# **Englist.me**

## Vocabulary Builder Reference from...

JayaShri Maathaa: A magical mantra for nurturing a blissful life | TED Talk https://www.ted.com/talks/jayashri\_maathaa\_a\_magic al\_mantra\_for\_nurturing\_a\_blissful\_life



#### All Words

#### IMPORTANT

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### **Session 1: Word List**

|             | <ul> <li>n. the point to which something or someone is at its<br/>strongest, best, or most successful; the pointed top of a<br/>mountain</li> <li>synonym: summit, vertex, apex</li> </ul>  |  |  |
|-------------|---|--|--|
|             | (1) at <b>peak</b> hour, (2) the <b>peak</b> current in the circuit   |  |  |
|             | This measurement aims to reduce traffic at <b>peak</b> periods.   |  |  |
| coronavirus | a large family of viruses that can cause illness in<br>humans and animals, which name comes from the<br>crown-like spikes on the surface of the virus, which can<br>be seen under a microscope, and COVID-19 is caused<br>by a specific type of coronavirus known as SARS-CoV-2 |  |  |
|             | <ol> <li>(1) coronavirus antibody test kit, (2) coronavirus</li> <li>bankruptcy</li> </ol>  |  |  |
|             | Considering the situation of <b>coronavirus</b> , organized stopped this year's beer festival.  |  |  |
|             | <ul> <li>an outbreak of a disease that affects many people over<br/>a very wide area</li> <li>synonym: outbreak</li> </ul>  |  |  |
|             | (1) flu <b>pandemic</b> , (2) global <b>pandemic</b>  |  |  |
|             | They fear a <b>pandemic</b> of a new type of virus.   |  |  |

| bliss   | <ul><li>n. extreme happiness or joy</li><li>synonym: delight, euphoria, happiness</li></ul>  |  |  |
|---------|--|--|--|
|         | (1) ignorance is <b>bliss</b> , (2) ultimate <b>bliss</b>  |  |  |
|         | The first two years of her marriage were sheer <b>bliss</b> .  |  |  |
| grace   | <ul> <li>n. a quality of being pleasing, especially in appearance or<br/>manner; a temporary exemption, especially an extended<br/>period granted as a special favor; a short prayer of<br/>thanks before a meal</li> <li>synonym: charm, poise, elegance</li> </ul> |  |  |
|         | (1) say a <b>grace</b> , (2) end of the <b>grace</b> period  |  |  |
|         | The old oak tree stood with <b>grace</b> and majesty in the park's center.   |  |  |
| magical | <i>adj.</i> produced by or containing supernatural powers <i>synonym</i> : enchanting, occult, supernatural  |  |  |
|         | (1) magical place, (2) magical powers  |  |  |
|         | When I was a child, my mother often cast magical spells to   |  |  |
|         | ease my pain whenever I was injured.   |  |  |
| mantra  | <ul> <li><i>n</i>. a word or phrase, often repeated, that is used as a focus for the mind during meditation</li> <li><i>synonym</i>: hymn, chant, phrase</li> </ul>  |  |  |
|         | (1) campaign <b>mantra</b> , (2) chant the <b>mantra</b> of structural reform  |  |  |
|         | She repeated her personal <b>mantra</b> to herself to stay motivated.  |  |  |
| nurture | <ul> <li>v. to take care of, feed, and protect someone or something while they are growing and developing</li> <li>synonym: boost, cultivate, enable</li> </ul>  |  |  |
|         | (1) <b>nurture</b> love, (2) <b>nurture</b> his talents  |  |  |
|         | Schools should nurture children's mutual interest spirit.  |  |  |
| blossom | <i>n.</i> the reproductive structure on a flowering plant that consists of usually colorful petals and a typically green calyx (merging of sepals); the state or time of flowering;  |  |  |

|           | the peak of a person's or thing's development or success   |  |  |
|-----------|--|--|--|
|           | synonym: flower, bloom, bud  |  |  |
|           | (1) apple <b>blossom</b> , (2) <b>blossom</b> garden   |  |  |
|           | The cherry <b>blossom</b> trees in the park were in full bloom, creating a beautiful sight.  |  |  |
| magic     | <ul> <li><i>n</i>. beliefs and actions employed to influence supernatural<br/>beings and forces; any art or performance that invokes<br/>supernatural powers</li> <li><i>synonym</i>: fascination, illusion, wizardry</li> </ul> |  |  |
|           | (1) a <b>magic</b> spell, (2) she is <b>magic</b>  |  |  |
|           | He performed <b>magic</b> tricks with sophisticated moves.   |  |  |
|           | The performed magic meks with sophisticated moves.   |  |  |
| perceive  | <ul> <li>v. to become aware or conscious of something through the senses</li> </ul>  |  |  |
|           | synonym: sense, discern, feel  |  |  |
|           | (1) perceive a threat, (2) perceive light  |  |  |
|           | Australia is widely <b>perceived</b> as having low levels of corruption.   |  |  |
|           |  |  |  |
| suffer    | <ul> <li>v. to experience pain, distress, or hardship; to undergo or<br/>endure something painful or unpleasant</li> <li>synonym: endure, undergo, tolerate</li> </ul>   |  |  |
|           | (1) <b>suffer</b> a setback, (2) <b>suffer</b> bad grades  |  |  |
|           | The older man <b>suffers</b> from arthritis and finds it difficult to  |  |  |
|           | move around.   |  |  |
| conscious | adj. being aware of and able to respond to what is happening around you  |  |  |
|           | synonym: aware, cognizant, deliberate  |  |  |
|           | (1) <b>conscious</b> effort, (2) <b>conscious</b> of having succeeded  |  |  |
|           | He became <b>conscious</b> that he was being followed.   |  |  |
| process   | <i>n.</i> a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or  |  |  |

