

# Englist.me



## Vocabulary Builder Reference from...

*Kitra Cahana: My father, locked in his body but soaring free | TED Talk*

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cked\\_in\\_his\\_body\\_but\\_soaring\\_free](https://www.ted.com/talks/kitra_cahana_my_father_locked_in_his_body_but_soaring_free)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### soar

v. to fly or rise very high or to a great height, often with great grace or ease

*synonym*: fly, rise, ascend

(1) **soar** in popularity, (2) **soar** to new heights

The bird **soared** through the sky, and its wings spread wide.

### twirl

v. to rotate rapidly around a central point; to spin or whirl around in a circular or spiral motion

*synonym*: spin, swirl, rotate

(1) **twirl** a ribbon, (2) **twirl** a hula hoop

She **twirled** her hair absentmindedly as she listened to the conversation.

### swirl

v. to move in a circular or spiral pattern

*synonym*: spin, whirl, turn

(1) **swirl** the wine, (2) **swirl** up dirt and dust

The chef expertly **swirled** the sauce onto the plate.

### paralyze

v. to cause a person or part of the body to become unable to move or feel

*synonym*: immobilize, disable, numb

(1) **paralyze** a city, (2) **paralyze** a person

The venom from the snake bite **paralyzed** his arm.

## neurological

*adj.* of or relating to the science of neurology or the nervous system

*synonym* : nervous, neural, brain-related

(1) fever with **neurological** signs, (2) **neurological** symptoms

The patient was diagnosed with a **neurological** disorder affecting their motor skills.

## tether

*v.* to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog

*synonym* : tie, fasten, secure

(1) **tether** a horse, (2) **tether** strap

The hiker **tethered** their dog to a tree while they camped for the night.

## paralysis

*n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

*synonym* : immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg

Massive demonstrations lead to total **paralysis** of transportation.

## torso

*n.* the human trunk from the neck to the abdomen

*synonym* : trunk, body, frame

(1) **torso** injury, (2) a **torso** in bronze

He was hit in the **torso** and was rushed to the hospital.

## quiver

*v.* to shake or tremble with a slight, rapid motion

*synonym* : shake, tremble, shiver

(1) **quiver** in the breeze, (2) **quiver** with excitement

The archer's hands **quivered** as he aimed the arrow at the target.

## recite

*v.* to say a poem, piece of literature, etc. aloud from memory,

*synonym*: repeat, replicate, recount

(1) **recite** a charm, (2) **recite** a long list of the article

He could **recite** all of Shakespeare's works.

## audible

*adj.* able to be heard; loud enough to be heard clearly

*synonym*: hearable, perceptible, loud enough

(1) **audible** sound, (2) **audible** words

An **audible** sigh from the back of the room broke the silence.

## nurture

*v.* to take care of, feed, and protect someone or something while they are growing and developing

*synonym*: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

## malady

*n.* a physical or psychological disorder or illness; an ailment or disease that causes discomfort, distress, or dysfunction

*synonym*: ailment, illness, sickness

(1) common **malady**, (2) chronic **malady**

The doctor diagnosed her with a rare **malady** that required immediate treatment.

## unspeakable

*adj.* too terrible, shocking, or distressing to speak about

*synonym*: unspeakably horrible, indescribable, unutterable

(1) **unspeakable** crime, (2) **unspeakable** pain

The survivors of the plane crash could only describe the **unspeakable** horror of the experience.

## psyche

*n.* the human soul, mind, or spirit

*synonym*: mind, soul, spirit

(1) deep **psyche**, (2) **psyche** healing

The therapist helped her understand the workings of her **psyche** and how to cope with her anxiety.

## inward

*adj.* directed or facing towards the inside; inside or inward-looking

*synonym* : internal, introspective, interior

(1) **inward** peace, (2) **inward** cargo

The **inward** motion of the tide was gradually slowing down.

## recess

*n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

*synonym* : break, interval, pause

(1) a court **recess**, (2) during noon **recess**

The company decided to take a **recess** and reconvene the meeting later that day.

