

This book is dedicated...

To peace, and all those working for it in the world  
To our beautiful Earth, and all those dedicated to protecting her  
To all the children, and to the inner child within us all.  
To all the great spiritual teachers of all faiths and traditions  
And to all their humble and sincere followers  
To all those committed to facing the darkness in themselves  
and in the world, without succumbing to hatred or despair  
To all those willing to forgive, even those that persecute them  
To the noble spirit within every human being  
To all Divine Beings of all the Celestial Courts  
To the Supreme Being beyond all names and forms  
To the adventure of existence, and all those who sail within her

Viva Paz!

Viva Amor!

Viva Harmonia!

Viva a Nossa União!

Viva Todas as Igrejas!

Viva a Liberdade do Santo Daime!



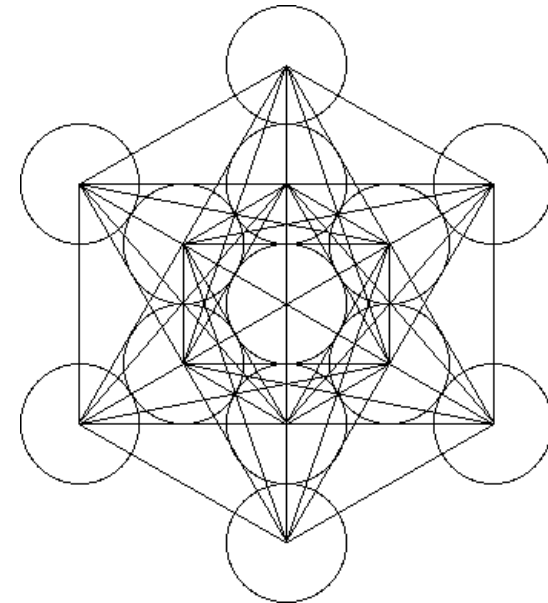
All the profits from the sale of this book are donated to  
charitable projects in the Amazon.

Please give generously!

**For more information and to order more copies, please email:**

[ollieframe@yahoo.co.uk](mailto:ollieframe@yahoo.co.uk)

## PORTUGUESE FOR DAIMISTAS THE SPECIALIST FAST-TRACK GUIDE



INCLUDING SECTIONS ON PRONUNCIATION,  
VOCABULARY, TERMINOLOGY, GRAMMAR,  
USEFUL INFORMATION & PRAYERS

*by Ollie Frame*

\*\*\* DONATION — 100% PROFITS \*\*\*  
SUPPORT AMAZONIAN CHARITIES



### **Hail Holy Queen**

*Hail Holy Queen, Mother of Mercy,  
Our life, our sweetness and our hope.  
To you do we cry, poor banished children of Eve  
To You do we send up our sights  
Mourning and weeping in this valley of tears.  
Turn then, O most gracious Advocate, your eyes of  
Mercy toward us and after this, our exile, show unto  
Us the blessed fruit of they womb, Jesus.  
O Clement, O loving, O sweet Virgin Mary,  
Pray for us O Holy Mother of God,  
That we may be worthy of the promises  
Of our Lord Jesus Christ, our Lord forever  
Amen, Jesus, Mary and Joseph.*

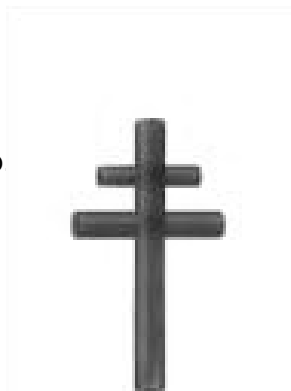


### **ENCERRAMENTO – CLOSING THE WORK**

To close the session, the person leading the work says, “Louvado seja Deus nas alturas”, to which all respond “**Para que sempre seja louvada a nossa Mãe Maria Santíssima, sobre toda a humanidade. Amém**” . Then, the sign of the cross is made four times, first on the forehead, then over the lips, then over the head and throat and finally over the head, shoulders and chest area together. The four crosses protect and bless our thoughts, speech, feelings and our whole being, and are said in time with each line of the following prayer.

- ✠ Pelo sinal da Santa Cruz
- ✠ Livrai-nos Deus, nosso Senhor
- ✠ Dos nossos inimigos.
- ✠ Em nome do Pai, do Filho e do Espírito Santo Amém.