|                  | objective; a method of treating milk to make it suitable<br>for consumption or use in other dairy products<br>synonym: procedure, method, system   |  |  |
|------------------|--|--|--|
|                  | <ul> <li>(1) process improvement, (2) decision-making process</li> <li>The process for applying for a visa can be lengthy and complicated.</li> </ul>  |  |  |
| attach           | <i>v.</i> to fasten, join, or connect one thing to another <i>synonym</i> : fix, fasten, bind  |  |  |
|                  | (1) attach firmly, (2) attach a file to an e-mail  |  |  |
|                  | He does not attach importance to these rumors.   |  |  |
| well-established | <i>adj.</i> firmly established and widely recognized; having a long history of success or acceptance in a particular field or industry   |  |  |
|                  | synonym: recognized, conventional  |  |  |
|                  | (1) <b>well-established</b> company, (2) <b>well-established</b> tradition   |  |  |
|                  | The restaurant is <b>well-established</b> in the community, having been open for over 50 years.  |  |  |
| charity          | <ul> <li>n. an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people</li> <li>synonym: philanthropy, benevolence, generosity</li> </ul> |  |  |
|                  | (1) charity work, (2) ask charity  |  |  |
|                  | She volunteers at a local <b>charity</b> every weekend to help those in need.  |  |  |
| consultant       | <i>n.</i> a person who provides professional or expert advice <i>synonym</i> : expert, advisor, specialist   |  |  |
|                  | (1) consultant firm, (2) chief consultant  |  |  |
|                  | We hired a management <b>consultant</b> to help us improve our business strategy.  |  |  |

| hypnosis   | <ul> <li>n. a mental state characterized by focused attention,<br/>relaxation, and heightened suggestibility, often induced<br/>for therapeutic or entertainment purposes</li> <li>synonym: trance, mesmerism</li> </ul> |  |  |
|------------|--|--|--|
|            | (1) hypnosis therapy, (2) self- hypnosis   |  |  |
|            | He underwent <b>hypnosis</b> to try and remember the forgotten details of the incident.  |  |  |
| heal       | <i>v.</i> to make a wound or injury to become well again <i>synonym</i> : recover, bring around, mend  |  |  |
|            | (1) heal a broken bone, (2) heal the hurt mind   |  |  |
|            | It will take time for her mental scars to heal.  |  |  |
| intimate   | <i>adj.</i> having a very close friendship, personal <i>synonym</i> : close, tight, friendly   |  |  |
|            | (1) my intimate affairs, (2) intimate relationship   |  |  |
|            | He has an intimate knowledge of American history.  |  |  |
| relation   | <i>n.</i> the way two persons or groups of people feel and act toward one another  |  |  |
|            | synonym: association, linkage, connection  |  |  |
|            | (1) <b>relation</b> between cause and effect, (2) <b>relation</b> of inclusion   |  |  |
|            | The industrial <b>relations</b> laws were passed with little to no alteration.   |  |  |
| attachment | <i>n.</i> a feeling of affection for someone or something <i>synonym</i> : adoration, affection, extension   |  |  |
|            | (1) <b>attachment</b> to a formal plan, (2) stand mixer fitted with the paddle <b>attachment</b>   |  |  |
|            | I have no attachment to the countryside.   |  |  |
| transform  | <ul><li>v. to change in outward structure or looks;</li><li>synonym: alter, convert, change</li></ul>  |  |  |
|            | (1) <b>transform</b> an education system, (2) <b>transform</b> heat into power   |  |  |