## anew

*adv.* in a new or different way

*synonym* : again, once more, fresh

(1) arm **anew**, (2) review **anew**

He decided to start **anew** and leave his old life behind.

## rabbi

*n.* a Jewish religious leader or a Jewish scholar or teacher

*synonym* : clergyman, priest, teacher

(1) son of a **rabbi**, (2) the city's communal **rabbi**

The chief **rabbi** chanted a prayer.

## dangle

*v.* to hang or swing loosely, especially in a way that suggests instability or lack of support; to tempt or tantalize by holding out the prospect of something desirable but uncertain

*synonym* : swing, hang, drape

(1) **dangle** a carrot, (2) **dangle** a pendant

The earring on her earlobe would **dangle** as she moved her head.

## corporeal

*adj.* relating to the physical body, tangible or material in nature

*synonym* : physical, bodily, material

(1) **corporeal** form, (2) **corporeal** existence

The paranormal investigators claimed to have captured **corporeal** evidence of ghostly activity.

### cocoon

*n.* a protective covering spun by some insects and other invertebrates

*synonym*: chrysalis, pupa, case

(1) **cocoon** silk, (2) a dried **cocoon**

The caterpillar spins a **cocoon** around itself before turning into a butterfly.

### mouthpiece

*n.* the part of a wind instrument that the player blows into; a device or object that is used for communication or expression

*synonym*: nozzle, outlet, conduit

(1) the **mouthpiece** of the government, (2) the **mouthpiece** of a saxophone

He spoke into the **mouthpiece** of the microphone.

### whisper

*v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

*synonym*: murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

### sermon

*n.* a speech or lecture given by a religious leader, especially a minister or priest, as part of a worship service

*synonym*: homily, discourse, lecture

(1) lengthy **sermon**, (2) a lay **sermon**

The preacher delivered a powerful **sermon** on the importance of forgiveness.

### uplift

*n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

*synonym*: upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

## transcribe

*v.* to copy or reproduce something in written or printed form; to translate spoken language into written text

*synonym*: copy, record, transliterate

(1) **transcribe** notes, (2) **transcribe** documents

She needs to **transcribe** the interview recording to write the article for the magazine.

## synagogue

*n.* (also "shul") a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices

*synonym*: temple, shul, tabernacle

(1) reconstructed **synagogue**, (2) historical **synagogue**

We attended services at the local **synagogue** during the High Holidays.

## nape

*n.* the back side of the neck

*synonym*: nucha, scruff, collar

(1) **nape** massager, (2) fine hair on the **nape**

She kissed the **nape** of his neck.

## explode

*v.* to burst or break open violently and noisily; to cause something to burst or break open

*synonym*: detonate, blast, rupture

(1) **explode** in anger, (2) **explode** in popularity

The old building **exploded** in a fiery inferno.

## inchoate

*adj.* being in an early or incomplete stage; not fully formed or developed

*synonym*: beginning, incipient, embryonic

(1) **inchoate** idea, (2) **inchoate** relationship

The entrepreneur's business plan was still **inchoate** and needed further development before implementation.

## protozoa

*n.* a diverse group of single-celled microorganisms that are classified as eukaryotic, meaning they have a distinct nucleus and other membrane-bound organelles found in a wide range of environments, from soil to water to the bodies of humans and animals

*synonym*: microorganism, unicellular organism, amoeba

(1) free-living **protozoa**, (2) **protozoa** species

The water in the lake was contaminated with high levels of **protozoa**, making it unsafe for swimming or drinking.

## limber

*v.* to make or become more flexible, particularly with exercise or stretching; to prepare oneself mentally or physically for a task or activity

*synonym*: stretch, warm up, flex

(1) **limber** up with some stretching exercises, (2) **limber** my body

You need to **limber** up before starting to exercise to prevent injury.

## visualize

*v.* to form a mental image or concept of something; to make something visible

*synonym*: imagine, picture, envision

(1) **visualize** data, (2) **visualize** flying through space

She tried to **visualize** the layout of the new house in her mind.

