

Englist.me



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

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

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.

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**.

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.

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.

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.

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.

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.

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**.

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.

Session 2: Spelling

- | | |
|---------------------------|--|
| 1. ab__t of the monastery | <i>n.</i> the superior of a community of monks (= members of a male religious community) |
| 2. thu_____orm advisory | <i>n.</i> a storm with lightning and thunder, typically with heavy rain and strong gusts of wind |
| 3. 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 |
| 4. em_____ss my project | <i>v.</i> to cause someone to feel awkward, worried, or ashamed |
| 5. sh__e my head | <i>v.</i> to remove body hair with a razor; to cut the price of something |
| 6. appoint an ab__t | <i>n.</i> the superior of a community of monks (= members of a male religious community) |
| 7. sh__e cheese | <i>v.</i> to remove body hair with a razor; to cut the price of something |
| 8. vo__t abuse | <i>v.</i> to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth |
| 9. mis_____and each other | <i>v.</i> to interpret or understand something in the wrong way |
| 10. cast fri_____ng eyes | <i>adj.</i> causing fear or alarm, or very surprising and alarming |

ANSWERS: 1. abbot, 2. thunderstorm, 3. mala, 4. embarrass, 5. shave, 6. abbot, 7. shave, 8. vomit, 9. misunderstand, 10. frightening

- | | |
|------------------------------------|--|
| 11. m__a meditation | <i>n.</i> a set of prayer beads used in Hinduism and Buddhism; (adjective, also mala fide) illegal or dishonest |
| 12. fri_____ng experience | <i>adj.</i> causing fear or alarm, or very surprising and alarming |
| 13. ultimate bl__s | <i>n.</i> extreme happiness or joy |
| 14. severe thu_____orms | <i>n.</i> a storm with lightning and thunder, typically with heavy rain and strong gusts of wind |
| 15. mo_____ry garden | <i>n.</i> a building or complex of buildings in which members of a male religious community, called monks, live and worship |
| 16. vo__t after ingesting | <i>v.</i> to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth |
| 17. sn_____rm warning | <i>n.</i> a storm with heavy snowfall, usually with a strong wind |
| 18. mis_____and entirely about her | <i>v.</i> to interpret or understand something in the wrong way |
| 19. ignorance is bl__s | <i>n.</i> extreme happiness or joy |
| 20. em_____ss political enemy | <i>v.</i> to cause someone to feel awkward, worried, or ashamed |
| 21. leave a mo_____ry | <i>n.</i> a building or complex of buildings in which members of a male religious community, called monks, live and worship |

ANSWERS: 11. mala, 12. frightening, 13. bliss, 14. thunderstorm, 15. monastery, 16. vomit, 17. snowstorm, 18. misunderstand, 19. bliss, 20. embarrass, 21. monastery

22. a northern sn_____rm

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

ANSWERS: 22. snowstorm

Session 3: Fill in the Blanks

1. The first two years of her marriage were sheer _____.
n. extreme happiness or joy
2. That supermarket tried to _____ certain costs by saving electricity.
v. to remove body hair with a razor; to cut the price of something
3. The community of monks elected the new chief _____.
n. the superior of a community of monks (= members of a male religious community)
4. 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
5. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
6. The news warned of a potentially dangerous _____ expected to hit the area.
n. a storm with heavy snowfall, usually with a strong wind
7. 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
8. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed

ANSWERS: 1. bliss, 2. shave, 3. abbot, 4. thunderstorms, 5. misunderstand, 6. snowstorm, 7. mala, 8. embarrass

9. 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

10. The news of the pandemic was a _____ reminder of the fragility of human health.

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

11. 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: 9. monastery, 10. frightening, 11. vomit