|            | My father's death transformed my life completely.  |  |  |
|------------|--|--|--|
| profoundly | adv. to a great or complete degree; deeply synonym: deeply, greatly, completely  |  |  |
|            | (1) profoundly insightful, (2) sleep profoundly  |  |  |
|            | The novel affected her <b>profoundly</b> , causing her to question   |  |  |
|            | her beliefs and values.  |  |  |
| doubt      | <ul> <li><i>n.</i> a feeling of being uncertain about something, especially about how good or accurate it is</li> <li><i>synonym</i>: distrust, suspect, mistrust</li> </ul> |  |  |
|            | (1) dispel <b>doubts</b> , (2) no <b>doubt</b> about the news  |  |  |
|            | <b>Doubt</b> is the start, not the end, of intelligence.   |  |  |
| anxiety    | <ul> <li><i>n</i>. a feeling of worry, nervousness, or unease about<br/>something that is happening or might happen in the<br/>future</li> </ul>                             |  |  |
|            | synonym: concern, dread, agita   |  |  |
|            | (1) diagnosis of <b>anxiety</b> disorder, (2) <b>anxiety</b> for knowledge   |  |  |
|            | She waited for her daughter with <b>anxiety</b> .  |  |  |
| оссиру     | <i>v.</i> to consume all of someone's space, attention, or time <i>synonym</i> : inhabit, settle, populate   |  |  |
|            | (1) occupy his time, (2) occupy a position   |  |  |
|            | The young prince will soon <b>occupy</b> the throne.   |  |  |
| silent     | adj. without any or little sound   |  |  |
|            | synonym: quiet, hushed, mute   |  |  |
|            | (1) <b>silent</b> reading, (2) give <b>silent</b> consent  |  |  |
|            | The politician remained <b>silent</b> despite intense media scrutiny.  |  |  |
| consume    | v. to spend something, especially fuel, energy, or time, in a large amount   |  |  |
|            | synonym: absorb, ingest, use up  |  |  |
|            | (1) <b>consume</b> a large of alcohol, (2) <b>consume</b> electricity  |  |  |
|            | A smaller car will <b>consume</b> less fuel.   |  |  |

| human-made | <i>adj.</i> created or produced by humans; artificial <i>synonym</i> : artificial, unnatural, manufactured  |
|------------|---|
|            | (1) human-made climate change, (2) the worst human-made disaster  |
|            | The bridge is a <b>human-made</b> structure and was built to span the river.  |
| inanimate  | <i>adj.</i> not having life or spirit; not animate <i>synonym</i> : lifeless, inert, passive  |
|            | (1) inanimate nature, (2) inanimate matter  |
|            | The <b>inanimate</b> object was not capable of movement or feeling.   |
| butterfly  | n. a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings  |
|            | (1) <b>butterfly</b> effect, (2) the life cycle of a <b>butterfly</b>   |
|            | He enjoys collecting <b>butterfly</b> specimens.  |
| creature   | n. a living being, especially an animal<br>synonym: being, animal, organism   |
|            | (1) creature of habit, (2) artificial creature  |
|            | The deep sea <b>creature</b> was unlike anything the scientists had ever seen before.   |
| greet      | <ul> <li>v. to say hello to someone; to express welcome on<br/>meeting someone</li> </ul>   |
|            | synonym: welcome, salute, acknowledge   |
|            | (1) greet a customer, (2) greet an idea   |
|            | He greeted his friends with a warm smile and a hug.   |
| harmony    | <ul> <li>n. the combination of simultaneous musical notes to<br/>produce a pleasing effect; an attractive combination of<br/>related things and their properties</li> </ul> |
|            | synonym: balance, accord, congruence  |
|            | (1) a harmony of colors, (2) break a harmony  |
|            | We worked in perfect <b>harmony</b> .   |

| external    | adj. belonging to or situated outside of someone or something  |  |  |  |
|-------------|--|--|--|--|
|             | synonym: outside, exterior, foreign  |  |  |  |
|             | (1) external factors, (2) external commerce  |  |  |  |
|             | When a company discloses information to the market, an   |  |  |  |
|             | external auditor verifies them.  |  |  |  |
| observation | <i>n.</i> the act or activity of carefully examining or monitoring something or someone  |  |  |  |
|             | synonym: watching, notice, reflection  |  |  |  |
|             | (1) class <b>observation</b> day, (2) <b>observation</b> instrument  |  |  |  |
|             | In the hospital, she will remain under constant observation.   |  |  |  |
| inward      | adj. directed or facing towards the inside; inside or inward-looking   |  |  |  |
|             | synonym: internal, introspective, interior   |  |  |  |
|             | (1) inward peace, (2) inward cargo   |  |  |  |
|             | The <b>inward</b> motion of the tide was gradually slowing down.   |  |  |  |
| initially   | adv. at the beginning; at first  |  |  |  |
|             | synonym: originally, primarily, firstly  |  |  |  |
|             | (1) <b>initially</b> anticipated, (2) diagnosed <b>initially</b> as a tumor  |  |  |  |
|             | This train departed later than <b>initially</b> scheduled.   |  |  |  |
| gratitude   | <ul> <li>n. the quality of being thankful; readiness to show<br/>appreciation for and to return kindness</li> <li>synonym: appreciation, thankfulness, indebtedness</li> </ul> |  |  |  |
|             | (1) a debt of gratitude, (2) feelings of gratitude   |  |  |  |
|             | She expressed her <b>gratitude</b> towards the kind stranger who   |  |  |  |
|             | helped her.  |  |  |  |
| vibration   | <i>n.</i> a continuous quick and slight shaking movement <i>synonym</i> : oscillation, fluctuation, reverberation  |  |  |  |
|             | (1) protection against vibration, (2) sympathetic vibration  |  |  |  |
|             | Vibration displaced part of the mechanism.   |  |  |  |
|             | · · ·  |  |  |  |