## involuntary

*adj.* acting or done without or against one's will

*synonym*: coerced, forced, automatic

(1) **involuntary** manslaughter, (2) **involuntary** muscles

The drug's side effects can include **involuntary** loss of urine.

## spasm

*n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity

*synonym*: convulsion, cramp, twitch

(1) gastric **spasm**, (2) **spasm** of laughter

The patient's face twitched in **spasms** as the dentist started drilling her tooth.

## hallucinate

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

(1) start to **hallucinate**, (2) **hallucinate** with drug

Sleep-deprived people gradually lose their concentration and may **hallucinate**.

## tingle

v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

*synonym*: feel tickled, itch, prickle

(1) **tingle** up my spine, (2) **tingle** with anticipation

My nerves began to **tingle** before the show started.

## electrify

v. to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

*synonym*: wire, amaze, astonish

(1) **electrify** the audience, (2) **electrify** a manufacturing process

The product developed through years of research continues to **electrify** the market.

## flickering

*adj.* shining or flashing in an unsteady or irregular way; fluctuating or wavering, often with regards to light or flame

*synonym*: shining, flashing, twinkling

(1) **flickering** flames, (2) **flickering** hope

The **flickering** candlelight added a cozy ambiance to the room.

## awaken

v. to stop sleeping or to cause someone to stop sleeping

*synonym*: rouse, arouse, revive

(1) **awaken** at daybreak, (2) **awaken** a child



The friend's death **awakens** them.

### twitch

v. to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body

*synonym*: spasm, jerk, flinch

(1) **twitch** at his sleeve, (2) **twitch** of an eye

She couldn't stop her leg from **twitching** nervously.

### portray

v. to depict or describe someone or something in a painting, film, book, or other artistic work

*synonym*: depict, describe, illustrate

(1) **portray** feelings in words, (2) accurately **portray** the condition

We often **portray** political problems as religious issues.

### ephemeral

*adj.* lasting or used for only a short time

*synonym*: temporary, momentary, brief

(1) **ephemeral** joys, (2) **ephemeral** materials

His success as a famous actor was **ephemeral**.

### quadriplegia

n. paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region

(1) **quadriplegia** patients, (2) **quadriplegia** care

After the accident, he had **quadriplegia** and could not move his arms or legs.

### heave

v. to lift or hoist something heavy with effort; to throw or hurl something, often with force; to rise or fall with a rhythmic motion, as in the heaving of the sea

*synonym*: lift, hoist, tug

(1) **heave** a sigh, (2) **heave** a boulder

The workers had to **heave** the heavy equipment up the staircase to the top floor.

### stagnate

v. to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a

lack of circulation or movement

*synonym* : stall, halt, idle

(1) **stagnate** economy, (2) **stagnate** due to problems

If you don't exercise regularly, your fitness levels may **stagnate**.

## periphery

*n.* the outer edge or margin of something, especially a geographical area or a group of people

*synonym* : edge, border, margin

(1) around the **periphery**, (2) **periphery** countries

The factory was located on the city's **periphery**, away from residential areas.

## astronaut

*n.* a person trained by a space agency to travel outside the Earth's atmosphere

*synonym* : spaceman, cosmonaut

(1) **astronaut** mission, (2) **astronaut** in training

The shuttle **astronaut** trained for months before embarking on the space mission.

## opportune

*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

*synonym* : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

## rekindle

*v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling

*synonym* : revitalize, reignite, revive

(1) **rekindle** love, (2) **rekindle** hope

The couple tried to **rekindle** their relationship by spending more time together.

## peg

*n.* a small cylindrical or tapered pin used to fasten or secure something, such as clothing, on a line, or in carpentry and woodworking; (verb) to fasten or secure

something using a peg or similar object; to mark or indicate a level or position using a peg or similar object

*synonym* : pin, dowel, spike

(1) **peg** in the ground, (2) **peg** an exchange rate

The sheep were tagged with numbered plastic **pegs** in their ears.

