others. There are words that you use hundred times a day and there are words that you may only use once a month. The main attitude of the eagle is very relaxed. It simply starts to play and then he will automatically notice that some words keep coming back again and again. So while mainly focusing on the most frequent and important words, all of a sudden learning goes with so much more ease 😊

Whenever an eagle sees something new, he will think: is it important right now? Is there is a certain thing that the eagle does not understand, then it will just focus on something else. The eagle discovers that when it gains clarity about other things, confusion about other things start to disappear and every day the new language starts to make more sense and turns out to be more logical. Remember that the eagle has a broad view and that therefore it can clearly see with great detail how things are connected with each other....

Another great asset of the eagle is that it can clearly see **alternatives**. Although the eagle understands that procedural thinking is necessary sometimes, he is also very good at improvising and seeing more options. Why would you not see them, once you fly high and when you have such a fantastic view?

On top of that, an eagle is very playful and creative and it loves logic thinking too. Many things make absolute sense in the eyes of an eagle, which makes absorbing new information so easy.

All right, let's be practical now. **Discover for yourself the difference between chicken and eagle learning**. Then you can make your own choice!

Let's take the Dutch word **het werk** and then see how the two different birds proceed.



Het werk... Oops.... There is no o in the middle but an e.... ouch... I need to make sure that I remember this. Werk is **work**.... All right... I get it... All right, at least I learned **one new word** now....



Het werk. All right, it looks like work. That is really easy. But... I wonder... is it only work, or could it also be **a job**? Yes it works... Now I just wonder... could it also be **a piece of art** or something written by Shakespeare? So in Dutch you can say **een werk van Rembrandt** or: **een werk van Shakespeare**... MMMM.... Is werk only a noun, or could it also be **a verb**? Yes! It works! **Ik werk** means **I work**. Hey! Now I

can say: **ik werk in Amsterdam!** Wow! This is going great! Wait... here I see a new word: **werkwoord**. I wonder what that could mean. **Word** is **woord** I guess, so what is a work word? Probably it is something what you do... How would we call it in English? Aha! A **verb**! Of course.... So **werken** is a **werkwoord** but also **slapen** (to sleep) and **rusten** (to rest). So while we call to sleep and to rest a verb, for Dutch people it seems like work and they still call it **werkwoord**... MMMM aren't Dutch people lazy bastards? Hey! By the way, I see the word **werkloos** here.... It looks like workless. Does this mean that **werkloos** means **unemployed**? I guess so.... And here I see the word **werkgever**.... It looks like **workgiver**... **Geven** is **to give** right? Well... this is actually a funny word for **employer**.... And now... last but not least the biggest challenge.... **De werking van aspirine**.... That looks like the working of Aspirin... So does it mean how it actually works? Maybe this is another Dutch word for **het effect**, which is **the effect** of course....

So, just compare the **two scores now**. Just look at all the red words for both the chicken and the eagle. Who learns the fastest you think? What you can clearly see is how **the eagle simply uses logical and creative ways of thinking**. No wonder that it can learn so many new words so fast! While playing, the eagle makes so many funny discoveries about Dutch. No wonder that the eagle is so excited about it.



Just for your information, chickens hate this way of thinking. They feel very intimidated once they realize that so many new words come up now. Remember that quite often, the main goal of a chicken is to learn for an exam and this automatically means that somehow consciously or unconsciously, the chicken wants to reduce the information that it needs to learn. Each and every new word means that the chicken has to study again in order to retain the new information. More than often, the chicken treats each and every new word as a new item. Quite often the chicken will never ever see how many words are related with each other in logical and funny ways.

The eagle is completely different. Unlike the chicken, it understands the concept of **sneeuwbaaleffect** (snow ball effect). The principle is simple. Put some snow together, keep it rolling and then it can even turn into an avalanche! Guess what? The principle for expanding Dutch vocabulary is exactly the same!



So, which bird inspires you the most? The chicken or the eagle? It is your choice now! ☺

Why most people prefer slow learning

You already discovered that there are two ways to learn and speak a new language:

- . The slow snail trail
- . The fun fast track

You have also seen that there are 4 different birds

- 1 The ostrich
- 2 The parrot
- 3 The chicken
- 4 The eagle

Now probably you can clearly see that 3 birds directly put you on the slow snail trail and that **only one bird takes you to the fun fast track**. So why wouldn't everyone follow the eagle? The answer is quite simple. Although the eagle way of learning is the fastest way to learn and gives the greatest results, not so many people have the courage to choose for it. Or... they simply do not know that the fun fast track actually exists.

When it comes to learning and speaking Dutch, most people believe in certain myths and make false assumptions. There are 5 popular things that people love to believe and hardly ever question... Therefore I invite you to look at them and see if they still make sense to you. For the average person they make complete sense but hopefully something has already changed... Sure... believing these myths is very easy, but it does go with certain risks. They will never ever lead you to the fun fast track!

5 most popular fatal assumptions about learning and speaking Dutch

- 1 Just memorize words + sentences and learning will take care of itself
- 2 Full Dutch immersion is the fastest way to learn it
- 3 Learning a new language is above all an intellectual activity
- 4 An evening course (after work) can do the trick
- 5 All language courses are the same

One official warning: for most people these 5 points are absolute truths. Chances are high that at least you start to give it some doubts, which is already a very good start. So, why not finish the job? **Let's bust those myths, once and for all!**

By the way.... Let's turn it into a game... Just discover for yourself if you can discover the perspective of some bird now in each and every myth 😊

False assumption 1: just memorize words + sentences and learning will take care of itself

This assumption is very dangerous because.... It is true, at least partially. Let's face it... learning a new language always starts with copying words and sounds right? So... in Dutch you may start with **hallo** (hello) **goede morgen** (good morning) and **tot ziens** (goodbye), so it really seems that if you just keep doing this, then somehow learning will take care of itself. Unfortunately it is not true. Sure... it is a great way to get started, but... for taking your Dutch to a level that really makes the difference, you still need so much more...

Nevertheless, the thought that you can merely learn how to speak a new language by merely copying sounds, words and sentences, is a very attractive suggestion to many people and this is exactly how many language courses work. On top of that, it really seems to work and... if you do this for a very, very long time then.... it might even be true. But... this thought has very little value if you want to learn fast.

