



ENGLISH ADVANCED

Lesson 3 | What's on Your Mind?

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What's on Your Mind?

Explain the following vocabulary.



Meditation



Memories



Imagination



illusion



Mental Block



Psychology

What's on Your Mind?

Quotations.

The secret of health from both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.

- Siddhartha Gautama

You have power over your mind. not outside events. Realize this, and you will find strength.

- Marcus Aurelius

None but ourselves can free our minds.

- Bob Marley

You may die a hundred deaths without a break in the mental turmoil. Or you may keep your body but die only in the mind. The death of the mind is the birth of wisdom.

- Sri Nisardatta Maharaj

All problems are illusions of the mind.

- Eckhart Tolle

Whatever the mind can conceive and believe, it can achieve.

- Napoleon Hill

Error Recognition.

1. Those having problems with chemistry, which are an exact science, have to train themselves to be analytical.
A B C D
No error.
E
2. I realize that I must prepare for the SAT Exam, so I will be accepted by the college of my choice. No error.
A B C D E
3. Ashar is a student who recognizes that theres a time to buckle down and study, and there's time to have fun with her friends. No error.
A B C D
E
4. Most of my students doesn't know anything about psychology. No error.
A B C D E
5. Make sure to get adequate sleep to function well at work. No error.
A B C D E

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6. Her dementia effects her daily routine severely. No errors.
A B C D E
7. Technology allow workers the chance to use their imagination. No error.
A B C D E
8. You better think two before giving a conclusion to the experiment. No error
A B C D E
9. Mindful because of the fire on the floor, she rushed outside wearing a nightgown. No error.
A B C D E
10. He could not tell if what he was seeing was real or if it was a hallucinating. No error.
A B C D E
11. For a time, his health as well as his piece of mind seems to have been improved. No error.
A B C D E

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Useful Expressions.

Complete the sentences.

1. I used to think that _____ but _____ changed my mind.
2. Lately _____ has/have been crossing my mind.
3. Sometimes I find it difficult to speak my mind because _____.
4. I think only _____ fills the people's minds nowadays.
5. _____ is the last thing that should occupy your mind right now.
6. It relieves my mind to know that _____.
7. The ability to read minds is both good and bad in the sense that _____.
8. I know days can be stressful and _____ can ease your mind.
9. Although necessary, clearing one's mind seems a rocket science because _____.
10. Before saying something, keep in mind _____.
11. It's good to open your mind to _____.
12. A conversation about _____ definitely stimulates my mind.

What's on Your Mind?

Preview Questions before listening.

1. What do millions of people do to relax?
2. What did Professor Richard Davidson's remarkable experiment prove?
3. When did Professor Davidson first meet His Holiness?
4. As mentioned in the podcast, Neuroscience is a scientific studies about what specific areas?
5. Which word in the passage was defined as the wish for everyone to be free from suffering?
6. How is the experience of flash of insight different between most people and Buddhist monks?
7. Describe the test that Professor Davidson did to measure negative mental states in contrast to positive attitudes.
8. Discuss the results of Professor Davidson's experiment.
9. Does neuroplasticity denote a positive idea or otherwise?
10. How do the monks reshape their minds in the experiment?
11. According to Sam, what do the monks and Buddha have in common?
12. What could 30 minutes of meditation a day increase?

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Listening 3.1: Listen to a podcast about Meditation and the Brain

Discuss these words and expressions.

blissful	ancient	lifestyle
get it right	cross-legged	regulate
monk	embodied by	less likely
philosophy	there is no question	conscious effort
long lasting	brain circuits	enduring
remould	emotionally balanced	become familiar with

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BRAIN EXERCISES:

#1 Read the color of the text not the word written. Do it fast as you can.

Yellow, black, red, green
Blue, red, yellow, black
Black, yellow, red, green
Red, black, green, blue
Blue, green, yellow, red
Yellow, red, black, red

#2 Focus on the number 19. Then find the numbers in ascending order from 1 to 25 without passing. Use a timer.

17	9	24	25	12
8	6	1	15	7
23	21	19	3	11
20	13	4	16	5
2	14	10	18	22

<https://brightside.me/inspiration-tips-and-tricks/4-exercises-to-help-you-retain-a-sound-mind-and-clear-memory-well-into-old-age-341860/>

What's on Your Mind?

What this video and then answer the questions.

<https://www.youtube.com/watch?v=WYfYmYbp7C4> (Listening 3.2)

1. Discuss the Law of Thermodynamics.
2. What is “ the Law of Practice” and where can you apply it?
3. In what way are money and energy the same, as he always tells entrepreneurs?
4. Give an example to explain “Monkey sees; monkey do”.
5. What happens when you can and cannot concentrate?

How are these words related to “how the mind works”?

Focus

One thing
at a time

Simplify

Master

Invested

Manifest

Sustain

Finite
resource

Technology

Distraction

Awareness

Practice

Fact or Hoax

1. The average adult human brain weighs three pounds and has a texture like firm jelly.
2. Every time your arteries carry 20 to 25 percent of your blood to the brain, your heart beats.
3. Every time you [recall a memory](#) or have a new thought, you create a connection in the brain.
4. There are 100 billion neurons (nerve cells) in [the brain](#) forming what experts call a “neuron forest.”
5. Size does matter in the brain. The larger brain is smarter than a smaller brain.
6. There are 100,000 miles of [blood vessels in the brain](#). The distance around the world at the equator is 24,900 miles.
7. It is not normal for your [mind to wander](#).
8. Adults who participated in [mind-challenging activities](#) were 63 percent less likely to [develop dementia](#).
9. Women who are highly [physically fit](#) are 90 percent less likely to develop dementia than women who are moderately physically fit.
10. The harder you think, the more oxygen and fuel your brain will use from your blood – up to 50 percent.

<https://www.piedmont.org/living-better/10-fun-facts-about-your-brain>

What's on Your Mind?

1. What do you do to relax after working hard or experiencing other challenging or stressful situations?
2. Do you think there bad ways to relax? Give examples.
3. Have you ever done meditation or tried yoga?
4. Do you think you can do what the Buddhist monks were asked to do in the experiment?
5. In what ways are mind and body connected? Give an example.
6. What are the distractors in your life and how do you control them?
7. Has “Monkey sees; monkey do” ever been applicable to you?
8. Those who forget the past will repeat it. What do you think this means?
9. Would you like to have the ability of reading minds?
10. Do you know activities that can exercise the mind?
11. Have you ever called someone a “birdbrain”? If so, why?
12. What do you want to change in your lifestyle to improve your mental health?
13. When is the best time for the mind to wander?
14. What are the top 3 things that fill your mind nowadays?
15. In learning any new skill, what is one thing that you should keep in mind?

Thank
You!

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