| penetrating | adj. able to pierce or enter deeply into something; having a<br>sharp, intense quality that cuts through superficiality or<br>confusion   |
|-------------|---|
|             | synonym: keen, piercing, sharp  |
|             | (1) penetrating gaze, (2) penetrating analysis  |
|             | The <b>penetrating</b> smell of freshly brewed coffee filled the room.  |
| calm        | <i>adj.</i> 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 <b>calm</b> and at peace.  |
| movement    | <ul> <li><i>n</i>. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively</li> <li><i>synonym</i>: motion, progression, action</li> </ul> |
|             | (1) a circular <b>movement</b> , (2) <b>movement</b> of troops  |
|             | The <b>movement</b> of the dancers on stage was graceful and elegant.   |
| depth       | <ul> <li>n. the distance between the top and bottom of something;<br/>between the top surface and a distance below it</li> <li>synonym: deepness, profoundness, extent</li> </ul>   |
|             | (1) <b>depth</b> camera, (2) the <b>depth</b> of the water  |
|             | The pond's <b>depth</b> was around five feet.   |
| peaceful    | <i>adj.</i> not involving violence, conflict, or war <i>synonym</i> : friendly, pacific, amicable   |
|             | (1) peaceful country, (2) peaceful coexistence  |
|             | Plutonium has limited peaceful applications.  |
| enlightened | adj. having or showing a rational, modern, and well-informed outlook  |

synonym: educated, informed, aware

(1) **enlightened** age, (2) make an **enlightened** decision The **enlightened** teacher taught the class about the importance of compassion and empathy.

# **Session 2: Spelling**

| welhed tradition          | adj.   | firmly established and widely<br>recognized; having a long history of<br>success or acceptance in a particular<br>field or industry  |
|---------------------------|--|--|
| ask chy                   | n.   | an organization that helps people in<br>need, especially by providing food,<br>shelter, or money; a kindly and<br>sympathetic attitude toward people   |
| any for knowledge         | n.   | a feeling of worry, nervousness, or<br>unease about something that is<br>happening or might happen in the future   |
| deh camera                | n.   | the distance between the top and<br>bottom of something; between the top<br>surface and a distance below it  |
| attnt to a formal plan    | n.   | a feeling of affection for someone or<br>something   |
| coe electricity           | v.   | to spend something, especially fuel,<br>energy, or time, in a large amount   |
| connt firm                | n.   | a person who provides professional or expert advice  |
| diagnosed inly as a tumor | adv.   | at the beginning; at first   |
| decision-making prs       | n.   | a series of actions or operations<br>performed to achieve a particular<br>outcome or goal; a systematic<br>procedure or approach used to<br>accomplish a specific task or objective;<br>a method of treating milk to make it<br>suitable for consumption or use in other<br>dairy products |
|                           | ask chy<br>any for knowledge<br>deh camera<br>attnt to a formal plan<br>coe electricity<br>connt firm<br>diagnosed inly as a tumor | ask chyn.any for knowledgen.deh cameran.attnt to a formal plann.coe electricityv.connt firmn.diagnosed inly as a tumoradv.   |

ANSWERS: 1. well-established, 2. charity, 3. anxiety, 4. depth, 5. attachment, 6. consume, 7. consultant, 8. initially, 9. process

| 10. protection against vion  | n.   | a continuous quick and slight shaking movement  |
|------------------------------|------|---|
| 11. reon of inclusion        | n.   | the way two persons or groups of people feel and act toward one another   |
| 12. mal place                | adj. | produced by or containing supernatural powers   |
| 13. the deh of the water     | n.   | the distance between the top and<br>bottom of something; between the top<br>surface and a distance below it   |
| 14. buly effect              | n.   | a diurnal insect typically has a slender<br>body with knobbed antennae and<br>broad, colorful wings   |
| 15. my inte affairs          | adj. | having a very close friendship, personal  |
| 16. ultimate bls             | n.   | extreme happiness or joy  |
| 17. obson instrument         | n.   | the act or activity of carefully examining or monitoring something or someone   |
| 18. blm garden               | n.   | the reproductive structure on a<br>flowering plant that consists of usually<br>colorful petals and a typically green<br>calyx (merging of sepals); the state or<br>time of flowering; the peak of a person's<br>or thing's development or success |
| 19. exal factors             | adj. | belonging to or situated outside of<br>someone or something   |
| 20. sleep proly              | adv  | to a great or complete degree; deeply   |
| 21. the worst humde disaster | adj. | created or produced by humans;<br>artificial  |