*By the sign of the Holy Cross  
Deliver us God, our Lord  
From our enemies  
In the name of the Father,  
The Son, and the Holy Spirit, Amen.*



### **INDEX**

#### **PRONUNCIATION & VOCABULARY SECTION**

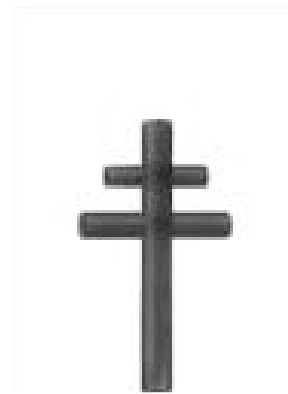
Pronunciation Tips  
Words with Unusual Pronunciations  
Top 50 Daime words  
Additional 50 words – General Portuguese  
False friends – words that are easily confused  
Specialist Daime words and concepts  
Types of Daime work  
Words used within the session  
What do all the little words mean?!  
Conversation  
Numbers

#### **GRAMMAR SECTION**

Plurals, negatives, articles and pronouns  
Regular verbs  
Irregular verb tables  
Possessive pronouns  
Prepositions  
Preposition Contractions

#### **VIVAS & PRAYERS SECTION**

Standard Viva sequence  
Other Vivas  
Pai Nosso  
Ave Maria  
Chave de Harmonia  
Salve Rainha  
Encerramento – closing the work



## **PRONUNCIATION TIPS**

Here are some things to watch out for when it comes to the pronunciation of Brazilian Portuguese. On the whole, there are not many difficulties, although Brazilian pronunciation is notably quirkier than European Portuguese. Letters and letter combinations not listed below are generally pronounced as they would be in English.



<b>ÃO</b>	Like a nasalised version of the exclamation Ow! (Tip: block your nose with your fingers the first time you say it, then let go and replicate the sound)	Coração is pronounced ko-ra-SAOW
<b>C</b>	like [K] when followed by A, O or U, but like [S] when followed by E or I.	Casa (House) is pronounced KA-za Cego (blind) is pronounced SEH-guw
<b>Ç</b>	pronounced [S]	Peço (I ask) is pronounced PE-su
<b>CH</b>	pronounced like [SH] in Shame.	Chamar (to call) is pronounced sha-MAR
<b>D</b>	before a weak vowel (E or I), pronounced like the J in Jim.	dizer (to say) is pronounced jee-ZER de (of) is pronounced JEE.
<b>G</b>	like [G] in game when followed by a hard vowel (A, O, or U) and like [J] in Jem when followed by the soft vowels E or I.	Garrafa (bottle) is pronounced ga-HA-fa, but Gente (people) is pronounced JEN-chee
<b>H</b>	at the beginning of a word is silent	Hino (hymn) is pronounced EE-nu

## **Chave de Harmonia**

Desejo Harmonia, Amor, Verdade e Justiça a todos os meus irmãos.  
Com as forças reunidas das silenciosas vibrações dos nossos pensamentos, somos fortes, sadios e felizes, formando assim um elo de fraternidade universal.

Estou satisfeito e em paz com o universo inteiro e desejo que todos os seres realizem as suas aspirações mais íntimas.

Dou graças ao Pai invisível por ter estabelecido a Harmonia, o Amor, a Verdade e a Justiça entre todos os seus filhos.

Assim seja.

Amem.

## ***Key of Harmony***

*I wish Harmony Love, Truth and Justice to all my brothers and sisters.*

*With the reunited powers of the silent vibrations of our thoughts, we are strong, healthy and happy, thus forming a link of universal fraternity.*

*I am satisfied and in peace with the whole universe, and I wish that all beings achieve their most intimate aspirations.*

*I give thanks to my invisible Father for having established Harmony, Love, Truth and Justice among all his children.*

*So be it*

*Amen.*

## **Salve Rainha**

Deus Vos salve, oh Rainha !

Mãe de misericórdia, vida, doçura, esperança nossa, salve.

A Vós bradamos os degredados filhos de Eva e a Vós suspiramos, gemendo e chorando neste vale de lágrimas.

Eia, pois advogada nossa esses Vossos olhos misericordiosos a nós volveis e depois deste desterro mostrai-nos Jesus.

Bendito fruto do Vosso ventre.

Oh ! Clemente, Oh ! Piedosa, Oh ! Doce sempre Virgem Maria.

Rogai a Deus por nós Santíssima Mãe de Deus para que sejamos dignos de alcançar as promessas de Nosso Senhor Jesus Cristo, Senhor nosso.

