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Vocabulary Builder Reference from...

Yongey Mingyur Rinpoche: How to tap into your awareness -- and why meditation is easier than you think | TED Talk

https://www.ted.com/talks/yongey_mingyur_rinpoche_how_to_tap_into_your_awareness_and_why_meditation_is_easier_than_you_think

All Words

IMPORTANT

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Session 1: Word List

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

essence

n. the basic or most important part or quality of something that makes it what it is

synonym: core, nature, disposition

(1) vanilla **essence**, (2) universal **essence**

University teaches the art of understanding the **essence** of the matter.

awareness

n. the fact or state of knowing something exists and is important

synonym: understanding, cognition, knowledge

(1) **awareness** of my ignorance, (2) raise public **awareness**

There has been a gradual but steady rise in environmental **awareness**.

misunderstand

v. to interpret or understand something in the wrong way
synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

concentration

n. the ability to focus all your time and energy on one thing without thinking about anything else.

synonym: attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

bliss

n. extreme happiness or joy

synonym: delight, euphoria, happiness

(1) ignorance is **bliss**, (2) ultimate **bliss**

The first two years of her marriage were sheer **bliss**.

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym: quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

relax

v. to become or cause someone to become less active or tense and calmer

synonym: soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym : confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

thunderstorm

n. a storm with lightning and thunder, typically with heavy rain and strong gusts of wind

synonym : tempest, lightning storm, deluge

(1) severe **thunderstorms**, (2) **thunderstorm** advisory

The forecast called for a chance of **thunderstorms** in the afternoon.

snowstorm

n. a storm with heavy snowfall, usually with a strong wind

synonym : blizzard, winter storm, snow squall

(1) **snowstorm** warning, (2) a northern **snowstorm**

The news warned of a potentially dangerous **snowstorm** expected to hit the area.

crazy

adj. stupid or not sensible; very angry

synonym : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

rid

v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

synonym : do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

purity

n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

synonym : sinlessness, innocence, cleanliness

(1) the degree of **purity**, (2) high **purity**

Higher **purity** requires additional equipment and energy.

similarly

adv. in almost the same way

synonym : also, likewise, ditto

(1) **similarly** situated, (2) have **similarly** great abilities

We argue that wages for temporary workers should **similarly** rise.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym : basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights

Human behavior has **fundamental** characteristics.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym : feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

technique

n. a particular way or art of doing something that needs skill

synonym : approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

retreat

n. the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life

synonym : escape, withdrawal, vacation

(1) **retreat** deeper into their territory, (2) **retreat** in a mountain region

Many people go on a **retreat** to recharge and reconnect with themselves.

disaster

n. an unexpected event or series of events that cause widespread damage, destruction, or loss of life

synonym: catastrophe, calamity, tragedy

(1) global **disaster**, (2) **disaster** recovery

The **disaster** response team worked around the clock to aid those affected by the earthquake.

embarrass

v. to cause someone to feel awkward, worried, or ashamed

synonym: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym: sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

solid

adj. hard or firm; characterized by good substantial quality

synonym: stable, reliable, hard

(1) **solid** ally, (2) **solid** employment measures

The **solid-state** of water is called ice.

sensation

n. a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement

synonym : feeling, perception, mania

(1) cause a widespread **sensation**, (2) taste **sensation**

If you apply this ointment, you may feel a mild burning **sensation**.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym : scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

background

n. the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

synonym : ground, experience, backdrop

(1) a **background** color, (2) a criminal **background**

The company's hiring criteria emphasize personality, not a person's **background**.

shave

v. to remove body hair with a razor; to cut the price of something

synonym : trim, cut down, prune

(1) **shave** my head, (2) **shave** cheese

That supermarket tried to **shave** certain costs by saving electricity.

foam

n. a mass of small air bubbles formed on the surface of a liquid; a substance that forms a lather when mixed with water

synonym : froth, lather, bubble

(1) the **foam** on a beer, (2) plastics **foam** material

The waves crashed against the rocks, creating white **foam**.

bubble

n. a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses

synonym : blob, balloon, mania

(1) **bubble** in the champagne glass, (2) economic **bubble**
Many people worry that the current real estate market is a **bubble** that could burst soon.