## Session 2: Spelling

- |                            |      |  |
|----------------------------|------|--|
| 1. pa____ze a person       | v.   | to cause a person or part of the body to become unable to move or feel   |
| 2. el_____fy the audience  | v.   | to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something   |
| 3. qu____r with excitement | v.   | to shake or tremble with a slight, rapid motion  |
| 4. in_____te idea          | adj. | being in an early or incomplete stage; not fully formed or developed   |
| 5. a dried co____n         | n.   | a protective covering spun by some insects and other invertebrates   |
| 6. historical sy_____ue    | n.   | (also "shul") a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices |
| 7. a to__o in bronze       | n.   | the human trunk from the neck to the abdomen   |
| 8. s__r in popularity      | v.   | to fly or rise very high or to a great height, often with great grace or ease  |
| 9. hal_____te with drug    | v.   | to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use   |
| 10. up____t my spirit      | n.   | the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits  |

ANSWERS: 1. paralyze, 2. electrify, 3. quiver, 4. inchoate, 5. cocoon, 6. synagogue, 7. torso, 8. soar, 9. hallucinate, 10. uplift

11. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
12. qua\_\_\_\_\_gia care *n.* paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
13. ti\_\_\_e with anticipation *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
14. qu\_\_\_r in the breeze *v.* to shake or tremble with a slight, rapid motion
15. p\_g in the ground *n.* a small cylindrical or tapered pin used to fasten or secure something, such as clothing, on a line, or in carpentry and woodworking; (verb) to fasten or secure something using a peg or similar object; to mark or indicate a level or position using a peg or similar object
16. tw\_\_l a hula hoop *v.* to rotate rapidly around a central point; to spin or whirl around in a circular or spiral motion
17. n\_\_e massager *n.* the back side of the neck
18. to\_\_o injury *n.* the human trunk from the neck to the abdomen
19. tw\_\_\_h at his sleeve *v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body

ANSWERS: 11. opportune, 12. quadriplegia, 13. tingle, 14. quiver, 15. peg, 16. twirl, 17. nape, 18. torso, 19. twitch

20. po\_\_\_\_y feelings in words      *v.* to depict or describe someone or something in a painting, film, book, or other artistic work
21. start to hal\_\_\_\_\_te      *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
22. in\_\_\_d peace      *adj.* directed or facing towards the inside; inside or inward-looking
23. review a\_\_w      *adv.* in a new or different way
24. nu\_\_\_\_\_e love      *v.* to take care of, feed, and protect someone or something while they are growing and developing
25. vi\_\_\_\_\_ze data      *v.* to form a mental image or concept of something; to make something visible
26. answer in a wh\_\_\_\_\_r      *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
27. li\_\_\_r up with some stretching exercises      *v.* to make or become more flexible, particularly with exercise or stretching; to prepare oneself mentally or physically for a task or activity
28. vi\_\_\_\_\_ze flying through space      *v.* to form a mental image or concept of something; to make something visible
29. li\_\_\_r my body      *v.* to make or become more flexible, particularly with exercise or stretching; to prepare oneself mentally or physically for a task or activity
30. da\_\_\_e a pendant      *v.* to hang or swing loosely, especially in a way that suggests instability or lack of support; to tempt or tantalize by holding out the prospect of something desirable but uncertain

ANSWERS: 20. portray, 21. hallucinate, 22. inward, 23. anew, 24. nurture, 25. visualize, 26. whisper, 27. limber, 28. visualize, 29. limber, 30. dangle

31. au\_\_\_\_e words *adj.* able to be heard; loud enough to be heard clearly
32. co\_\_\_\_n silk *n.* a protective covering spun by some insects and other invertebrates
33. re\_\_\_\_le hope *v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling
34. uns\_\_\_\_le pain *adj.* too terrible, shocking, or distressing to speak about
35. op\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
36. arm a\_\_w *adv.* in a new or different way
37. ex\_\_\_\_e in anger *v.* to burst or break open violently and noisily; to cause something to burst or break open
38. st\_\_\_\_te due to problems *v.* to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement
39. fever with neu\_\_\_\_cal signs *adj.* of or relating to the science of neurology or the nervous system
40. in\_\_\_\_d cargo *adj.* directed or facing towards the inside; inside or inward-looking
41. chronic ma\_\_\_\_y *n.* a physical or psychological disorder or illness; an ailment or disease that causes discomfort, distress, or dysfunction