Why bad translations really hurt!

The first complication is that often in most courses you will get bad translations. So although it seems that initially learning is going fast, before you know it, you may get stuck. Here is only one example, so that you can check it out for yourself:

Hallo, ik ben John. (Hello I am John)

Hallo, ik ben Albert. Aangenaam (Hello, I am Albert. Nice to meet you)

Did you see any problems with the dialogue above? Probably not. But... here it comes... Could you translate the next sentence? **Het klimaat in Siberië is onaangenaam**
So, what did you get? Probably you have translated some words correctly: the climate in Siberia... but... what did you do with the word **onaangenaam**? Did you recognize that it came from the word **aangenaam**? That would be a great start.... Maybe you even figured out that **on** works like **un** in English. So we have **vriendelijk** (friendly) and **onvriendelijk** (unfriendly). Are you still busy thinking how it would match with meeting people? That does not really make sense, right? The climate of Siberia has nothing to do with meeting people! So here it comes... **aangenaam** means pleasurable in Dutch. It simply means that something is nice. You could also apply it to **weer** (weather) or **smaak** (taste). So when you say pleasurable or nice while meeting someone, it simply implies that you like meeting this person. Then, in that specific context you could translate it with nice to meet you if you like... But once again.... The word **aangenaam** by itself has nothing to do with meeting people...

So here is an important message. Memorizing a new foreign word is only one thing... Far more important is it that you can be flexible with it. So once you know **aangenaam** then it is also handy if you can recognize **onaangenaam**. On top of it, it is also essential that you recognize that a word can have different meanings in different contexts... Sure... you may say

it if you want to say: nice to meet you. But... the core meaning is: pleasurable. So when you learn this word, then it is always a good idea to ask yourself if you could also combine it with other words, such as **weer** (weather) and **smaak** (taste). Then, there is something else that an average course will not tell you. **Aangenaam** is rather a formal word. Yes, it sounds polite that much is true, but... it could also keep Dutch people at a distance, certainly if you meet Dutch people that are just hanging out and having fun. Oops... this is something that your language course did not tell you, right?

Oops! Your language course did not mention this!

Are you ready for some other secrets? Here is another reason why simply copying words and sentences will always put you on the slow snail track... One radical difference between Dutch and English is that English words are far more precise than Dutch words. So therefore, whenever you learn a Dutch word, you should give it more meanings in English in most cases. Let's take the following example. **Het weer** is weather in Dutch. So how would you translate the following sentence? **Het weer is weer fantastisch**. Believe it or not, many people get confused here... Solving this problem is very easy though... **weer** can also mean again. So **het weer is weer fantastisch** simply means the weather is fantastic again. You see? It is not that difficult but... you need to remember that many words can have at least 2 different meanings, and sometimes even 3 or 4. This is why **single context learning** is a slow process. Why would you learn a word for only one context? Once you learn a new word, it is always a good idea to see how you could use it in other contexts as well... I call this **multiple context shifting**... Learning the foreign word is always the most difficult part of the task and... why not give it more meanings in English? Then you can use this word far more often and... you will also be able to recognize it in other contexts!

Let's do another test. **Huis** is house in Dutch. Look at the picture on the right. Can you see een huis? Dutch people see it within one second... You get the idea right... Here is another thing... what would happen to **een slak** (snail) without **een huis**? According to Dutch people, for the snail it must feel like being naked... so therefore without it, you call it **een naaktslak!** ☺



Dutch is not just memorizing words... it is far more creative than that!

Let's play a second game... How would you translate this sentence? **Ik heb genoeg in huis**. **Ik heb** means I have. **Genoeg** is enough and **in huis** is in the house or at home... Maybe you would translate it with: I have enough at home. All right, that is one correct translation... But now... imagine that one colleague says **ik heb genoeg in huis** to your boss. How would you translate it then? Or... a man says it to a woman that he is in love with.... Does it still make sense to you? Sure... it can still mean I have enough things at home... but... in this case it probably means this: I have enough things to offer (such as talents, skills or good looks!). You see that here you use the sentence in a kind of metaphorical way, right?

Here is one radical difference between Dutch and English....

Although metaphors exist in English, in Dutch you use far more metaphors than in English. In many ways, Dutch is a very visual language and it is as if people are constantly exchanging pictures with each other. So, one of the first things that you need to learn, if you want to learn Dutch fast, is to discover how Dutch people really see the world. The good news is that it is not about studying. The only thing that you need is to look with new eyes at the world around you and that you laugh now and then. Many things are really funny 😊



So once again, just to show you how learning can go a lot faster if you do not stick to single context learning. Let's say that you learn **donder** (which means thunder). Now you could only use it for the weather right? But.... why not learn **donderdag** as well? This means literally thunderday and in English you call it **Thursday**. Or... if there is a person that you do not like, you could also say: **donder op** (thunder up!) Get the hell out of here....

Learning can go so much faster. Have an open mind and play!

Rule number one: always give more translations to every Dutch word!

Morgen = Tomorrow + morning + good morning + mañana!

Alsjeblieft = Here you are + Please + take this!

Dag = Day + Hello + Bye! + no way!

P.S: don't you think that attaching more English meanings is far easier than remembering the Dutch word? This is the fastest way to double your vocabulary 😊

False assumption 2: full Dutch immersion is the fastest way to learn it

This assumption is really tricky, because somehow it can also be true, but then only partially. Sure... you will not learn Dutch if you do not have any exposure to it, but this does not mean that everything will be better if you have a full exposure for 100%. Do you find it hard to believe? Well... just check it for yourself.... If you live in the Netherlands, you are already surrounded by Dutch. Just switch on the television and you can hear it. But.... Merely hearing or seeing it, does not mean that you will learn it quickly.

This assumption is also extremely popular among people that believe that somehow, someone or somehow has to force you to speak the language. Only if you have no other choice, then you will speak it. Although it seems logical, at the end it will not really work. Why force or compulsion? All that you need may be a friendly invitation ☺

Many people – and certainly Dutch people – rave about full immersion methods. I have to admit that they also worked for me. Years ago I went to Málaga for learning Spanish and later I also went to Istanbul for learning Turkish. There was only one thing. I came really prepared. When I started to learn Spanish, I already knew English and French and also some Spanish, so I could even start on a higher level. When I started to learn Turkish I made sure that I had already studied some of it before. Also important... I had loads of time. The duration of these courses was at least one month and this was no problem for me. I was a student then and I just saw it as a long vacation ☺ So, if you have some basic knowledge already, then full immersion can definitively work. Also if you know a language like German, you could benefit from a full Dutch language immersion.