compassion

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

synonym : pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion** toward the accident

His infinite love and **compassion** for everyone never weary.

eager

adj. showing enthusiasm and a strong desire or interest to do something

synonym : keen, enthusiastic, ardent

(1) **eager** anticipation, (2) with **eager** eyes

The children were **eager** to start the treasure hunt.

abbot

n. the superior of a community of monks (= members of a male religious community)

synonym : prior, monk, friar

(1) **abbot** of the monastery, (2) appoint an **abbot**

The community of monks elected the new chief **abbot**.

monastery

n. a building or complex of buildings in which members of a male religious community, called monks, live and worship

synonym : abbey, convent, friary

(1) **monastery** garden, (2) leave a **monastery**

This ancient **monastery** was founded in the 13th century and had a long history of religious devotion.

ego

n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

synonym : self-esteem, personality, psyche

(1) **ego** defense mechanisms, (2) national **ego**

She was constantly trying to boost her **ego** by talking about her accomplishments.

emerge

v. to move out of or away from something and become visible

synonym: arise, occur, appear

(1) **emerge** as a butterfly, (2) **emerge** from poverty

During colonial eras, new migratory patterns **emerged**.

wander

v. to walk around slowly or to a place, often without any clear purpose or direction

synonym: ramble, roam, stroll

(1) **wander** alone in a strange country, (2) **wander** far from home

I often **wander** around the park for half an hour.

cozy

adj. comfortable and warm; giving a feeling of comfort, warmth, and relaxation

synonym: comfortable, warm, snug

(1) have **cozy** relations, (2) **cozy** sound of rain

The fireplace made the room feel **cozy** and inviting.

beg

v. to ask for something urgently or earnestly; to appeal to someone to do something

synonym: plead, implore, entreat

(1) **beg** the question, (2) **beg** for help

She **begged** her parents to let her go to the concert.

vomit

v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

synonym: puke, throw up, spew

(1) **vomit** abuse, (2) **vomit** after ingesting

She felt sick and had to run to the bathroom to **vomit**.

diarrhea

n. a common digestive disorder with the frequent passage of loose, watery stools that can be caused by various

factors such as infections, food poisoning, and certain medications

synonym : looseness, gastroenteritis, dysentery

(1) **diarrhea-related** dehydration, (2) **diarrhea** with abdominal pain

I had a terrible case of **diarrhea** and couldn't stop going to the bathroom.

decay

n. the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi;
(verb) to rot or decompose through natural causes

synonym : corrosion, decomposition, deterioration

(1) radioactive **decay**, (2) prevent tooth **decay**

The dead body was in an advanced state of **decay**.

drama

n. a play in a theatre, television, or radio, or performance on a stage

synonym : acting, play, theater

(1) secular **drama**, (2) upcoming crime **drama**

She had an audition for **drama** school.

mala

n. a set of prayer beads used in Hinduism and Buddhism;
(adjective, also mala fide) illegal or dishonest

synonym : necklace, rosary, garland

(1) **mala** meditation, (2) a **mala** fide abuse

She wore a beautiful **mala** necklace made of jasper and rose quartz.

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym : existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

Session 2: Spelling

1. em___e from poverty *v.* to move out of or away from something and become visible
2. c__y sound of rain *adj.* comfortable and warm; giving a feeling of comfort, warmth, and relaxation
3. national e_o *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
4. raise public aw_____ss *n.* the fact or state of knowing something exists and is important
5. mis_____and each other *v.* to interpret or understand something in the wrong way
6. em___e as a butterfly *v.* to move out of or away from something and become visible
7. secular dr__a *n.* a play in a theatre, television, or radio, or performance on a stage
8. leave a mo_____ry *n.* a building or complex of buildings in which members of a male religious community, called monks, live and worship
9. ultimate bl__s *n.* extreme happiness or joy
10. fun_____al education *adj.* forming an essential base or core from which everything else develops or is affected
11. a bac_____nd color *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

ANSWERS: 1. emerge, 2. cozy, 3. ego, 4. awareness, 5. misunderstand, 6. emerge, 7. drama, 8. monastery, 9. bliss, 10. fundamental, 11. background