ANSWERS: 31. audible, 32. cocoon, 33. rekindle, 34. unspeakable, 35. opportune, 36. anew, 37. explode, 38. stagnate, 39. neurological, 40. inward, 41. malady

42. au\_\_\_\_e sound *adj.* able to be heard; loud enough to be heard clearly
43. ps\_\_\_e healing *n.* the human soul, mind, or spirit
44. aw\_\_\_n at daybreak *v.* to stop sleeping or to cause someone to stop sleeping
45. st\_\_\_\_\_te economy *v.* to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement
46. tw\_\_\_h of an eye *v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
47. fine hair on the n\_\_\_e *n.* the back side of the neck
48. sw\_\_l up dirt and dust *v.* to move in a circular or spiral pattern
49. pr\_\_\_\_\_oa species *n.* a diverse group of single-celled microorganisms that are classified as eukaryotic, meaning they have a distinct nucleus and other membrane-bound organelles found in a wide range of environments, from soil to water to the bodies of humans and animals
50. pa\_\_\_\_\_is in the leg *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
51. s\_\_r to new heights *v.* to fly or rise very high or to a great height, often with great grace or ease
52. he\_\_e a sigh *v.* to lift or hoist something heavy with effort; to throw or hurl something, often with force; to rise or fall with a rhythmic motion, as in the heaving of the sea

ANSWERS: 42. audible, 43. psyche, 44. awaken, 45. stagnate, 46. twitch, 47. nape, 48. swirl, 49. protozoa, 50. paralysis, 51. soar, 52. heave



53. tra\_\_\_\_\_be documents      *v.* to copy or reproduce something in written or printed form; to translate spoken language into written text
54. a lay se\_\_\_n      *n.* a speech or lecture given by a religious leader, especially a minister or priest, as part of a worship service
55. re\_\_\_\_\_le love      *v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling
56. sp\_\_m of laughter      *n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
57. lengthy se\_\_\_n      *n.* a speech or lecture given by a religious leader, especially a minister or priest, as part of a worship service
58. da\_\_\_e a carrot      *v.* to hang or swing loosely, especially in a way that suggests instability or lack of support; to tempt or tantalize by holding out the prospect of something desirable but uncertain
59. a court re\_\_\_s      *n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court
60. common ma\_\_\_y      *n.* a physical or psychological disorder or illness; an ailment or disease that causes discomfort, distress, or dysfunction

ANSWERS: 53. transcribe, 54. sermon, 55. rekindle, 56. spasm, 57. sermon, 58. dangle, 59. recess, 60. malady

61. in\_\_\_\_\_te relationship *adj.* being in an early or incomplete stage; not fully formed or developed
62. inv\_\_\_\_\_ry manslaughter *adj.* acting or done without or against one's will
63. p\_g an exchange rate *n.* a small cylindrical or tapered pin used to fasten or secure something, such as clothing, on a line, or in carpentry and woodworking; (verb) to fasten or secure something using a peg or similar object; to mark or indicate a level or position using a peg or similar object
64. ep\_\_\_\_\_al joys *adj.* lasting or used for only a short time
65. reconstructed sy\_\_\_\_\_ue *n.* (also "shul") a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices
66. co\_\_\_\_\_al form *adj.* relating to the physical body, tangible or material in nature
67. neu\_\_\_\_\_cal symptoms *adj.* of or relating to the science of neurology or the nervous system
68. co\_\_\_\_\_al existence *adj.* relating to the physical body, tangible or material in nature
69. accurately po\_\_\_\_\_y the condition *v.* to depict or describe someone or something in a painting, film, book, or other artistic work
70. te\_\_\_\_r a horse *v.* to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog

ANSWERS: 61. inchoate, 62. involuntary, 63. peg, 64. ephemeral, 65. synagogue, 66. corporeal, 67. neurological, 68. corporeal, 69. portray, 70. tether