There is one specific danger that most people underestimate. **There is a high risk of overwhelm.** If you receive too much information, your brain will shut off. Learning will stop brutally.

Then there is another practical problem. If you do not understand grammar then why would you like to listen to an explanation in Dutch? Chances are high that you won't understand it, and that you will be more confused. Then, learning will go much slower than needed. Contrary to what many people believe, if you speak more English in the beginning then learning can go a lot faster than when you only speak Dutch. Speaking English (certainly in the beginning) has two huge advantages: you feel at ease and you have much more clarity. Whenever you have doubts, it is easy to take them away by talking in English. If you only

Speak Dutch then doubts become usually bigger. The more clarity you have, the faster you will learn, and then the better you will feel, the faster you can learn!

Also, listening to a new language is very tiring. After a couple of hours you feel completely drained and then also your brain will close down. So although Dutch immersion is always a good thing, too much of it can also be killing. Luckily there is a great alternative.

Instead of wave use weave!

There is a great way to combine the benefits of Dutch immersion and speaking English at the same time. It goes something like this:

Welkom

welcome

We beginnen

We begin

Een goed begin is het halve werk

A good beginning is half of the work. A good start is 50% of the job

perfect!

perfect!



Can you see what happens? All of a sudden everything is much less intimidating right? Now you probably think: hey! I can do it, so you notice that confidence goes up. So, instead of overwhelming people, you can also use something that I call a weave technique. You start with a sentence in Dutch, then with an English sentence.

The advantage is that consciously, or unconsciously, your brain starts to draw certain conclusions. Even when you guessed the right translation, you can feel good about it, and most importantly, your brain will have a period of rest. Then, only very gradually, what the teacher needs to do is to raise the level of Dutch. In the beginning all the words and sentence constructions should be quite similar to English.

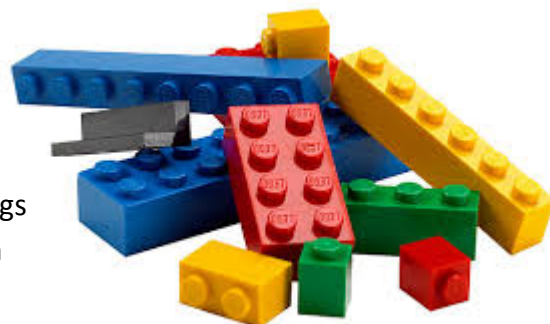
Many teachers somehow do use this method, but only with one fatal mistake. Although they may give it an English translation, the words and sentences are far too complex and then the weave technique will not really work. So once again, certainly in the beginning it is highly important that words and sentence constructions are similar to English and that only very gradually you get more complex words and sentence constructions.

The beauty of **this system** is that it **naturally ignites your natural ability to learn a new language**. While you feel relaxed you can draw your own conclusion. So instead of the huge wave of full language immersion, just add an a and think of weave!

False assumption 3: learning a new language is above all an intellectual activity

For most people learning is a synonym for studying. And although some people like it, it often means that learning is quite a serious business. In most cases it means retaining information or reproducing information. In that sense, you are almost like a copy machine!

By the way, have you noticed that certainly when you follow higher education that there is a tendency to intellectualize things? Somehow people make it more abstract and start to use an impressive sounding jargon. Learning Dutch is no exception. Before you know it, you see so many complex things such as *onderwerp, naamwoordelijk deel van een gezegde en nevenschikkend voegwoord*. O no! Holy guacamole!



Many people erroneously believe that using these complex words guarantees learning on a high level, but... are you ready for a shocking truth? One warning, it may be counterintuitive **learning goes a lot faster if you make it simple!** So instead of using complex words with impressive sounding grammatical blah blah words, you could use names that are a lot simpler and... if you like, **you could even think in colors!** Then, all of a sudden constructing sentences is **just like playing with Lego**... it is just a matter of knowing how to put certain stones together..... (This is an important principle of a Dutch Brainwash Course)

One important skill that you need for learning Dutch is to think in visual ways. Imagine that you want to learn the word **stofzuiger** for example. This is the Dutch word for vacuum cleaner. Would it be easy for you to remember this new word?

Let's do it in a more visual way now....



Stof (dust)

+

zuigen (to suck)

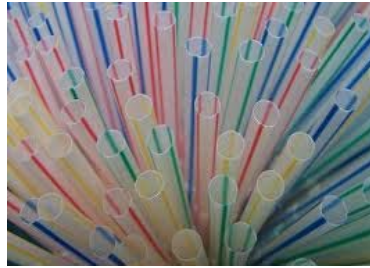
= **stofzuiger**

You see how funny it is? **Een stofzuiger** is literally a dust sucker!

Now a new challenge for you.... What is a **bloedzuiger**?



Bloed (blood)



+

zuigen (to suck)



= **bloedzuiger**

Can you see that **bloedzuiger** is a leech here? And sure... why not, even Dracula could be **een bloedzuiger** if you like... not a leech, but someone that likes to drink blood.

Can you see the good news here? **Forget about boring theory and intellectualism....** You can **boost your Dutch vocabulary by thinking in simple pictures!** Now you may say: what about grammar? Luckily you don't have to worry about it so much. This can also be learned in a fun way. Just for your information, Dutch is like a simplified version of German. So, it is very well structured, but less complex than German! With a simple kind of Lego system you can learn how to create hundreds and even thousands of sentences within a very short time!

Intellect is less important than positive feelings!

Last but not least.... This is something that most people tend to overlook.... At the end, the most important thing is feelings! Sure, you must learn how to think and act in a certain structural way. But for the rest... the most important thing is that you learn how to express feelings and... how to feel positive about your learning. That is why learning fast while having fun is an important key. Once you know how to feel positive about learning and speaking Dutch, your success is virtually guaranteed!

Therefore emotional intelligence is not a luxury. Let's face it, whenever you learn something new, negative feelings may turn up. But.... as long as you are emotionally fit, there are many great and outstanding things that you can do! And... believe it or not... seeing things in a more positive way is also a skill that you can learn!