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|------------------------------------|--|
| 12. a pa__c reaction | <i>n.</i> a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action |
| 13. ignorance is bl__s | <i>n.</i> extreme happiness or joy |
| 14. mis_____and entirely about her | <i>v.</i> to interpret or understand something in the wrong way |
| 15. re__x at home | <i>v.</i> to become or cause someone to become less active or tense and calmer |
| 16. c__m sea | <i>adj.</i> not excited, angry, or nervous; free from wind, large waves |
| 17. so__d ally | <i>adj.</i> hard or firm; characterized by good substantial quality |
| 18. med_____on training | <i>n.</i> the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state |
| 19. aw_____ss of my ignorance | <i>n.</i> the fact or state of knowing something exists and is important |
| 20. cause a widespread se_____on | <i>n.</i> a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement |
| 21. a m__a fide abuse | <i>n.</i> a set of prayer beads used in Hinduism and Buddhism; (adjective, also mala fide) illegal or dishonest |
| 22. ea__r anticipation | <i>adj.</i> showing enthusiasm and a strong desire or interest to do something |

ANSWERS: 12. panic, 13. bliss, 14. misunderstand, 15. relax, 16. calm, 17. solid, 18. meditation, 19. awareness, 20. sensation, 21. mala, 22. eager

23. re_____t in a mountain region *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
24. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
25. feel com_____on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
26. sn_____rm warning *n.* a storm with heavy snowfall, usually with a strong wind
27. b_g the question *v.* to ask for something urgently or earnestly; to appeal to someone to do something
28. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
29. global di_____er *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
30. a cr__y scheme *adj.* stupid or not sensible; very angry
31. plastics f__m material *n.* a mass of small air bubbles formed on the surface of a liquid; a substance that forms a lather when mixed with water
32. b_g for help *v.* to ask for something urgently or earnestly; to appeal to someone to do something

ANSWERS: 23. retreat, 24. depression, 25. compassion, 26. snowstorm, 27. beg, 28. rid, 29. disaster, 30. crazy, 31. foam, 32. beg

33. vanilla es_____e *n.* the basic or most important part or quality of something that makes it what it is
34. the te_____ue applied to construction *n.* a particular way or art of doing something that needs skill
35. wa____r far from home *v.* to walk around slowly or to a place, often without any clear purpose or direction
36. his research area of con_____ion *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
37. have c__y relations *adj.* comfortable and warm; giving a feeling of comfort, warmth, and relaxation
38. e_o defense mechanisms *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
39. the f__m on a beer *n.* a mass of small air bubbles formed on the surface of a liquid; a substance that forms a lather when mixed with water
40. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
41. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
42. mo_____ry garden *n.* a building or complex of buildings in which members of a male religious community, called monks, live and worship
43. have com_____on toward the accident *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck

ANSWERS: 33. essence, 34. technique, 35. wander, 36. concentration, 37. cozy, 38. ego, 39. foam, 40. experiment, 41. panic, 42. monastery, 43. compassion

44. di_____ea-related dehydration *n.* a common digestive disorder with the frequent passage of loose, watery stools that can be caused by various factors such as infections, food poisoning, and certain medications
45. re_____t deeper into their territory *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
46. so__d employment measures *adj.* hard or firm; characterized by good substantial quality
47. a northern sn_____rm *n.* a storm with heavy snowfall, usually with a strong wind
48. cr__y about cars and racing *adj.* stupid or not sensible; very angry
49. vo__t abuse *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
50. economic bu____e *n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
51. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
52. di_____ea with abdominal pain *n.* a common digestive disorder with the frequent passage of loose, watery stools that can be caused by various factors such as infections, food poisoning, and certain medications

ANSWERS: 44. diarrhea, 45. retreat, 46. solid, 47. snowstorm, 48. crazy, 49. vomit, 50. bubble, 51. rid, 52. diarrhea

53. si_____ly situated *adv.* in almost the same way
54. universal es_____e *n.* the basic or most important part or quality of something that makes it what it is
55. with ea__r eyes *adj.* showing enthusiasm and a strong desire or interest to do something
56. control my em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
57. taste se_____on *n.* a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
58. radioactive de__y *n.* the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi; (verb) to rot or decompose through natural causes
59. fun_____al rights *adj.* forming an essential base or core from which everything else develops or is affected
60. religious med_____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
61. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