71. pa\_\_\_\_\_ze a city  
*v.* to cause a person or part of the body to become unable to move or feel
72. fli\_\_\_\_\_ng hope  
*adj.* shining or flashing in an unsteady or irregular way; fluctuating or wavering, often with regards to light or flame
73. qua\_\_\_\_\_gia patients  
*n.* paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
74. as\_\_\_\_\_ut mission  
*n.* a person trained by a space agency to travel outside the Earth's atmosphere
75. uns\_\_\_\_\_le crime  
*adj.* too terrible, shocking, or distressing to speak about
76. re\_\_\_e a charm  
*v.* to say a poem, piece of literature, etc. aloud from memory,
77. during noon re\_\_\_s  
*n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court
78. he\_\_\_e a boulder  
*v.* to lift or hoist something heavy with effort; to throw or hurl something, often with force; to rise or fall with a rhythmic motion, as in the heaving of the sea
79. ep\_\_\_\_\_al materials  
*adj.* lasting or used for only a short time
80. ti\_\_\_e up my spine  
*v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
81. deep ps\_\_\_e  
*n.* the human soul, mind, or spirit

ANSWERS: 71. paralyze, 72. flickering, 73. quadriplegia, 74. astronaut, 75. unspeakable, 76. recite, 77. recess, 78. heave, 79. ephemeral, 80. tingle, 81. psyche

82. the city's communal ra\_\_i      *n.* a Jewish religious leader or a Jewish scholar or teacher
83. as\_\_\_\_\_ut in training      *n.* a person trained by a space agency to travel outside the Earth's atmosphere
84. el\_\_\_\_\_fy a manufacturing process      *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
85. aw\_\_\_n a child      *v.* to stop sleeping or to cause someone to stop sleeping
86. the mou\_\_\_\_\_ce of the government      *n.* the part of a wind instrument that the player blows into; a device or object that is used for communication or expression
87. the mou\_\_\_\_\_ce of a saxophone      *n.* the part of a wind instrument that the player blows into; a device or object that is used for communication or expression
88. tw\_\_l a ribbon      *v.* to rotate rapidly around a central point; to spin or whirl around in a circular or spiral motion
89. free-living pr\_\_\_\_\_oa      *n.* a diverse group of single-celled microorganisms that are classified as eukaryotic, meaning they have a distinct nucleus and other membrane-bound organelles found in a wide range of environments, from soil to water to the bodies of humans and animals
90. the wh\_\_\_\_\_r of the leaves      *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

ANSWERS: 82. rabbi, 83. astronaut, 84. electrify, 85. awaken, 86. mouthpiece, 87. mouthpiece, 88. twirl, 89. protozoa, 90. whisper

91. around the pe\_\_\_\_\_ry  
*n.* the outer edge or margin of something, especially a geographical area or a group of people
92. inv\_\_\_\_\_ry muscles  
*adj.* acting or done without or against one's will
93. moral pa\_\_\_\_\_is  
*n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
94. up\_\_\_t mountains  
*n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
95. te\_\_\_r strap  
*v.* to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog
96. fli\_\_\_\_\_ng flames  
*adj.* shining or flashing in an unsteady or irregular way; fluctuating or wavering, often with regards to light or flame
97. gastric sp\_\_m  
*n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
98. sw\_\_l the wine  
*v.* to move in a circular or spiral pattern
99. re\_\_\_e a long list of the article  
*v.* to say a poem, piece of literature, etc. aloud from memory,
100. pe\_\_\_\_\_ry countries  
*n.* the outer edge or margin of something, especially a geographical area or a group of people

ANSWERS: 91. periphery, 92. involuntary, 93. paralysis, 94. uplift, 95. tether, 96. flickering, 97. spasm, 98. swirl, 99. recite, 100. periphery

101. nu\_\_\_\_e his talents                      *v.*    to take care of, feed, and protect someone or something while they are growing and developing
102. son of a ra\_\_i                              *n.*    a Jewish religious leader or a Jewish scholar or teacher
103. ex\_\_\_\_e in popularity                   *v.*    to burst or break open violently and noisily; to cause something to burst or break open
104. tra\_\_\_\_\_be notes                     *v.*    to copy or reproduce something in written or printed form; to translate spoken language into written text