Most often it is not 'difficult' grammar or lack of vocabulary that will stop you from speaking great Dutch... the thing that stops you is often only a feeling!

PS: one critical skill is that you need to make many mistakes and... if you like making them it is even better!

False assumption 4: an evening course will do the trick

If you are like most people, then probably you will have to work and that means that you do not have all the time in the world. So, the first challenge that you have if you want to speak a new language is to find time. And then, before you know it you will walk in the following trap: you decide to do it after work.

Yes, it looks like a great idea.... after work you will have time, right? Sure, that much is true... but... how much energy do you have? Does your brain still feel energized then? Chances are high that you are already tired from work and then you are not that receptive any more. Therefore, after work, learning is probably slow...

Certainly in the beginning, learning will take a lot of energy. A lot of information is new and you have to learn how to think in different and new ways. Try to do it after work, and chances are high that you will only feel exhausted. Now think of your most important initial task... launching your language rocket. This cannot happen if you cannot give it all your attention and energy...

The strange paradox

The disadvantage of an evening course is that it will never ever enable you to build up quick momentum. With a tired mind, you will try to pick up some new information for one hour or two, then you will leave it while probably not doing your homework and therefore you will also forget most of the things that you learned in the class. What a waste of time! No wonder that learning is slow. The good news is that there is nothing wrong with you. It is only wrong timing....

So certainly if you feel that you do not have so much time, then it is important to **take 1 week off and learn as much as you can**. Only then, you will be able to build up the momentum that you need. Remember that once a rocket or a plane flies, then it can continue flying with much less energy... But in order to fly high, you need momentum first.

By the way, if you are not entirely sure about your ability to learn a new language, then timing is even more critical. In order to learn it fast, you must be mentally alert and it is so much better if you feel energized. Learning during day time instead of during the evening therefore makes such an important difference!

Do not stop while launching your language rocket! Unless you want to start all over again.... Why not go for momentum, quick once and for all? Soon enough your Dutch can start to fly and you will save more time than you ever imagined!



False assumption 5: all language courses are the same

Most people think that all language courses are more or less the same and that only prices vary. Now that you have already read so much of this eBook, you must have discovered that there are many different methods and approaches that can really make the difference. So, here are some suggestions for if you want to choose a language course that is right for you.

First of all, **your teacher should be someone that inspires you.** He or she should really get the maximum out of your language potential and... it is even better if he or she can energize and motivate you. If you feel drained or bored every time that you go to a language class, then think again... You might be wasting your precious time...



Also, make sure that you surround yourself with people that at least speak English. Otherwise they will slow you down. Dutch and English belong to the same language family, they are like brother and sister, so if you learn with people that do not speak English, then you will never ever be able to learn fast.

Be happy if you are not the best student in your class!

Another important thing to consider is that you surround yourself with people that are really motivated to learn as much as possible. For example, people that do not show up regularly in classes will have a negative impact on everybody! Make sure that you work with people that are also motivated! Also, do not worry if you are not the best student of your class. The fact that some people are 'better than you' can actually be a good sign. Now it is even easier to learn a lot more!

One decisive factor is how much attention you will get from your teacher. Therefore, a small group is always better than a large group of 20 people. Make sure that your teacher is there whenever you say something in Dutch. Many teachers let the students talk with each other, but it has little use if no one can correct you. There is also another danger that can happen if your teacher is not personally watching you. Before you know it you learn things that are completely wrong!

Don't sit behind a computer all the time! Talk with real people!

Last but not least, with many language courses (some of them are quite expensive) you mainly work with a computer or in a language lab. This is not the fastest way of learning! You will learn a lot faster in the presence of real people and from all the interactions that you have with them. **Learning a new language is not just a 'mechanical process',** it is also about people. **Make sure that you get the personal attention that you deserve!**

Do you have the courage to learn fast?

Right now you have discovered that there are many different ways of learning a new language. You may be open to the idea now that there is a **slow snail trail** and a **fun fast track**.

Although learning on the fun fast track is a lot easier and more fun too, most people tend to stay on the slow snail trail. Somehow, the slow snail trail is so easy to find and... heading for the fun fast track requires some more thinking and courage!



Here is another catch... you may have decided for yourself that you prefer eagle learning now. And sure... a lot of it has to do with attitude. But... the truth is that most courses have not been designed for eagle learners. One decisive factor is your teacher of course. Will he or she recognize the eagle within you?

Each and every course has been designed for a certain type of bird. So would an eagle go to a special school for parrots or chickens? Chances are high that a real eagle would only feel frustrated and bored there...

So somehow, learning like an eagle takes some courage. You may have to follow a path that others see as highly unusual. You must stand firm once you feel that for you, this is the right way to do it. But... once you really go for it, everything will be so much easier....

The eagle really has a broad vision and an open mind. For the eagle step 2 learn fast and have fun is the most logical step to do. Sure, other birds may not understand it, and maybe they will even laugh at the eagle. But, once you learn like an eagle, you really don't care. Why should you, once you fly high? And.. guess what... **with step 3 differences will only get bigger. The eagle will boost his learning even more, with fun and ease!**

Step 3: be unstoppable!

Step 3: be unstoppable

Here is the final step for getting to Dutch flow now.... it is a step that never ends. As a matter of fact, it is a logical consequence of the first two previous steps and actually it is quite simple: **be unstoppable**. Just keep it rolling! Strangely enough it is a step that many people overlook. It seems that they see learning a new language as a nasty chore that needs to be finished as quickly as possible but.... once you are in Dutch flow, learning will continue for the rest of your life! The good news however is, that now it will take much less effort than in the beginning. A lot of learning can even take place automatically, but.... this can only happen if you continue!

On top of it, this is also true.... Now that you have come to step 3, **you are truly in a beautiful place**. Most people that really would like to speak great Dutch, never get this far. The vast majority of people that tries, miserably fails for reasons that you already understand.

First of all, you must take **step 1**. You have to decide that you actually like to **speak Dutch** and then really go for it. Most people don't really make a decision and if they do, they forget to determine for themselves how much Dutch they want. So chances are high that their ambition is too low. Another important reason is that many people learn for diplomas and certificates and that therefore they 'forget' that the real goal of learning a new language must always be: speaking it. No exceptions!