ANSWERS: 53. similarly, 54. essence, 55. eager, 56. emotion, 57. sensation, 58. decay, 59. fundamental, 60. meditation, 61. emotion

62. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
63. a fountain of wi___m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
64. bu___e in the champagne glass *n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
65. prevent tooth de__y *n.* the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi; (verb) to rot or decompose through natural causes
66. vo__t after ingesting *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
67. have si_____ly great abilities *adv.* in almost the same way
68. c__m manner *adj.* not excited, angry, or nervous; free from wind, large waves
69. m__a meditation *n.* a set of prayer beads used in Hinduism and Buddhism; (adjective, also mala fide) illegal or dishonest
70. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming

ANSWERS: 62. depression, 63. wisdom, 64. bubble, 65. decay, 66. vomit, 67. similarly, 68. calm, 69. mala, 70. frightening

71. high pu___y *n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
72. wi___m literature *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
73. di_____er recovery *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
74. upcoming crime dr__a *n.* a play in a theatre, television, or radio, or performance on a stage
75. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
76. series of exp_____nts *n.* the scientific test conducted to observe what happens and gain new knowledge
77. severe thu_____orms *n.* a storm with lightning and thunder, typically with heavy rain and strong gusts of wind
78. wa___r alone in a strange country *v.* to walk around slowly or to a place, often without any clear purpose or direction
79. sh__e cheese *v.* to remove body hair with a razor; to cut the price of something
80. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
81. ab__t of the monastery *n.* the superior of a community of monks (= members of a male religious community)

ANSWERS: 71. purity, 72. wisdom, 73. disaster, 74. drama, 75. relax, 76. experiment, 77. thunderstorm, 78. wander, 79. shave, 80. concentration, 81. abbot

82. thu_____orm advisory *n.* a storm with lightning and thunder, typically with heavy rain and strong gusts of wind
83. a tech_____ue in martial arts *n.* a particular way or art of doing something that needs skill
84. his majestic pres_____ce *n.* the fact or state that someone or something exists, occurs, or is present
85. shave__e my head *v.* to remove body hair with a razor; to cut the price of something
86. the degree of pure_____y *n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
87. cast fright_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
88. appoint an abbot_____t *n.* the superior of a community of monks (= members of a male religious community)
89. embar_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
90. a criminal backg_____nd *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
91. embar_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
92. the evidence of the pres_____ce *n.* the fact or state that someone or something exists, occurs, or is present

ANSWERS: 82. thunderstorm, 83. technique, 84. presence, 85. shave, 86. purity, 87. frightening, 88. abbot, 89. embarrass, 90. background, 91. embarrass, 92. presence

ANSWERS:

Session 3: Fill in the Blanks

1. His infinite love and _____ for everyone never weary.
n. a strong feeling of sympathy and sadness for another's suffering or bad luck
2. This ancient _____ was founded in the 13th century and had a long history of religious devotion.
n. a building or complex of buildings in which members of a male religious community, called monks, live and worship
3. The path to a solid online _____ necessitates a high technical ability.
n. the fact or state that someone or something exists, occurs, or is present
4. If you apply this ointment, you may feel a mild burning _____.
n. a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
5. This exam requires excellent _____ to pass.
n. the ability to focus all your time and energy on one thing without thinking about anything else.
6. The participation of oil-producing countries in the war caused _____ in the financial markets.
n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
7. Many people worry that the current real estate market is a _____ that could burst soon.
n. a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses

ANSWERS: 1. compassion, 2. monastery, 3. presence, 4. sensation, 5. concentration, 6. panic, 7. bubble

8. The community of monks elected the new chief _____.
- n.* the superior of a community of monks (= members of a male religious community)
9. The news of the pandemic was a _____ reminder of the fragility of human health.
- adj.* causing fear or alarm, or very surprising and alarming
10. The community greatly respected and sought after the older adult's _____.
- n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
11. I often _____ around the park for half an hour.
- v.* to walk around slowly or to a place, often without any clear purpose or direction
12. University teaches the art of understanding the _____ of the matter.
- n.* the basic or most important part or quality of something that makes it what it is
13. The company's hiring criteria emphasize personality, not a person's _____.
- n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
14. The children were _____ to start the treasure hunt.
- adj.* showing enthusiasm and a strong desire or interest to do something
15. She felt sick and had to run to the bathroom to _____.
- v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