Amém, Jesus, Maria, José

### **Pai Nosso**

Pai nosso que estais no Céu,  
Santificado seja Vosso nome  
Vamos nós ao Vosso Reino  
Seja feita a Vossa vontade  
Assim na Terra como no Céu  
O pão nosso de cada dia  
Nos dai hoje, Senhor  
Perdoai as nossas dívidas,  
Assim como nós perdoamos  
os nossos devedores  
E não nos deixe, Senhor,  
Cair em tentação  
Mas livrai-me e defendei-me,  
Senhor, de todo mal  
Amém, Jesus, Maria e José

### ***The Lord's prayer***

*Our Father  
Who art in heaven  
Hallowed be thy name  
Let us go into thy Kingdom  
Thy will be done  
On earth as it is in heaven  
Give us this day  
Our daily bread  
Forgive us our trespasses  
As we forgive those who trespass  
against us  
Lead us not into temptation  
But deliver us, Lord  
From all evil  
Amen, Jesus, Mary, Joseph*

### **Ave Maria**

Ave Maria, cheia de graça!  
O Senhor é convosco  
Bendita sois Vós  
Entre as mulheres  
Bendito é o fruto do Vosso  
ventre, Jesus  
Santa Maria, Mãe de Deus  
Rogai a Deus por nós  
pecadores  
Agora e na hora de nossa  
morte  
Amém, Jesus, Maria, José.

### ***Hail Mary***

*Hail Mary, full of grace  
The Lord is with Thee  
Blessed art Thou  
Amongst all women!  
And blessed is the fruit of thy  
womb, Jesus.  
Holy Mary, Mother of God,  
Pray to God for  
us sinners  
Now and at the hour of our  
death.  
Amen, Jesus, Mary and Joseph*

- L** at the end of a word is like [W].
- M** at the end of a word is like a soft [NG] sound.
- NH** pronounced [NY], like at the beginning of the English word **nuisance**.
- O** at the end of a word, pronounced like the U in Sue.
- R** at the beginning of a word, after N or when doubled (RR) is pronounced exactly like an English [H].
- S** At the beginning of a word as [S] but at the end of a word or between two vowels it is pronounced [Z]
- T** before a weak vowel (E or I) is pronounced like the CH in Cheese

Brasil is pronounced bra-ZIW

Bem (good) is pronounced BEng

Caminho (path) is pronounced ca-MI-nyu

Canto (I sing) is pronounced CAN-tuw

Rainha (Queen) is pronounced hi-EEN-ya

Casa (House) is pronounced CA-za.

importante is pronounced im-por-TAN-chi

### **WORDS WITH UNUSUAL PRONUNCIATIONS**

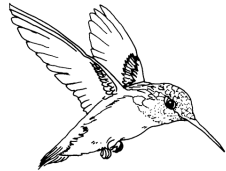
**sob** [SOB-ee] =under,  
**rainha** [hi-EEN-ya] =queen  
**tem** [teng] =he/she/it has  
**observar** [obby-zer-VAR] = to observe  
**ignorancia** [Iggy-no-RAN-seeya] =ignorance  
**advogada** [a-jee-vo-GA-da] = advocate



## ☆TOP 50 DAIME WORDS☆

Start with these! Here are some of the most commonly used words in the Daime hymns. If you can learn or at least recognise these, you are already half way there! (note: the stressed syllable is in capitals)

**agradecer** [ *a-gra-deh-SER* ] to thank/ be grateful to  
**alcançar** [ *al-kan-SAR* ] to reach/ attain (your goal)  
**alegria** [ *a-leh-GREE-a* ] joy  
**amar / amor** [ *a-MAR/a-MOR* ] to love/love  
**amigo (m) amiga (f)** [ *a-MI-go* ] friend (m) friend (f)  
**balançar** [ *bal-an-SAR* ] to shake (also used metaphorically)  
**beija flor** [ *BAY-ja FLOOR* ] humming bird (lit. kiss flower)  
**beira mar** [ *BAY-ra MAR* ] the seaside  
**bonita** [ *bo-NEE-ta* ] beautiful  
**caminho** [ *ca-MIN-yu* ] path  
**cantar** [ *can-TAR* ] to sing  
**casa** [ *CA-za* ] house  
**céu** [ *SAY-oo* ] sky / heaven  
**chamar** [ *sha-MAR* ] to call  
**coração** [ *co-ra-SAOW* ] heart  
**cruz** [ *CROOZ* ] cross  
**cura** [ *COO-ra* ] healing  
**Deus** [ *DAY-oos* ] god  
**doente / doença** [ *doh-EN-chee / doh-EN-sa* ] sick (adj) / sickness  
**ensinar / ensino** [ *en-si-NAR / en-SI-nu* ] to teach / teaching  
**escuridão** [ *es-kur-i-DAOW* ] darkness  
**esquecer** [ *ess-ke-SER* ] to forget  
**estrela** [ *ess-TRE-la* ] star  
**feliz** [ *feh-LIZ* ] happy  
**firmeza** [ *fir-MEH-za* ] firmness, perseverance (key daime concept)  
**flores** [ *FLO-rez* ] flowers  
**floresta** [ *floh-RESS-ta* ] forest  
**força** [ *FOR-sa* ] power / strength / force  
**hino** [ *EE-nu* ] hymn / song  
**ilusão** [ *ee-loo-ZOW* ] illusion



## VIVAS AND PRAYERS

### VIVAS

#### The Standard Viva sequence

Viva O Divino Pai Eterno!