Step 2 is all about the importance of **learning fast while having fun**. Also here there are many traps. It is very easy to take the path of slow learning where everything is boring too.

The reason why most people never ever make it to Dutch flow is astonishingly simple: they stop too soon. For many people it is even a matter of hours. They try it for two or six hours or and then they quit. Now how smart is that?

Learning fast and have fun is the second step that really gets you on track. And... **it must be followed by step 3 be unstoppable**. Once you have launched your language rocket, it must continue to fly! You may even describe it like this: **just continue, continue having fun and learn even more!**

By the way, step 3 should not be that difficult, relatively easy actually, once you start to look with 'eagle eyes' So why not make your Dutch language success continuous and everlasting? **It is time for the secrets of the eagle!**



The secrets of the eagle



Many people find it hard to believe why the eagle can have results that are so much better than the results of a chicken, even within a short period of only a couple of days. How amazing it may look like, it is definitively not rocket science. The massive difference between results is very easy to explain. The funny thing is that an eagle does not necessarily have a higher I.Q. than the chicken. The main difference is another perspective. When it comes to learning and speaking Dutch, chickens and eagles think in different ways.

Let's see **how chickens look at learning and speaking Dutch**



Learning ⇒ *Learning* ⇒ *Learning* ⇒ *Learning* ⇒ *speaking*

The main focus of a chicken is learning. Somehow, a chicken tends to think that it needs to learn a lot before it can actually practice it in everyday life. On top of this, a chicken is often obsessed with the idea of perfection, so many chickens will not start to speak Dutch in real life unless they are convinced that it is perfect. Many chickens need a lot of 'preparation time'. Some chickens even decide that they will only start to speak Dutch when they passed a certain exam or on the day that they receive an impressive diploma. But... the tragedy is this... even on a day like this, many chickens will sense that their Dutch is still not perfect enough. So, chances are high that they will wait.

Another typical chicken thought is that you learn the language from one book. Chickens often hope that once they study harsh enough then somehow they will have the perfect knowledge to practice Dutch in the real world... No wonder that years can go by for a chicken without speaking Dutch.

The picture that an eagle has is completely different.



Learning —  — *speaking*

Here in this picture you can clearly see that for the eagle **there is no difference between learning and speaking**. If you speak then you learn and you learn best when you speak!

For the eagle each and every conversation is a perfect moment to bring his Dutch to a whole new level! If the eagle does things right, then it is already great. But... if the eagle does something wrong, then it is also perfectly ok... All that an eagle does is to see what else is

needed and then correct it. An eagle is always optimistic, because **there is always something to gain, in each and every conversation.** The eagle always wins! The eagle also understands that learning from a book is only one way to learn it. But the eagle also understands that the best way to learn it is in everyday life. Therefore the eagle starts to speak Dutch already on day one or two in all different kinds of places. Even when the eagle says only one Dutch word, he feels good about it. The eagle just knows that more things will follow and that perfection is never ever the main goal. Compare this to the main attitude of the chicken. What a difference, right?



So whenever an eagle holds a conversation in Dutch then an eagle always feels good about it. First of all, the eagle appreciates all the things that went well. Sometimes this can only be a feeling, certainly in the beginning. For example, if you start to feel less nervous about speaking Dutch, then this is also a massive gain! Then the eagle asks himself a very simple question: **How can I improve my conversation just a little bit next time?**

Actually there are always little things that you could do to improve your conversation. Maybe your pronunciation could be a bit better, you may have to adjust your grammar a little bit more or maybe you could use some other words. Can you see the radical difference with the attitude of the chicken here? A chicken tends to remain more passive because it can only worry and bitch about all the things that went wrong, which is a logical reaction if perfection is your main goal.

Here is another difference. Most of the time, a chicken only worries about everything that went wrong in a conversation, and therefore it is immediately stuck in the past. The eagle on the contrary immediately looks at a brighter future. With the things that the eagle just learned it is easy to imagine how you could have better and improved conversations in a very near future. The good thing is that once you can **look at a future that only gets better and better, it is easy to feel excited, motivated and energized!**

The main problem of a chicken is this: it is extremely short sighted. It can only see all the little things that are 'wrong' only now, and it lacks the skills to see how things could turn out much better if you only had a view on a longer term. Eagles naturally have it, but somehow chickens seem to be blind. All that they can do is to complain why progress is so small right now and somehow they automatically assume that this is also how the rest of the future will look like. On top of that, there is one important principle in nature that they don't understand, which will be revealed on the next page



Why a breakthrough may be closer than you think

Here is the thing that most people find difficult to understand. They cannot see that the first sentence that they say in Dutch, even if it sounds ridiculous and stupid, is

always a doorway to a final breakthrough. There is only one catch. You must not stop then and you must continue. The truth is, small things can be an important step towards a massive breakthrough, if you allow it.



There is only one important principle that you need to remember: everything in nature starts very small and even looks insignificant. Just think of a frog. How does it look like in the beginning? Here is the difference. A chicken only sees a tadpole, but the eagle sees the frog too. Then, why not think of yourself... how did you look like, a very long time ago, when you just left your father and started to swim in the body of your mother?

The secret is very simple. Don't worry if progress is small, just appreciate it. Soon enough it will grow and then it will become bigger and bigger. Once a tadpole gets bigger it is easier to recognize the coming frog. So just put out some Dutch crap there, make many mistakes and then... little by little you will discover that there is real Dutch in there!

You must have heard that everything in nature always grows. It is the natural principle of continuous expansion. So let's start with a stupid question. How much can you expand if you say nothing? Yes, 0,00000000 %

But... **with only one sentence, something magical happens**. Even with a stupid Dutch sentence like **ik wil koffie** (I want coffee), expansion can start to do its work. Adding new things is easy now... Just add **met melk en suiker** (with milk and sugar) and you have a longer sentence now. **Ik wil koffie met melk en suiker**. Then, don't stop here... just see if you can say it in a way that really sounds fluent. Congratulations.... You got your first little tiny piece of Dutch flow now. Sure... it is still like a tadpole, but... now it can grow into a frog and who knows? Eventually it may become a prince (or a princess!)