ANSWERS: 10. vibration, 11. relation, 12. magical, 13. depth, 14. butterfly, 15. intimate, 16. bliss, 17. observation, 18. blossom, 19. external, 20. profoundly, 21. human-made

| 22. | a mac spell                   | n.   | beliefs and actions employed to<br>influence supernatural beings and<br>forces; any art or performance that<br>invokes supernatural powers   |
|-----|-------------------------------|------|--|
| 23. | humde climate change          | adj. | created or produced by humans;<br>artificial   |
| 24. | ocy his time                  | v.   | to consume all of someone's space, attention, or time  |
| 25. | say a gre                     | n.   | a quality of being pleasing, especially in<br>appearance or manner; a temporary<br>exemption, especially an extended<br>period granted as a special favor; a<br>short prayer of thanks before a meal |
| 26. | cous effort                   | adj. | being aware of and able to respond to what is happening around you   |
| 27. | inte nature                   | adj. | not having life or spirit; not animate   |
| 28. | flu paic                      | n.   | an outbreak of a disease that affects many people over a very wide area  |
| 29. | the pk current in the circuit | n.   | the point to which something or<br>someone is at its strongest, best, or<br>most successful; the pointed top of a<br>mountain  |
| 30. | cm sea                        | adj. | not excited, angry, or nervous; free from wind, large waves  |
| 31. | welhed company                | adj. | firmly established and widely<br>recognized; having a long history of<br>success or acceptance in a particular<br>field or industry  |
| 32. | break a hay                   | n.   | the combination of simultaneous<br>musical notes to produce a pleasing<br>effect; an attractive combination of<br>related things and their properties  |

ANSWERS: 22. magic, 23. human-made, 24. occupy, 25. grace, 26. conscious, 27. inanimate, 28. pandemic, 29. peak, 30. calm, 31. well-established, 32. harmony

| 33. | sur a setback             | v.   | to experience pain, distress, or<br>hardship; to undergo or endure<br>something painful or unpleasant  |
|-----|---------------------------|------|--|
| 34. | penng gaze                | adj. | able to pierce or enter deeply into<br>something; having a sharp, intense<br>quality that cuts through superficiality or<br>confusion  |
| 35. | ind cargo                 | adj. | directed or facing towards the inside;<br>inside or inward-looking   |
| 36. | crre of habit             | n.   | a living being, especially an animal   |
| 37. | she is mac                | n.   | beliefs and actions employed to<br>influence supernatural beings and<br>forces; any art or performance that<br>invokes supernatural powers   |
| 38. | diagnosis of any disorder | n.   | a feeling of worry, nervousness, or<br>unease about something that is<br>happening or might happen in the future   |
| 39. | prs improvement           | n.   | a series of actions or operations<br>performed to achieve a particular<br>outcome or goal; a systematic<br>procedure or approach used to<br>accomplish a specific task or objective;<br>a method of treating milk to make it<br>suitable for consumption or use in other<br>dairy products |
| 40. | self-hyis                 | n.   | a mental state characterized by focused<br>attention, relaxation, and heightened<br>suggestibility, often induced for<br>therapeutic or entertainment purposes   |

ANSWERS: 33. suffer, 34. penetrating, 35. inward, 36. creature, 37. magic, 38. anxiety, 39. process, 40. hypnosis

| 41. ignorance is bls                            | n.   | extreme happiness or joy  |
|---|------|---|
| 42. peve a threat                               | v.   | to become aware or conscious of<br>something through the senses   |
| 43. a hay of colors                             | n.   | the combination of simultaneous<br>musical notes to produce a pleasing<br>effect; an attractive combination of<br>related things and their properties   |
| 44. mont of troops                              | n.   | a group of people working together to<br>achieve a shared goal, especially a<br>political, social, or artistic one; the<br>process of moving or being moved,<br>physically or figuratively  |
| 45. stand mixer fitted with the paddle<br>attnt | n.   | a feeling of affection for someone or<br>something  |
| 46. give sit consent                            | adj. | without any or little sound   |
| 47. enled age                                   | adj. | having or showing a rational, modern,<br>and well-informed outlook  |
| 48. peve light                                  | v.   | to become aware or conscious of<br>something through the senses   |
| 49. corus antibody test kit                     | n.   | a large family of viruses that can cause<br>illness in humans and animals, which<br>name comes from the crown-like spikes<br>on the surface of the virus, which can<br>be seen under a microscope, and<br>COVID-19 is caused by a specific type<br>of coronavirus known as SARS-CoV-2 |
| 50. the life cycle of a buly                    | n.   | a diurnal insect typically has a slender<br>body with knobbed antennae and<br>broad, colorful wings   |