Viva A Rainha da Floresta!

Viva Jesus Cristo Redentor!

Viva O Patriarca Sao José!

Viva Todos Os Seres Divinos!

Viva Nosso Chefe Imperio!

Viva Toda Irmandade!

Viva O Santo Cruzeiro!

Long live...The Divine Father

...The Queen of the Forest

...Jesus Christ the Redeemer

...The Patriarch St Joseph

...All Divine Beings

...Our Imperial Master

...The brother- and sisterhood

...The Holy Cross

#### Other Vivas

Viva O Dono do Hinario!

Viva todas as igrejas!

Viva a Nossa União!

Viva as visitantes!

Viva Todos Nós!

Viva as Crianças!

...The owner of the hinario

...All the Daime churches/groups

...Our union

...The visitors

...All of us

...The children



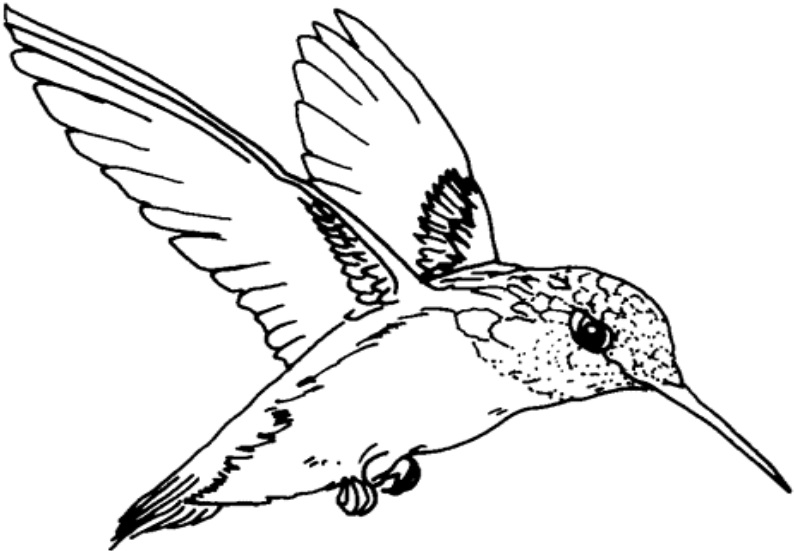
### PRAYERS

Santo Daime works begin and end with the Portuguese versions of the Lord's Prayer and Hail Mary. Mestre Irineu made one alteration, however, changing **Venha a nós o vosso reino** (Thy Kingdom come) to **Vamos nos ao Vosso Reino** (Let us go into thy kingdom) to emphasise that it is by our efforts that we enter the kingdom of God. The Daime version also ends with Amém, Jesus, Maria e José (Amen, Jesus, Mary and Joseph) instead of simply Amen.

**CONTRACTIONS**

In Portuguese, when a preposition (to, from, of, by... etc) is followed by an article (=“the” or “a”), the two words are combined and contracted to form a new word that is not always easy to recognise. For example, “em” (in) followed by “o” (the) gives “no” (in the).

Preposition + article	Contracted form	English translation
em + o/a/os/as	no/na/nos/nas	“in the” or “on the”
por + o/a/os/as	pelo/pela/pelos/pelas	“by the” or “for the”
a+ o/a/os/as	ao/à/aos/às	“to the” or “at the”
de + o/a/os/as	do/da/dos/das	“of the” or “from the”
de + um/uma	dum/duma/	“of a” or “from a”
de + uns/umas	duns/dumas	“of some” or “from some”
em + um/uma	num/numa	“in a” or “on a”
em + uns/umas	nuns/numas	“in some” or “on some”



irmão (m) irma (f) [ eer-MAOW / eer-MA ] brother / sister (also, fellow daimista)  
lição [ li-SAOW ] lesson  
limpar [ lim-PAR ] To clean / purify  
louvar [ Low-VAR ] to praise  
lua [ LOO-a ] moon  
luz [ LOOZ ] light  
(Virgem) Mãe [ VIR-jeng MA-ee ] (virgin) mother  
mar [ MAR ] sea  
mata [ MA-ta ] Forest  
merecer [ meh-reh-SER ] to deserve  
Mestre [ MESS-tree ] master (almost always refers to Mestre Irineu)  
perdoar [ per-doh-AR ] to forgive  
poder [ po-DER ] power  
rainha [ hi-YEEN-ya ] queen  
rezar [ heh-ZAR ] to pray  
saude [ sa-OO-jee ] health  
sol [ SO-uw ] sun  
trabalhar [ tra-bal-YAR ] to work  
união [ oo-nee-AOW ] union  
verdade [ ver-DA-jee ] the truth





## ☆ADDITIONAL 50 USEFUL WORDS☆

Here are 50 more important words to learn that are less specifically related to the world of the Daime.