Here is another reason why saying little tiny sentences in Dutch in all kinds of different places is so important. In the beginning you may feel excited, nervous or maybe even embarrassed about it. But then, after some time it will start to feel **gewoon** (normal, nothing special at all). Congratulations! You have done the most important job now! You have started to turn speaking Dutch into a **gewoonte**. It is so normal for you now, that it has become a habit. The way of step 3 is now open for the rest of your life!



The moral of the story so far is simple. Start speaking Dutch, speak it in all different kinds of places, no matter what! Have fun making mistakes, learn something new all the time, gently correct it and move on. Take your first step on the way of continuous improvement now!

The next chapter is also going to be exciting. It will show that once you master **3 essential skills** a breakthrough is guaranteed!

3 critical skills that will unleash your Dutch once and for all!

Have you decided that you are willing to play and experiment with Dutch as much as you can? Good! You have opened the door to Dutch fluency now... At the same time, there are 3 critical skills that are important to master if you want to get to Dutch fluency fast! So, here they come:

Three essential skills that will unleash your Dutch once and for all:

- 1 develop a psychological mindset that is very helpful
- 2 learn how to simplify
- 3 the art of decoding

1 a positive psychological mindset that is helpful

Let's face it.... speaking fluent Dutch will be a challenge! So why not acknowledge this in all honesty? However, once you have done step 1 decide, then you are already convinced that no matter how, it is worth the effort!

Most people erroneously believe that the only challenges of speaking Dutch are caused by vocabulary and grammar.

This is only partially true. At least 50% of your challenge will be psychological. How will you deal with setbacks for example?

Will you adopt a mindset that is really going to help you to get the thing that you want?

Sure... if you want to speak Dutch, chances are high that also negativity will turn up. Many people get stuck because they only get trapped by their own negative thoughts. However, you must have discovered by now that somehow you can **always focus on the positive!** By the way, the good thing is that once you overcome some obstacles for learning and speaking Dutch you will also benefit from it in other areas of your life.

Learning and speaking a new language is so much more than just memorizing some vocabulary and grammar rules. Once you truly understand that a new language helps you to discover many amazing things, it is quite easy to feel excited about it!

Here is one of the most important skills that you need to master. **Always be kind for yourself!** Why would you beat yourself up if there are some things that you do not master yet? Why would you call yourself stupid if there is something that you don't understand? Contrary what you may believe negativity towards yourself will never ever help you to learn faster. Always treat yourself with love and respect. If something does not go right then try again. If there is something that you don't understand, then simply **ask for help if needed.** Also make sure, that you give the best tools to yourself for learning a new language. Always be kind and gentle to yourself. **It is the fastest way to speak a new language!**



2 Simplify

One massive thing that keeps most people stuck is complex thinking. So, if you want to move fast then fully embrace simplicity! For the mind, simplicity is something difficult to accept. Somehow the mind tends to believe that complex and complicated things are always better. The mind has a natural resistance to say things in a very simple way. But... contrary to what you may believe it is **simplicity** that **will move you to higher levels fast** and then you can even enjoy all the complicated things, much sooner than you could ever imagine!



When most people want to speak in Dutch, they tend to think in their own language first, and then translate it, word by word... Well... the bad news is this... it will never ever work. Translating is much more difficult than speaking a new language!

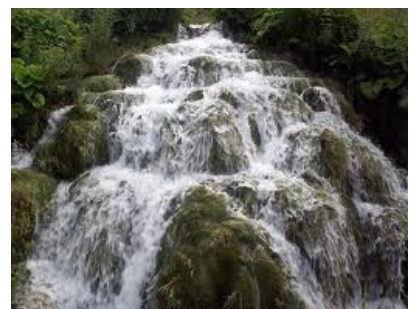
Just check it for yourself. What happens if you say something in your own language first? Probably it will be a long sentence, there will be many words that you cannot translate in Dutch and... also the grammar may be more complicated than you think!

So instead of trying to translate the sentences of your own language word by word, why not start with some easy Dutch sentences that sound ridiculously simple? Believe it or not, it really works. Just simplify! Make short sentences for example. Soon enough they will turn into sentences that are much longer than you could ever imagine! So if you say a sentence that has only 3 words, then congratulations! You just did a great job!

Also simplify your thinking when it comes to sentences. Here are some examples:

- 1 I am an employee of Microsoft → I work for Microsoft (Ik werk bij / voor Microsoft)
- 2 I just received a package → I have a package (ik heb een pakje)
- 3 The man is bitten by a dog → the dog bites the man (de hond bijt de man)

You get the idea right? Just start making short sentences, leave out too many details (that often are not that relevant anyway) and use simple grammar constructions.... What will you notice is that once you see the beauty of simplicity, creating sentences in Dutch will be a lot easier and then.... all of a sudden you will start to notice that your Dutch starts to flow!



By the way, have you ever noticed that water always takes the way of least resistance? Guess what? Fluency in a new language is no exception. Just keep it simple and allow the first flow to come in. Then a great thing will happen.... Once your Dutch starts to flow, it will continue to flow, more and more. But... can only start to flow if you are willing to do one thing.... Go for simplicity!

By the way, do you think that thinking in a simple way is quite difficult? Don't worry... Luckily this is a skill that you can learn, and once you see the great effects of it, you will love it! The

most important thing for now is that you can see the beauty of simplicity and that you are ready to embrace it!

3 The art of decoding

This third skill is an amazing skill that will help you to move your Dutch to a whole new level fast. Imagine that you have already started to speak some Dutch and that you can already say many things as you know how to think in simple ways... Then what will happen is that you will hear many words around you that you have never ever heard of. But... now comes the good news... with the art of decoding you will be able to accurately guess the right meaning and then, if you like you can use this word as well in your every day live conversations.



Let's have a look at the following three words:

- 1 kijkcijferkanon
- 2 mishandeling
- 3 de dader

Do you know what these 3 words mean?

Just for your information. This is what most people (and chickens) do. When they see a word that they don't know they will say: !@# !\$ I don't know this word and then... they will stop thinking, stop conversations and switch over to English. But.... for the eagle the fun only begins, because the eagle understands that one of the most important skills that you need for speaking a new language is your ability to solve little riddles.....