ANSWERS: 41. bliss, 42. perceive, 43. harmony, 44. movement, 45. attachment, 46. silent, 47. enlightened, 48. perceive, 49. coronavirus, 50. butterfly

| 51. | a circular mont          | n.   | a group of people working together to<br>achieve a shared goal, especially a<br>political, social, or artistic one; the<br>process of moving or being moved,<br>physically or figuratively  |
|-----|--------------------------|------|---|
| 52. | peul coexistence         | adj. | not involving violence, conflict, or war  |
| 53. | cous of having succeeded | adj. | being aware of and able to respond to what is happening around you  |
| 54. | inly anticipated         | adv. | at the beginning; at first  |
| 55. | grt a customer           | v.   | to say hello to someone; to express welcome on meeting someone  |
| 56. | nue love                 | v.   | to take care of, feed, and protect<br>someone or something while they are<br>growing and developing   |
| 57. | hl a broken bone         | v.   | to make a wound or injury to become well again  |
| 58. | make an enled decision   | adj. | having or showing a rational, modern,<br>and well-informed outlook  |
| 59. | sympathetic vion         | n.   | a continuous quick and slight shaking movement  |
| 60. | chief connt              | n.   | a person who provides professional or expert advice   |
| 61. | artificial crre          | n.   | a living being, especially an animal  |
| 62. | hI the hurt mind         | v.   | to make a wound or injury to become well again  |
| 63. | apple blm                | n.   | the reproductive structure on a<br>flowering plant that consists of usually<br>colorful petals and a typically green<br>calyx (merging of sepals); the state or<br>time of flowering; the peak of a person's<br>or thing's development or success |

ANSWERS: 51. movement, 52. peaceful, 53. conscious, 54. initially, 55. greet, 56. nurture, 57. heal, 58. enlightened, 59. vibration, 60. consultant, 61. creature, 62. heal, 63. blossom

| 64. sur bad grades         | v.   | to experience pain, distress, or<br>hardship; to undergo or endure<br>something painful or unpleasant   |
|----------------------------|------|---|
| 65. proly insightful       | adv. | to a great or complete degree; deeply   |
| 66. end of the gre period  | n.   | a quality of being pleasing, especially in<br>appearance or manner; a temporary<br>exemption, especially an extended<br>period granted as a special favor; a<br>short prayer of thanks before a meal  |
| 67. inte matter            | adj. | not having life or spirit; not animate  |
| 68. feelings of grde       | n.   | the quality of being thankful; readiness<br>to show appreciation for and to return<br>kindness  |
| 69. peul country           | adj. | not involving violence, conflict, or war  |
| 70. coe a large of alcohol | v.   | to spend something, especially fuel,<br>energy, or time, in a large amount  |
| 71. corus bankruptcy       | n.   | a large family of viruses that can cause<br>illness in humans and animals, which<br>name comes from the crown-like spikes<br>on the surface of the virus, which can<br>be seen under a microscope, and<br>COVID-19 is caused by a specific type<br>of coronavirus known as SARS-CoV-2 |
| 72. penng analysis         | adj. | able to pierce or enter deeply into<br>something; having a sharp, intense<br>quality that cuts through superficiality or<br>confusion   |
| 73. sit reading            | adj. | without any or little sound   |

ANSWERS: 64. suffer, 65. profoundly, 66. grace, 67. inanimate, 68. gratitude, 69. peaceful, 70. consume, 71. coronavirus, 72. penetrating, 73. silent

| 74. | dispel dots                        | n.   | a feeling of being uncertain about<br>something, especially about how good<br>or accurate it is  |
|-----|------------------------------------|------|--|
| 75. | chant the maa of structural reform | n.   | a word or phrase, often repeated, that is<br>used as a focus for the mind during<br>meditation   |
| 76. | chy work                           | n.   | an organization that helps people in<br>need, especially by providing food,<br>shelter, or money; a kindly and<br>sympathetic attitude toward people |
| 77. | maI powers                         | adj. | produced by or containing supernatural powers  |
| 78. | exal commerce                      | adj. | belonging to or situated outside of<br>someone or something  |
| 79. | global paic                        | n.   | an outbreak of a disease that affects many people over a very wide area  |
| 80. | no dot about the news              | n.   | a feeling of being uncertain about<br>something, especially about how good<br>or accurate it is  |
| 81. | ocy a position                     | v.   | to consume all of someone's space, attention, or time  |
| 82. | campaign maa                       | n.   | a word or phrase, often repeated, that is<br>used as a focus for the mind during<br>meditation   |
| 83. | reon between cause and effect      | n.   | the way two persons or groups of people feel and act toward one another  |
| 84. | trrm an education system           | ν.   | to change in outward structure or looks;   |
| 85. | ath firmly                         | v.   | to fasten, join, or connect one thing to another   |