**acreditar** [a-creh-jee-TAR] to believe

**agora** [a-GOR-a] now

**agua** [AG-wa] water

**alturas** [al-TUR-az] heights

**aprender** [a-pren-DER] to learn

**aqui** [a-KEE] here

**até** [a-TAY] until

**cada** [KA-da] each / every

**chegar** [sheh-GAR] to arrive

**compreender** [com-prey-en-DER] to understand

**conhecer** [con-yeh-SER] to know

**depois** [deh-POYZ] after

**dever** [de-VER] to have to / must

**dia** [JEE-ah] day

**dizer** [jee-ZER] to say / tell

**encontrar** [en-con-TRAR] to find / meet

**fazer** [fa-ZER] to do

**fé** [FEY] faith

**filho / filha** [FIL-yuw / FIL-ya] son / daughter

**gente** [JEN-chee] people

**jardim** [Jar-DING] garden

**levantar** [leh-van-TAR] to stand up

**lugar** [loo-GAR] place

**mandar** [man-DAR] to send

**mostrar** [moss-TRAR] to show

**muito** [MOOI-tuw] very

**noite** [NOY-chee] night

**olhar** [ol-YAR] to look

**ouro** [OR-ruw] gold

**paz** [PAZ] peace

**pedir** [peh-JIR] to ask



## COMMON PREPOSITIONS

Prepositions are words that indicate direction or location etc. Here are the most common:

em	in	até	until
a	to	desde	since
por	by/for	através de	through/across
de	of/from	sob [sob-ee]	under
antes de	before	sobre	over
após	after	por cima de	over/above
depois de	after	ao lado de	next





**POSSESSIVE PRONOUNS – MY, YOUR, HIS ETC**

Unlike English, where the possessive pronoun changes according to the owner (e.g. **his** ball, **her** dress), in Portuguese it changes according to the gender and number of the object that is owned:

- A minha Mãe** my (f) Mother
- O meu Pai** my (m) Father
- As suas flores** his/her/your/their flowers

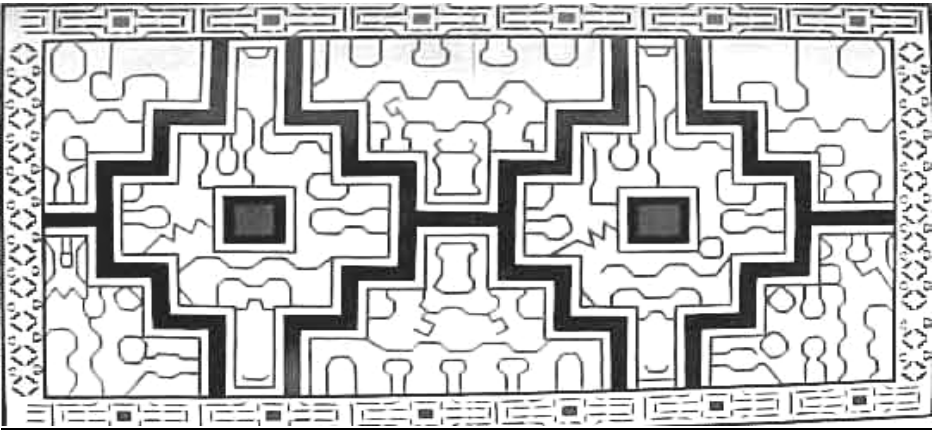
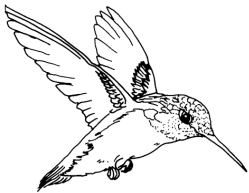


Because the forms voce and O Senhor/A Senhora, the semi-polite and very polite ways of saying You, use the same grammar (verb endings etc) as the third person singular (=he/she/it), **o seu** (f) or **a sua** (f) can mean either his, her, their, or your, depending on the context. Similarly, in very formal English, one might say “Would sir like **his** tea now?”, even when addressing someone directly. Note **o** and **a** are often (but not always) used before possessive pronouns, as if to say “the my friend”.

