

How to Use Bucky Language Programs:

We learn languages unconsciously, without being aware of it. We *don't think about the individual words* - we just try to *understand the language* in chunks. So don't think about the words, just experience the language.

Do the following three things when you use a Bucky program to learn a language:

1. Listen and read for no more than ten or fifteen minutes, stopping anywhere in the text that feels comfortable. If you listen for more than fifteen minutes, your brain will get tired.
2. Work only with the passage you chose as many times as you can during the day or week. It takes thousands of hours of first hearing a language to learn it, and the reason most language programs fail is that the person doesn't spend enough time with the text. Think of it this way - if you want to become a pro athlete, you can't just skip all the years of training that are necessary to get to that high level of performance. Those athletes practice what they do over countless hours. You must do the same or you won't learn the language, even with a Bucky program.
3. After you have listened to and read that one single passage many times, and you want to move on, don't. Go back to the passage and this time drop the reading part and just listen - don't read anymore. Your deeper mind will now successfully understand what the text means because a) you have chosen such a small text to get mega repetitions on, and b) the repetition patterns in the Bucky program are very effective.
4. Once you have gone through the original pattern while listening only, do not try to speak. Just pick the next chunk of ten or fifteen minutes in the next passage in the chapter and rinse and repeat steps 1 through 3 above. *Work your way through the entire program in this way.*

Ideally, you will have read and listened to the entire Bucky story for hundreds and hundreds of hours following that short chunking pattern system where you first read and listen, and then just listen. Expect language sounds to jump into your head at all times, day and night. It will. That's how you know it's working – it is organizing things in your deeper mind without you even being aware of it. *That is how languages are really acquired.*

What about speaking? Research shows that the neurological distance from reading and hearing and speaking is very great. Thousands of hours of this short chunking of reading and listening are necessary before you can possibly expect to begin speaking the language. It's just that way. If you rush it, your brain and mouth can't handle it, and you will end up, at best, with a really bad American accent on top of the language you are learning or, at worst, with zero real language gains for all your hard work.

So, to repeat, here is how to use the Bucky program:

1. Listen and read in short bursts from a few minutes to fifteen minutes, but no more, as often as you can.

2. Do that over and over until you are saturated. Remember not to think about any of the words you see, just try to grasp what it means.

3. Then drop the reading and just listen to the passage, in short segments as described above. Do that over and over until saturation, thinking of the meaning and not the words.

4. Only after you have finished the entire book in this way, which should take a long time (it will depend on how many Bucky sessions you do each day or week), then and only then should you go back and start the program from the beginning while reading, listening and finally speaking in the pauses provided.

Good luck and be patient! Choose a segment and get as many repetitions as you can on it. Remember to hold off the speaking part until your brain has had time to organize the wide neurological roadways that are necessary before pure speech can occur. Speech output is a lot longer and more complicated process than anyone has any idea. Just *let your deeper mind do all the work* and stop trying to control everything. It will, if you let it!

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