ANSWERS: 74. doubt, 75. mantra, 76. charity, 77. magical, 78. external, 79. pandemic, 80. doubt, 81. occupy, 82. mantra, 83. relation, 84. transform, 85. attach

| 86. grt an idea   | ν.                 | to say hello to someone; to express welcome on meeting someone  |
|---|--------------------|---|
| 87. at pk hour  | n.                 | the point to which something or<br>someone is at its strongest, best, or<br>most successful; the pointed top of a<br>mountain   |
| 88. hyis therapy  | n.                 | a mental state characterized by focused<br>attention, relaxation, and heightened<br>suggestibility, often induced for<br>therapeutic or entertainment purposes  |
| 89. ath a file to an e-mail   | <i>v</i> .         | to fasten, join, or connect one thing to another  |
| 90. trrm heat into power  | ν.                 | to change in outward structure or looks;  |
|   |                    |   |
| 91. inte relationship   | adj.               | having a very close friendship, personal  |
| <ul><li>91. inte relationship</li><li>92. ind peace</li></ul>                     |                    | having a very close friendship, personal<br>directed or facing towards the inside;<br>inside or inward-looking  |
|   |                    | directed or facing towards the inside;  |
| 92. ind peace   | adj.<br>v.         | directed or facing towards the inside;<br>inside or inward-looking<br>to take care of, feed, and protect<br>someone or something while they are   |
| <ul><li>92. ind peace</li><li>93. nue his talents</li></ul>                       | adj.<br>v.         | directed or facing towards the inside;<br>inside or inward-looking<br>to take care of, feed, and protect<br>someone or something while they are<br>growing and developing<br>not excited, angry, or nervous; free from  |
| <ul><li>92. ind peace</li><li>93. nue his talents</li><li>94. cm manner</li></ul> | adj.<br>v.<br>adj. | directed or facing towards the inside;<br>inside or inward-looking<br>to take care of, feed, and protect<br>someone or something while they are<br>growing and developing<br>not excited, angry, or nervous; free from<br>wind, large waves<br>the quality of being thankful; readiness<br>to show appreciation for and to return |

ANSWERS: 86. greet, 87. peak, 88. hypnosis, 89. attach, 90. transform, 91. intimate, 92. inward, 93. nurture, 94. calm, 95. gratitude, 96. observation

# Session 3: Fill in the Blanks

- 1. The old oak tree stood with \_\_\_\_\_ and majesty in the park's center.
- *n*. a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal
- 2. Plutonium has limited \_\_\_\_\_ applications.

adj. not involving violence, conflict, or war

- 3. The \_\_\_\_\_\_ object was not capable of movement or feeling.
- adj. not having life or spirit; not animate
- 4. My father's death \_\_\_\_\_ my life completely.
- *v.* to change in outward structure or looks;
- 5. It will take time for her mental scars to \_\_\_\_\_.
- *v.* to make a wound or injury to become well again
- 6. The cherry \_\_\_\_\_ trees in the park were in full bloom, creating a beautiful sight.
- *n.* the reproductive structure on a flowering plant that consists of usually colorful petals and a typically green calyx (merging of sepals); the state or time of flowering; the peak of a person's or thing's development or success
- 7. He does not \_\_\_\_\_ importance to these rumors.
- v. to fasten, join, or connect one thing to another
- 8. This measurement aims to reduce traffic at \_\_\_\_\_ periods.
  - *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

ANSWERS: 1. grace, 2. peaceful, 3. inanimate, 4. transformed, 5. heal, 6. blossom, 7. attach, 8. peak

- 9. The older man \_\_\_\_\_\_ from arthritis and finds it difficult to move around.
  - v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
- 10. He underwent \_\_\_\_\_\_ to try and remember the forgotten details of the incident.
- *n.* a mental state characterized by focused attention, relaxation, and heightened suggestibility, often induced for therapeutic or entertainment purposes
- 11. She volunteers at a local \_\_\_\_\_\_ every weekend to help those in need.
- *n.* an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people
- 12. The novel affected her \_\_\_\_\_ causing her to question her beliefs and values.
- adv. to a great or complete degree; deeply
- 13. The \_\_\_\_\_\_ smell of freshly brewed coffee filled the room.
- *adj.* able to pierce or enter deeply into something; having a sharp, intense quality that cuts through superficiality or confusion
- 14. She repeated her personal \_\_\_\_\_ to herself to stay motivated.
- *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
- 15. \_\_\_\_\_ is the start, not the end, of intelligence.
- *n.* a feeling of being uncertain about something, especially about how good or accurate it is
- 16. He enjoys collecting \_\_\_\_\_\_ specimens.
- *n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings

ANSWERS: 9. suffers, 10. hypnosis, 11. charity, 12. profoundly, 13. penetrating, 14. mantra, 15. Doubt, 16. butterfly

- 17. \_\_\_\_\_ displaced part of the mechanism.
- *n.* a continuous quick and slight shaking movement
- 18. The deep sea \_\_\_\_\_\_ was unlike anything the scientists had ever seen before.
- *n.* a living being, especially an animal
- 19. A smaller car will \_\_\_\_\_ less fuel.
  - v. to spend something, especially fuel, energy, or time, in a large amount
- 20. The young prince will soon \_\_\_\_\_\_ the throne.
- v. to consume all of someone's space, attention, or time
- 21. She waited for her daughter with \_\_\_\_\_.
- *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
- 22. The first two years of her marriage were sheer \_\_\_\_\_.
- *n.* extreme happiness or joy
- 23. He has an \_\_\_\_\_\_ knowledge of American history.
- adj. having a very close friendship, personal
- 24. The \_\_\_\_\_\_ for applying for a visa can be lengthy and complicated.
- *n*. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 17. Vibration, 18. creature, 19. consume, 20. occupy, 21. anxiety, 22. bliss, 23. intimate, 24. process

- 25. She expressed her \_\_\_\_\_\_ towards the kind stranger who helped her.
  - *n.* the quality of being thankful; readiness to show appreciation for and to return kindness
- 26. When a company discloses information to the market, an \_\_\_\_\_ auditor verifies them.
- *adj.* belonging to or situated outside of someone or something
- 27. He \_\_\_\_\_ his friends with a warm smile and a hug.
- *v.* to say hello to someone; to express welcome on meeting someone
- 28. 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
- 29. We hired a management \_\_\_\_\_\_ to help us improve our business strategy.
- *n.* a person who provides professional or expert advice
- 30. The bridge is a \_\_\_\_\_\_ structure and was built to span the river.
- adj. created or produced by humans; artificial
- 31. They fear a \_\_\_\_\_ of a new type of virus.
- *n.* an outbreak of a disease that affects many people over a very wide area
- 32. When I was a child, my mother often cast \_\_\_\_\_\_ spells to ease my pain whenever I was injured.
- *adj.* produced by or containing supernatural powers
- 33. Considering the situation of \_\_\_\_\_\_ organized stopped this year's beer festival.
  - *n.* a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2

ANSWERS: 25. gratitude, 26. external, 27. greeted, 28. calm, 29. consultant, 30. human-made, 31. pandemic, 32. magical, 33. coronavirus,

- 34. He became \_\_\_\_\_\_ that he was being followed.
  - *adj.* being aware of and able to respond to what is happening around you
- 35. The politician remained \_\_\_\_\_ despite intense media scrutiny.
- adj. without any or little sound
- 36. The \_\_\_\_\_\_ teacher taught the class about the importance of compassion and empathy.
- *adj.* having or showing a rational, modern, and well-informed outlook
- 37. The \_\_\_\_\_ motion of the tide was gradually slowing down.
- *adj.* directed or facing towards the inside; inside or inward-looking
- 38. He performed \_\_\_\_\_\_ tricks with sophisticated moves.
- *n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers
- 39. The \_\_\_\_\_\_ of the dancers on stage was graceful and elegant.
- *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
- 40. The pond's \_\_\_\_\_ was around five feet.
- *n.* the distance between the top and bottom of something; between the top surface and a distance below it
- 41. The restaurant is \_\_\_\_\_\_ in the community, having been open for over 50 years.
- *adj.* firmly established and widely recognized; having a long history of success or acceptance in a particular field or industry

ANSWERS: 34. conscious, 35. silent, 36. enlightened, 37. inward, 38. magic, 39. movement, 40. depth, 41. well-established

- 42. The industrial \_\_\_\_\_\_ laws were passed with little to no alteration.
- *n.* the way two persons or groups of people feel and act toward one another
- 43. This train departed later than \_\_\_\_\_\_ scheduled.
- adv. at the beginning; at first
- 44. Schools should \_\_\_\_\_\_ children's mutual interest spirit.
  - *v.* to take care of, feed, and protect someone or something while they are growing and developing
- 45. We worked in perfect \_\_\_\_\_.
  - *n.* the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties
- 46. Australia is widely \_\_\_\_\_\_ as having low levels of corruption.
- *v*. to become aware or conscious of something through the senses
- 47. I have no \_\_\_\_\_\_ to the countryside.
  - *n.* a feeling of affection for someone or something
- 48. In the hospital, she will remain under constant \_\_\_\_\_.
- *n.* the act or activity of carefully examining or monitoring something or someone

ANSWERS: 42. relations, 43. initially, 44. nurture, 45. harmony, 46. perceived, 47. attachment, 48. observation