Pronoun	Masculine	Feminine	Example
my	<b>o meu</b>	<b>a minha</b>	o meu amigo (my friend) a minha mãe (my mother)
my (plural)	<b>os meus</b>	<b>as minhas</b>	os meus irmãos (my brothers and sisters)
your/his/her/their	<b>o seu</b>	<b>a sua</b>	o seu filho (your/his/her/their son)
your/his/her/their (plural)	<b>os seus</b>	<b>as suas</b>	os seus inimigos (your/his/her/their enemies)
our	<b>o nosso</b>	<b>a nossa</b>	a nossa casa (our house)
our (plural)	<b>os nossos</b>	<b>as nossas</b>	os nossos pensamentos (our thoughts)



- pensar / pensamento** [ pen-SAR / pen-sa-MEN-tuw ] to think / a thought
- primor** [ pree-MOR ] perfection, beauty
- procurar** [ pro-cu-RAR ] to seek
- quando** [ KWAN-duw ] when
- querer** [ keh-RER ] to want; to love
- receber** [ heh-se-BER ] to receive
- redentor** [ heh-den-TOR ] redeemer
- rei** [ HEY ] king
- reino** [ HEY-nuw ] kingdom
- saber** [ sa-BER ] to know
- santo/santa** [ SAN-tuw / SAN-ta ] holy
- seguir** [ seh-GEER ] to follow
- sempre** [ SEM-pree ] always
- subir** [ soo-BEER ] to ascend / go up
- terra** [ TER-ha ] earth
- todo mundo** [ TO-duw MOON-duw ] everyone
- trazer** [ tra-ZER ] to bring
- vencer** [ ven-SER ] to defeat
- viajar/ uma viagem** [ via-JAR ] to journey / a journey
- viver** [ vi-VER ] to live



## FALSE FRIENDS – EASY TO CONFUSE

e means “and” whereas é (with an accent) means “is”

**espada** = sword (not spade)

**eventualmente** = occasionally (not eventually)

**exito** = success (not exit)

**entender** = understand (not intend)

**licença** = permission (not a licence)

**no** = “in the” (contraction of **en** + **o**)

**não** = “not/no” (not now)

**procurar** = to look for (not procure)

**pular** = to jump (not pull)

**puxar** [poo-SHAR] = to pull (not push!)

**recordar** = to remember (not record)

**realizar** = to accomplish, to carry out (not realize)



## SPECIALIST DAIME CONCEPTS

**Daime:** Literally, it means “give me” and is a shortened form of “dai-me força, dai-me amor, dai-me luz!” (Give me strength, give me love, give me light!), said when drinking the tea.

**Passagem:** lit. “passage” – a challenging stage in a work or on the spiritual path that is (ultimately) a necessary and beneficial part of the transformation process.

**Trabalho** – lit. “a work” – a Santo Daime ceremony.

**Miração** – visions experienced under the effects of the sacrament. Used in preference to the word for hallucination.

**Firmeza** – lit. “firmness” – meaning to persevere through adversity/difficulty; to hold your place.

**Balançar** - lit. “shaking” – when everything gets very intense and reality seems to wobble on its foundations

**Corrente** – lit. “current” – the energy and momentum generated by the ceremony and the singing of the *hinos*. Each Daime group is its own particular current.

## Poder – to be able to/can

	Present	Past	Future
Eu	posso	pude	poderei
Ele/Ela/ Você	pode	pôde	poderá
Nós	podemos	podemos	podemos
Vocês/Eles/Elas	podem	puderam	poderão

## Pedir – to ask

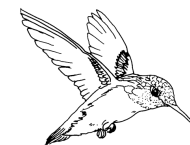
	Present	Past	Future
Eu	peço	pedi	pedirei
Ele/Ela/ Você	pede	pediu	pedirá
Nós	pedimos	pedimos	pediremos
Vocês/Eles/Elas	pedem	pediram	pedirão

## To be or not to be: ser and estar

Portuguese has two words for “to be”:

**ser** is used for permanent states whereas

**estar** is used for temporary states of being.



## Estar – to be#1

	Present	Past	Future
Eu	estou	estive	estarei
Ele/Ela/ Você	está	estivemos	estará
Nós	estamos	estive	estaremos
Vocês/Eles/Elas	estão	estiverem	estarão

## Ser – to be#2

	Present	Past	Future
Eu	sou	fui	serei
Ele/Ela/ Você	é	foi	será
Nós	somos	fomos	seremos
Vocês/Eles/Elas	são	foram	serão

## IRREGULAR VERB TABLES

Although irregular verbs have a different stem (the part onto which the ending is added), they do usually have recognisable endings. Here are some of the most useful ones to learn, or at least to become familiar with:

### Ir – to go

	Present	Past	Future
Eu	vou	fui	irei
Ele/Ela/ Você	vai	foi	irá
Nós	vamos	fomos	iremos
Vocês/Eles/Elas	vão	foram	irão

### Fazer – to do

	Present	Past	Future
Eu	faço	fiz	farei
Ele/Ela/ Você	faz	fez	fará
Nós	fazemos	fizemos	faremos
Vocês/Eles/Elas	fazem	fizeram	farão