All right, let's start.... **Oprah Winfrey is een kijkcijferkanon.** Does that make sense to you? Have you ever heard: **even kijken**? This roughly means let me look for a while, so **kijken** is to look and also to watch. **Een cijfer** is a cipher, so **kijkcijfer** has to do with a certain number of watchers. Would you agree that it could be rating? Een kanon is a cannon, a kind of heavy gun, so what would it mean.... ? That she has few viewers or many viewers? So **een kijkcijferkanon** is a person or program that has loads and loads of viewers!

Let's decode the next word then **mishandeling**... **handelen** in Dutch means that you act. You can see the word hand in there, so there is the idea that you use your hands. Now look at the word **mis** in front of it. Do you think that it would add something positive? Well, in English you have use and misuse, so now, something is definitely wrong! Therefore **mishandelen** means to maltreat or to abuse. Final conclusion: **mishandeling** is abuse!

Let's go to the third word **dader**. Could you see the word **daad** in it? Would it be easy for you to accept that **deed** means deed? Then let's look at **-er** and play in English. You have a play and player, a use and user.... Would you agree that by adding **-er**, you turn it into a person? So **dader** literally means deeder, a person that does (or did) a deed. In English you would call it the person who did it. So if you have **mishandeling (abuse)**, then some nasty person must also be de dader!



Can you see what has happened? Instead of just trying to memorize Dutch words like crazy, you can also turn it into a fun game in which you use creative and deductive thinking.

The problem with most people is that they only focus on memorizing words, instead of learning how to play with the words that they just learned. The radical difference between Dutch and English is that Dutch is far more visual and metaphorical than English, so if you can only take things very literally then you will be stuck within minutes!

Take the next sentence for example: **ik zit op zwart zaad**.

This literally means I sit on black seed. So once again, all you need to do is to crack the code of the metaphor. Imagine that the color of your seeds were brown, do you think that black would be a good color for your seeds? Probably not... it just means that you are sitting on seed that is worthless now... so, logically this is a very Dutch way of saying: I am broke

Contrary to what you may think, Dutch vocabulary is very logical and with some basic knowledge you can easily guess the right meaning of many many Dutch words. So make sure that you decide to master the art of decoding. All of a sudden you will understand so much more and... learning new words will be easier than you could ever imagine!

And... here is the **great news... decoding is not something that you need to study!** All you need to do is to get hundreds of funny examples. Then, intuitively your brain will crack the secret code and further learning can take place, all by itself!

Two tips for speaking Dutch in everyday life

Here are some last tips for once you have decided to speak Dutch in real life.

You must have noticed that Dutch people love to switch to English all the time...

In the beginning this may be quite discouraging of course, but you are much more in control than you think. There is a way that immediately stops Dutch people from switching to English.

All you need to know is to understand the triggers that cause Dutch people to speak English to you. One important trigger is that it takes a bit too long before you can say something in Dutch. Therefore it is important that you use simple thinking, so that you can see some easy things, fast!

Also when you look helpless or troubled, Dutch people will switch over to English immediately. The more relaxed you look, the longer Dutch people speak Dutch to you. That is why it is so important that you can put yourself at ease all the time. Have a break, take it easy... relax and smile! This is a very powerful invitation for Dutch people to speak Dutch all the time!



Another great technique that you could use, if your native language is not English is that you pretend that you do not speak English! You give Dutch people only two choices: your language (which is not English) or Dutch. Certainly if you speak a 'difficult' language such as Russian, Chinese or Hindi then Dutch people will stick to Dutch within only a couple of seconds. The technique is extremely easy, all you need to do is that you stand firm. In this sense the only thing that you really need is some inner power....

Here is another important thing... Many people that like to speak Dutch all of a sudden decide that from a certain day on, they will only speak Dutch with their partner or colleagues, the whole day! Sure, it does look ambitious, but... it does not work.

Take it easy, certainly in the beginning. Don't overreact 😊 Just use a very powerful tool which is called de **kookwekkerstrategie**. You simply take a **kookwekker** (kitchen timer) and then you only talk Dutch for 5 minutes, each and every day. After some days, you will do it for 10 minutes, then 15 minutes you, so you just expand your speaking time gradually. All of a sudden, something magical will happen... One day you will discover that you can talk for hours and hours!



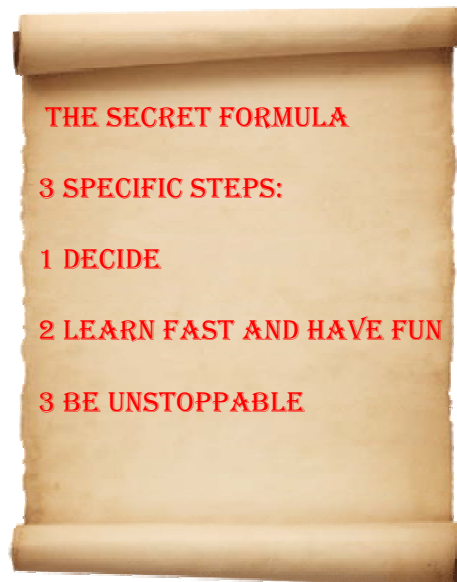
By the way, talking about **kookwekkers**... Timing is important... Don't try to speak Dutch when your partner just arrives exhausted from work or when your colleague is working on some serious business. Choose some good moments in which you and your Dutch speaking partner are both relaxed. Start with 5 minutes and... always have fun 😊

This is not the end, only the beginning....

Some 50 pages ago, you started a new adventure. We started with 2 simple questions:

- 1 Would you like to speak Dutch?
- 2 If so, why not now?

Then you received the instructions of a secret formula for getting into Dutch flow fast:



Do all these words have more meaning now? If not, then read the eBook again!

Sure, learning Dutch may be a challenge and many people complain that learning and speaking Dutch is so extremely difficult (maybe in secret you still do), but... with the new insights that you gained so far, how do you look at it right now?

Basically, it is very simple. Whenever people are struggling with Dutch, then it is always because of the fact that somehow they 'forgot' to apply one of these **3 steps in a very specific way**. For example, you have been learning Dutch, but not fast and without fun. Just check it for yourself. However, and now comes the good news, just by applying each and every principle in a certain way, **Dutch flow is virtually guaranteed**.