ANSWERS: 101. nurture, 102. rabbi, 103. explode, 104. transcribe

## Session 3: Fill in the Blanks

1. She tried to \_\_\_\_\_ the layout of the new house in her mind.  
*v.* to form a mental image or concept of something; to make something visible
2. She \_\_\_\_\_ her hair absentmindedly as she listened to the conversation.  
*v.* to rotate rapidly around a central point; to spin or whirl around in a circular or spiral motion
3. He decided to start \_\_\_\_\_ and leave his old life behind.  
*adv.* in a new or different way
4. The earring on her earlobe would \_\_\_\_\_ as she moved her head.  
*v.* to hang or swing loosely, especially in a way that suggests instability or lack of support; to tempt or tantalize by holding out the prospect of something desirable but uncertain
5. The chef expertly \_\_\_\_\_ the sauce onto the plate.  
*v.* to move in a circular or spiral pattern
6. The friend's death \_\_\_\_\_ them.  
*v.* to stop sleeping or to cause someone to stop sleeping
7. She kissed the \_\_\_\_\_ of his neck.  
*n.* the back side of the neck
8. The caterpillar spins a \_\_\_\_\_ around itself before turning into a butterfly.  
*n.* a protective covering spun by some insects and other invertebrates

ANSWERS: 1. visualize, 2. twirled, 3. anew, 4. dangle, 5. swirled, 6. awakens, 7. nape, 8. cocoon

9. The patient's face twitched in \_\_\_\_\_ as the dentist started drilling her tooth.  
*n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
10. The survivors of the plane crash could only describe the \_\_\_\_\_ horror of the experience.  
*adj.* too terrible, shocking, or distressing to speak about
11. Sleep-deprived people gradually lose their concentration and may \_\_\_\_\_.  
*v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
12. The doctor diagnosed her with a rare \_\_\_\_\_ that required immediate treatment.  
*n.* a physical or psychological disorder or illness; an ailment or disease that causes discomfort, distress, or dysfunction
13. The drug's side effects can include \_\_\_\_\_ loss of urine.  
*adj.* acting or done without or against one's will
14. The product developed through years of research continues to \_\_\_\_\_ the market.  
*v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
15. The \_\_\_\_\_ candlelight added a cozy ambiance to the room.  
*adj.* shining or flashing in an unsteady or irregular way; fluctuating or wavering, often with regards to light or flame
16. The paranormal investigators claimed to have captured \_\_\_\_\_ evidence of ghostly activity.  
*adj.* relating to the physical body, tangible or material in nature

ANSWERS: 9. spasms, 10. unspeakable, 11. hallucinate, 12. malady, 13. involuntary, 14. electrify, 15. flickering, 16. corporeal



17. You need to \_\_\_\_\_ up before starting to exercise to prevent injury.
- v.* to make or become more flexible, particularly with exercise or stretching; to prepare oneself mentally or physically for a task or activity
18. After the accident, he had \_\_\_\_\_ and could not move his arms or legs.
- n.* paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
19. He took me aside and \_\_\_\_\_ in my ear.
- v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
20. The workers had to \_\_\_\_\_ the heavy equipment up the staircase to the top floor.
- v.* to lift or hoist something heavy with effort; to throw or hurl something, often with force; to rise or fall with a rhythmic motion, as in the heaving of the sea
21. We often \_\_\_\_\_ political problems as religious issues.
- v.* to depict or describe someone or something in a painting, film, book, or other artistic work
22. The bird \_\_\_\_\_ through the sky, and its wings spread wide.
- v.* to fly or rise very high or to a great height, often with great grace or ease
23. The entrepreneur's business plan was still \_\_\_\_\_ and needed further development before implementation.
- adj.* being in an early or incomplete stage; not fully formed or developed
24. He was hit in the \_\_\_\_\_ and was rushed to the hospital.
- n.* the human trunk from the neck to the abdomen