### Ter - to have

	Present	Past	Future
Eu	tenho	tinha	terei
Ele/Ela/ Você	tem	tinha	terá
Nós	temos	tínhamos	teremos
Vocês/Eles/Elas	têm	tinham	terão

### Dizer – to say

	Present	Past	Future
Eu	digo	disse	direi
Ele/Ela/ Você	diz	disse	dirá
Nós	dizemos	dissemos	diremos
Vocês /Eles/Elas	dizem	disseram	dirão

**Hino** – “hymn”. The sacred hymns received within the Daime tradition. Used in preference to **Canção** (“song”)

**Hinário**: a collection of hymns. The hymns appear in chronological order if they are by the same person or appear in a sequence if they are a compilation of different *hinos* for a specific purpose, e.g. Cura (healing) or concentração (concentration).

**Chamado**: lit. a “call”. A *hino* that invokes the presence of a particular deity, archangel, caboclo or spirit entity.

**Caboclo** – a guiding spirit from the forest. (In popular speech, also refers to a person of mixed race).

**Puxadora** – the girls/young women who sing loudly and lead the other voices (**puxar** means to pull).

**Zelador/Zeladora** – the person who has been appointed to “look after” a *hinário* (book of hymns), i.e. remember all the correct melodies, repeats, timing and word stress.

## TYPES OF SANTO DAIME WORK

**Bailado** – Dancing work.

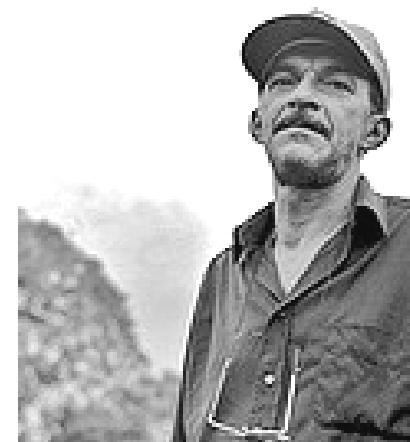
**Cura** – Healing work

**Concentração** – Concentration work. Usually done on the 15<sup>th</sup> and 30<sup>th</sup> of every month.

**Mesa Branca** – “White Table”. A session in which participants develop mediumship, contact guiding spirits and help troubled spirits.

**Santa Missa** – “Mass”. For the deceased.

**Feitio** – the ceremony in the forest in which the Daime is made



## WORDS USED WITHIN THE SESSION

**rosario** – rosary. A long series of prayers counted on a rosary of beads.

**preces** – prayers. At the beginning and end of the ceremony.

**defumacao** – burning of herbs to cleanse the space

**pausa** – break.

**encerramento** – closing of the work.

**fiscal** – the person/people helping to hold the space, look after people and keep the ceremony running smoothly.

**vomitar** - to purge/vomit

## WHAT DO ALL THE LITTLE WORDS MEAN?!

o		ou	or
a	the	sou	I am
os		só	only
as		se	if
e	and (pronounced [ee])	se	himself, herself, itself, themselves
é	is (pronounced [eh])	eu	I
no		ao	
na	in the	à	to the
nos		aos	
nas		às	



## REGULAR VERBS

There are three types of regular verb in Portuguese, grouped according to whether their infinitives end in –AR, –ER or –IR. The various endings that are added to the base form of the verb (to denote I, you, he... etc) are different for each group. Fortunately, since the endings are the same for many of the different subject categories, it is not as complicated as it sounds and you can soon learn to recognise and use the correct form.

The most useful regular verb endings are:

	Falar (to speak)	Receber (to receive)	Subir (to ascend)
<b>Present Tense</b>			
Eu	Falo	Recebo	Subo
Ele/Ela/ Você	Fala	recebe	Sube
Nós	Falamos	recebemos	Subimos
Vocês/Eles/Elas	Falam	Recebem	Subem
<b>Past Tense</b>			
Eu	Falei	Recebi	subi
Ele/Ela/ Você	Falou	recebeu	subiu
Nós	Falamos	recebemos	subimos
Vocês/Eles/Elas	Falaram	receberam	subiram
<b>Future Tense</b>			
Eu	Falarei	receberei	subirei
Ele/Ela/ Você	Falará	receberá	subirá
Nós	Falaremos	receberemos	subiremos
Vocês/Eles/Elas	Falarão	receberão	subirão



hymn “Eu te dei uma casa” (I gave you a house”), whereas **Vós** is often used when the receiver of the hymn is addressing the Divine, e.g. “Eu sou filho de Vós” (I am your son).