At the end it is no rocket science. Some things promote slow learning and other things promote fast learning. Some things lead to stuckness and other things lead to fluency. There is always a choice. There is only one catch... **only YOU can make a difference for your Dutch**. So if speaking great Dutch is your dream then go for it! Take action now! **Decide, learn fast, have fun and be unstoppable**. Dutch flow is such a wonderful place. Therefore, do something, because I just know that **you will love it!**

Albert Both

Albert Both

An invitation that could change your life!

Have you ever wondered how your Dutch could sound like if you just had some more clarity in your head, a bit more confidence or some more fun with it? Or maybe you already speak some Dutch already, but you would just love to have more of the good stuff....

Now that you have read this eBook, you must understand that a lot of your Dutch fluency success depends on your mindset and also your ability to deal with grammar and vocabulary. People that are good at languages often do not study a lot, they just see, feel and understand things. Therefore for them progress is going fast, without too much effort. Have you ever wished to be more receptive for learning and speaking Dutch? I hope so, because if you do, I have something that you may like. It is a special invitation, but it is only **an invitation for those people that are really interested and truly motivated...**



What if you could just take a shower for your brain? Imagine that you could simply wash away all those stupid things that stand in your way of Dutch fluency. What could happen if you could refresh your whole mind and just start to look at everything with whole new eyes?



This was exactly the thought that I had when I created the **Dutch Brainwash** four years ago. Don't worry... it is not a technique from North Korea! ☺ You do not have to burn your clothes or stay awake at night.... But you get the idea right?

Right now I have given more than 30 Dutch Brainwash courses with all kinds of people from all different kinds of levels and different cultures. It is the most powerful program that I have created so far. **Within a short period of only 7 days** you will launch your own Dutch language rocket, so to speak!

It is amazing how much you can learn if you work and have fun for 7 days with a small group of people that are all motivated and supportive to each other. Here are some of the things that you can learn:

- create many sentences about any topic that you like, with ease
- rapidly increase your vocabulary
- Predict the meaning of new words that you have never ever seen before
- Fully understand the logical and creative system of Dutch
- Get out your tunnel vision and think out of the box
- How to have fun in Dutch, how Dutch humor works
- How you can use English or other languages to learn Dutch even faster
- How to sound intelligent, even with a limited knowledge of Dutch

- Simple techniques that instantly increase fluency
- How thinking in pictures changes everything
- How to use everything that you already know to your maximum benefit
- Really understand Dutch grammar
- How to learn fast and save hundreds of hours of studying time
- Experience different learning styles and find out what suits you the most
- Activate your natural ability to learn and speak a new language
- Much more, many surprises and things that you will not expect!

Groups are always small (max 6 persons), because I want to give each person a lot of attention. At the same time, you can also benefit from many positive group dynamics as well. The main focus is speaking and at the same time you will also read and write Dutch, so that learning goes even faster. One thing is certain: after 7 days your whole idea about Dutch will be different and you will be 'brainwashed' in a positive way!

Once you are 'officially brainwashed' you can **join monthly fluency activation sessions for free**. During two hours you can talk in a small group about any thinkable subject and with some personal feedback, you can boost your fluency even more. It is that great thing that guarantees that your further progress is continuous and unstoppable.

If you like the idea of a Dutch Brainwash then go to <http://dutchflownow.nl/dutchbrainwash> for more information.
Or send me an email: albertboth@dutchflownow.nl



If you like to **experience** many of the things that you have read **in this eBook in a live class environment**, then here is another offer that I think, you can't refuse...

Every 6 weeks I also organize a **free workshop** Finding Dutch Flow
In this special workshop you can find out for yourself what exactly is stopping you and how you can open the floodgate to Dutch flow.

You will see many things from a new perspective again and... there is also some great stuff that you cannot find in this e-book

For more information:
<http://dutchflownow.nl/findingdutchflow>
or send me an email: albertboth@dutchflownow.nl



Finally: the most important thing that you need!

This is the most important thing that you need for learning and speaking great Dutch
In Dutch it is called **een blikopener**



Probably this does not make sense right? **Een blikopener** is can opener in English, so what?

Yes, I must admit... in English it is not funny. But... as you may have discovered by now, Dutch is different...

Sure... **blik** is can. But... it also means look. Therefore, if you use your fantasy, you could also see it as **eye opener**...

Boosting your Dutch is all about opening your mind and your eyes... Remember that many Dutch words can have many meanings.

By the way... what did Obama really mean when he said: yes we can? All right, let's stop it... it is time to finish my eBook.... I thought it would be nice to finish with a personal touch...

Something about me

Hello! My name is Albert Both. Some of you may know me already, because 5 years ago I published another eBook *Why You Hate Learning Dutch and 7 Secrets to Change it*. (You can download it for free at <http://www.talencoach.nl>)



In those 5 years many things have happened. I moved my office to the Keizersgracht (in the historical heart of Amsterdam) and I created a whole new course the Dutch Brainwash, an intensive course for 7 days in a row. While having many interactions with many people from all kinds of levels and different cultural backgrounds, I discovered many new things.

First of all, I discovered that most people seem to be trapped in a kind of tunnel vision when it comes to actually speaking Dutch. It took some years for me to realize that although Dutch and English are very similar languages, there are some radical differences too. So then I noticed that for my teaching, a shift had taken place. One of my new priorities is to make sure that people really open their minds and start to see things in a much broader perspective.

Sure, it could sound vague for you, and it is not something that language schools tell you. It is not something that you learn when you follow a course for becoming a language teacher, not even at the university. Therefore I can only be grateful for all the new insights that I got. In that sense I really feel lucky that I love so many different things at the same time, such as many languages, coaching, NLP, accelerated learning, theater sport, public speaking and standup comedy!

Anyhow, it seemed to me that fluency in Dutch is such a wonderful goal to have. Contrary to what many people think it is not that difficult at all. So, now is the time for a new eBook. I hope that you like it and... chances are high that much more will follow... there is still so much more that I could share!

One funny thing is that **leren** in Dutch means both to learn and to teach. There is some logic in it. While you teach, you will also learn. That is why I love to have personal interaction with my students! Once again, enjoy reading my book and... if you like you can also send me a mail. It is always good to hear something from you!

Vrolijke groet (cheerful greeting),

Albert Both

Albert Both (Mr. Dutch Brainwash)

Notes + ideas for action:

P.S: what are you waiting for?