

☆ Principle # 1: Focus on language content that is relevant to you

☆ Principle # 2: Use your new language as a tool to communicate from day 1

Principle # 3: When you first understand the message you will unconsciously acquire the language

Principle # 4: Physiological training

☆ Principle # 5: Psycho-physiological state matters

*like workout / gym.*

Action # 1: Listen a lot (brain soaking)

Action # 2: Focus on getting the meaning first (before the words)

Action # 3: Start mixing

Action # 4: Focus on the core

Action # 5: Get a language parent ☆

Action # 6: Copy the face ☆

Action # 7: "Direct connect" to mental images