<b>Eu</b>	I	<b>Nós</b>	We
<b>Tu</b>	You (familiar)	<b>Vós</b>	You
<b>Você</b>	You (semi familiar)	<b>Vocês</b>	You (plural)
<b>O Senhor / A Senhora</b>	You (polite/formal)	<b>Os Senhores / As Senhoras</b>	You (plural)
<b>Ele/Ela</b>	He/She (and it, depending on gender of the noun)	<b>Eles/Elas</b>	They



## VERBS MADE EASY

In Portuguese, the verb is given different endings (or in the case of irregular verbs, different forms) to convey who is carrying out the action of the verb. For example, Cantar (to sing): canto = I sing; canta = he/she sings. Different verb endings/forms are also used to convey whether the action of the verb is in the past or the future. For example: cantei = I sang; cantou = he/she sang).



Unlike English, the personal pronoun is often omitted in Portuguese, e.g. Eu sou Feliz (I am happy) can be shortened to Sou feliz (am happy). For this reason, in order to understand the hymns it is useful to recognise the most commonly used forms of verbs, otherwise you will have no idea who is doing what!

## CONVERSATION

Here are some basic phrases for chatting to people in Portuguese

Hello	Ola/Oi
Welcome	Bem vindo or Bem vindos (to more than one person)
Good morning/Good afternoon/Good evening	Bom dia/boa tarde/boa noite
Good night	Boa noite
How are you?	Como está?
Fine thanks. How are you?	Bem, obrigado. E você/o senhor/a senhora?
I am... happy/tired/hungry	Estou feliz/cansado/com fome
Do you need any help?	Precisa de ajuda?
What is your name	Qual é o seu nome?
My name is...	O meu nome é...
Pleased to meet you	Muito prazer
Where are you staying?	Onde está hospedado
Excuse Me / sorry (to squeeze past someone)	Com licença
Sorry (apologising)	Desculpe
Thank you	Obrigado (when said by men) Obrigada (when said by women)
Is this your first time in the UK?	E a sua primeira volta no Reino Unido?
Sleep/Rest well	Durma bem
Enjoy your meal	Bom apetite
Have a good work	Bom Trabalho!
How was the work for you	Como foi o trabalho para você/o senhor (formal)
The work was... excellent/difficult/strong/great	O trabalho foi ... Ótimo/difícil/forte/legal
See you later /tomorrow / next time	Até logo/ amanhã/ a proxima volta/



## YOU MAY HEAR...

Beleza!	Beautiful / Wonderful!
Valeu/Falou	Nice one / thank you
Tudo Bem?	Everything cool?
Entendeu?	Do/Did you understand?
Que Legal!	How great/cool!
Cara	Mate
Tá (bom)	Okay / It's alright

## NUMBERS

0	zero	11	onze	30	trinta
1	um / uma	12	doze	40	quarenta
2	dois / duas	13	treze	50	cinquenta
3	três	14	catorze	60	sessenta
4	quatro	15	quinze	70	setenta
5	cinco	16	dezaséis	80	oitenta
6	seis	17	dezasete	90	noventa
7	sete	18	dezoito	100	cem
8	oito	19	dezanove	200	doiscentos
9	nove	20	Vinte	1000	mil
10	dez	21	Vinte-e-um	million	milhão



## SIMPLIFIED PORTUGUESE GRAMMAR

### Plurals

Most commonly, plurals are simply formed by adding –s:

**Casa/casas** house/houses

**Hino/hinos** hymn/hymns

For words ending in -**ção**, replace by -**ções** [SOH-eez]:

**Coração/corações** heart/hearts

**lição/lições** lesson/lessons



### Negatives

Insert the word **não** (=not) before the verb:

**Eu tenho** I have

**Eu não tenho** I do not have

### Articles – “the”, “a” and “some”.

Nouns in Portuguese are either masculine or feminine. Accordingly, the definite article (equivalent to “the” in English) is either **o** or **a**, and the indefinite article (equivalent to “a/an” in English) is **um** or **uma**. There are also plural forms:

	Singular		Plural	
Masculine	<b>o</b>	the	<b>os</b>	the (pl)
Feminine	<b>a</b>	the	<b>as</b>	the (pl)
Masculine	<b>um</b>	a	<b>uns</b>	some
Feminine	<b>uma</b>	a	<b>umas</b>	some

### Personal Pronouns

There are several ways to say “you” in Brazilian Portuguese. **Você** is the most common form for everyday use, but in order to be very polite (e.g. when addressing a visiting Padrino or Madrinda), the form **O Senhor** (m) or **A Senhora** (f) should be used. In the Daime hymns, the more familiar form **tu** (and its associated grammatical forms) is often used when the Divine is speaking to us or the receiver of the hymn directly, as in Sebastiao’s