ANSWERS: 8. abbot, 9. frightening, 10. wisdom, 11. wander, 12. essence, 13. background, 14. eager, 15. vomit

16. The dead body was in an advanced state of _____.
- n.* the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi; (verb) to rot or decompose through natural causes
17. She had an audition for _____ school.
- n.* a play in a theatre, television, or radio, or performance on a stage
18. The _____ instructor guided the group through the relaxation and breathing exercises.
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
19. The fireplace made the room feel _____ and inviting.
- adj.* comfortable and warm; giving a feeling of comfort, warmth, and relaxation
20. She _____ her parents to let her go to the concert.
- v.* to ask for something urgently or earnestly; to appeal to someone to do something
21. That supermarket tried to _____ certain costs by saving electricity.
- v.* to remove body hair with a razor; to cut the price of something
22. The _____ of water is called ice.
- adj.* hard or firm; characterized by good substantial quality
23. The rules were _____ after the new executive arrived.
- v.* to become or cause someone to become less active or tense and calmer
24. _____ symptoms might include a decrease in appetite and weight loss.
- n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

ANSWERS: 16. decay, 17. drama, 18. meditation, 19. cozy, 20. begged, 21. shave, 22. solid-state, 23. relaxed, 24. Depression

25. She wore a beautiful _____ necklace made of jasper and rose quartz.
- n.* a set of prayer beads used in Hinduism and Buddhism; (adjective, also mala fide) illegal or dishonest
26. There has been a gradual but steady rise in environmental _____.
- n.* the fact or state of knowing something exists and is important
27. Higher _____ requires additional equipment and energy.
- n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
28. She was constantly trying to boost her ____ by talking about her accomplishments.
- n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
29. We argue that wages for temporary workers should _____ rise.
- adv.* in almost the same way
30. You should not _____ the meaning of freedom.
- v.* to interpret or understand something in the wrong way
31. I had a terrible case of _____ and couldn't stop going to the bathroom.
- n.* a common digestive disorder with the frequent passage of loose, watery stools that can be caused by various factors such as infections, food poisoning, and certain medications
32. The waves crashed against the rocks, creating white _____.
- n.* a mass of small air bubbles formed on the surface of a liquid; a substance that forms a lather when mixed with water

ANSWERS: 25. mala, 26. awareness, 27. purity, 28. ego, 29. similarly, 30. misunderstand, 31. diarrhea, 32. foam

33. The first two years of her marriage were sheer _____.

n. extreme happiness or joy

34. The news warned of a potentially dangerous _____ expected to hit the area.

n. a storm with heavy snowfall, usually with a strong wind

35. Many people go on a _____ to recharge and reconnect with themselves.

n. the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life

36. His _____ showed highly positive results.

n. the scientific test conducted to observe what happens and gain new knowledge

37. Jockey's superior _____ brought him victory.

n. a particular way or art of doing something that needs skill

38. The forecast called for a chance of _____ in the afternoon.

n. a storm with lightning and thunder, typically with heavy rain and strong gusts of wind

39. Some _____ are common across cultures and backgrounds.

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

40. We must ____ ourselves of pollution.

v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

ANSWERS: 33. bliss, 34. snowstorm, 35. retreat, 36. experiments, 37. technique, 38. thunderstorms, 39. emotions, 40. rid

41. It was the first time in a long time that I felt truly _____ and at peace.

adj. not excited, angry, or nervous; free from wind, large waves

42. The _____ response team worked around the clock to aid those affected by the earthquake.

n. an unexpected event or series of events that cause widespread damage, destruction, or loss of life

43. Human behavior has _____ characteristics.

adj. forming an essential base or core from which everything else develops or is affected

44. The rain and thunder are _____ today.

adj. stupid or not sensible; very angry

45. During colonial eras, new migratory patterns _____.

v. to move out of or away from something and become visible

46. He looked for an opportunity to _____ that actor in public.

v. to cause someone to feel awkward, worried, or ashamed

ANSWERS: 41. calm, 42. disaster, 43. fundamental, 44. crazy, 45. emerged, 46. embarrass