

# Flow English

## How To Use The Lessons

Welcome To Flow English Lessons. Flow English Lessons are part of the Effortless English System.

You now have a link to the download page. **Save the email and link. Do not lose it.** It is the only way you can download each lesson set.

Each lesson Set has at least 3 different parts. All parts in a Set have the same name. These lessons go together. Every day, you will listen to all the lessons in ONE lesson SET (all the lessons with the same name). You will listen to the lessons in only one set. You will listen to only one set for a week or more.

This is very important. You will only improve quickly if you follow this method-- one lesson set everyday-- the same lesson set every day for a week (or more).

Some sets have more than 4 parts.

What kind of parts are in each set, and how should you use them?

**\*A Text Article** (Adobe .pdf file)

Read the article and review the wordlist if there is one. Do not “study” it. Don’t try to memorize it. Just read it a couple of times each day and review new words (in a relaxed way). Use a dictionary to translate difficult words, if necessary.

**\*Mini-Story Lessons**(MP3)

This is the most powerful lesson. First time, just listen. Then, listen and pause after each question. Answer each question loudly in English, then play again. Continue to pause and answer after each question. Don’t worry if you don’t understand everything. Don’t worry about mistakes.

In the Mini-Story, we will do only three things:

1. We will make a statement. After a statement, just say, “Ahhhh” or “Ohhhh”.
2. We will ask a question that you know the answer to. Just answer the question. You don’t need to answer with a sentence. You can answer with only one or two words.
3. We will ask a question that you don’t know the answer to. Guess. Yell a guess immediately. Again, you can guess with just one (or a few) words. Complete sentences are not necessary.

When you answer a question, don’t worry about exact answers. Saying a correct and exact answer is not important. The most important thing is speed. Try to answer very quickly. Speed is your goal. **You want short fast answers, not long answers (one word is OK)!** In the beginning, this

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may be difficult. That's OK. Use your **pause** button.

Eventually try to answer instantly, without using your pause button (this may take two weeks or even more).

Listen to this lesson many times every day for at least a week. The Mini-Story is the **MOST IMPORTANT LESSON** in the Effortless English system. Listen to these lessons the most.

### \***Audio Story** (MP3)

Just listen. Relax and enjoy it. Listen to it several times each day for at least a week. Your goal is to understand 100% instantly and automatically.

You also have:

### \***Commentaries**

These are extra talks about the topic. They might seem very difficult.

If they seem too difficult, skip them. The Commentary lessons are the **LEAST IMPORTANT** lessons in the Effortless English system. You can skip them if they feel too difficult.

However, if you understand 75% or more... listen. You probably won't understand everything-- its normal. Just relax and listen. Focus on the general ideas and information, not the language. Try to understand the main ideas. Listen to this lesson a couple of times each day for at least a week.

### **Suggested Lesson Order (Every Day Using The Same Set):**

1. First, read the Text article. Read and review it, do not "study" it. Don't try to memorize it.
2. Listen to the Mini-Story Lesson several times
3. Listen to the Audio Story several times
5. Listen to the Commentary (if there is one, and if you can understand it).

### **Learning Schedule**

Effortless English is a **deep learning system**. You will learn each lesson very well. You will relax, go slowly and learn to speak English easily and automatically.

The best study schedule is as follows:

\*Study one lesson set for a week or more. That's right, only one set for at least a week. If you get bored, make a game with the Mini-Story lessons-- try to answer each question faster and faster.

\*Everyday, listen to all of the parts of the lesson set. Try to listen to each part (in the set) at least two times every day. Listen to each lesson in the set every day-- for at least a week. You should, therefore, repeat every lesson at least 20 times. 30 or more times for each lesson is best. Remember, the Mini-Stories are most important.

\*Listen at least one hour every day. **Two hours every day is best.** Its OK to divide your time during the day. For example, you might listen 30 minutes in the morning, 30 minutes going to work, 30 minutes during lunch, 30 minutes going home, and 30 minutes before going to sleep. In fact, this

is an excellent way to learn.

\*Relax :) Do not think about grammar rules. **Just listen** to the lessons and **enjoy** them. There is no pressure. You only need to listen and answer the questions (use the pause button).. If you have trouble, its OK. Just relax, go back to the beginning, and listen more. **Listening** is the most important activity.

\*Start with the level “1.” lessons. These are the slowest, shortest, and easiest lessons. Then move to the lesson sets that begin with “2.”. These have a little more difficult words or grammar.

Even if the lessons seem easy, listen to only one set for a full week. You might know the words very well, but you need them to **go deep** into your brain. You need **a lot of repetition** and a lot of answering questions. If the lessons seem easy, try to answer the questions very quickly-- make it a game.

If even the “1.” level lessons seem difficult-- just relax. You can listen to one lesson set for 4 weeks, or 10 weeks if necessary. Don't worry about doing a lot of lesson sets. This is not important. **Relax** and focus on understanding. Choose one lesson set at level “1.”. Listen to all the lessons in it everyday until you understand them 100% of the Audio Story. Go slow. You will improve a lot, even if you listen to only one lesson set for 10 weeks!

### **The Effortless English Forum**

As a user of The Effortless English System, you can join our Forum. The Forum is a place to meet other members. This is a new bonus for users of The Effortless English System.

**Go to the Forum at:** <http://forum.effortlessenglish.org/>

Use the Forum to meet other English speakers from all over the world. Schedule Skype discussions with other members. Share opinions, suggestions, and information.

When you try to add a comment, you will be asked to login.

**Click “Not Registered? Sign Up Now!”** and create an account.

Later, you will login with the username and password you created.

### **The Effortless English Wiki**

As a user of the Effortless English System, you can also join our Wiki for free. What's a wiki? A wiki is a group website. Each member can add pages and edit them.

You can, for example, create your own page to introduce yourself to other Effortless English members. You can also add a link to your personal blog or webpage.

And the wiki has a chat room where you can talk to other members who are online when you are. To get started with your own page, go to:

<http://effortlessenglish.pbwiki.com/>

The password is: **wuwei**

**[www.FlowEnglish.com](http://www.FlowEnglish.com)**

## Our Podcasts & Blogs

Do you want to learn more about The Effortless English System? Do you have a comment or suggestion for us?

Chris Podcast

<http://www.FlowEnglish.libsyn.com>

AJ's Podcast

<http://www.EffortlessEnglish.libsyn.com>

You will learn more about the Lessons. You'll learn more about us. You'll hear about new Lesson Albums that are coming. And you'll learn more about learning English fast and easily.

You can also leave a comment for us!

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