ANSWERS: 17. limber, 18. quadriplegia, 19. whispered, 20. heave, 21. portray, 22. soared, 23. inchoate, 24. torso

25. The phone rang at the most \_\_\_\_\_ time.

*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

26. She needs to \_\_\_\_\_ the interview recording to write the article for the magazine.

*v.* to copy or reproduce something in written or printed form; to translate spoken language into written text

27. She couldn't stop her leg from \_\_\_\_\_ nervously.

*v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body

28. The \_\_\_\_\_ in the stock market has been a relief to investors.

*n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

29. The venom from the snake bite \_\_\_\_\_ his arm.

*v.* to cause a person or part of the body to become unable to move or feel

30. The factory was located on the city's \_\_\_\_\_ away from residential areas.

*n.* the outer edge or margin of something, especially a geographical area or a group of people

31. The company decided to take a \_\_\_\_\_ and reconvene the meeting later that day.

*n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

32. The couple tried to \_\_\_\_\_ their relationship by spending more time together.

*v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling

ANSWERS: 25. opportune, 26. transcribe, 27. twitching, 28. uplift, 29. paralyzed, 30. periphery, 31. recess, 32. rekindle

33. The old building \_\_\_\_\_ in a fiery inferno.
- v.* to burst or break open violently and noisily; to cause something to burst or break open
34. The water in the lake was contaminated with high levels of \_\_\_\_\_ making it unsafe for swimming or drinking.
- n.* a diverse group of single-celled microorganisms that are classified as eukaryotic, meaning they have a distinct nucleus and other membrane-bound organelles found in a wide range of environments, from soil to water to the bodies of humans and animals
35. The chief \_\_\_\_\_ chanted a prayer.
- n.* a Jewish religious leader or a Jewish scholar or teacher
36. The sheep were tagged with numbered plastic \_\_\_\_\_ in their ears.
- n.* a small cylindrical or tapered pin used to fasten or secure something, such as clothing, on a line, or in carpentry and woodworking; (verb) to fasten or secure something using a peg or similar object; to mark or indicate a level or position using a peg or similar object
37. The preacher delivered a powerful \_\_\_\_\_ on the importance of forgiveness.
- n.* a speech or lecture given by a religious leader, especially a minister or priest, as part of a worship service
38. The \_\_\_\_\_ motion of the tide was gradually slowing down.
- adj.* directed or facing towards the inside; inside or inward-looking
39. The therapist helped her understand the workings of her \_\_\_\_\_ and how to cope with her anxiety.
- n.* the human soul, mind, or spirit

ANSWERS: 33. exploded, 34. protozoa, 35. rabbi, 36. pegs, 37. sermon, 38. inward, 39. psyche

40. The patient was diagnosed with a \_\_\_\_\_ disorder affecting their motor skills.

*adj.* of or relating to the science of neurology or the nervous system

41. The hiker \_\_\_\_\_ their dog to a tree while they camped for the night.

*v.* to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog

42. His success as a famous actor was \_\_\_\_\_.

*adj.* lasting or used for only a short time

43. Massive demonstrations lead to total \_\_\_\_\_ of transportation.

*n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

44. An \_\_\_\_\_ sigh from the back of the room broke the silence.

*adj.* able to be heard; loud enough to be heard clearly

45. My nerves began to \_\_\_\_\_ before the show started.

*v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

46. Schools should \_\_\_\_\_ children's mutual interest spirit.

*v.* to take care of, feed, and protect someone or something while they are growing and developing

47. The archer's hands \_\_\_\_\_ as he aimed the arrow at the target.

*v.* to shake or tremble with a slight, rapid motion

ANSWERS: 40. neurological, 41. tethered, 42. ephemeral, 43. paralysis, 44. audible, 45. tingle, 46. nurture, 47. quivered

48. The shuttle \_\_\_\_\_ trained for months before embarking on the space mission.
- n.* a person trained by a space agency to travel outside the Earth's atmosphere
49. If you don't exercise regularly, your fitness levels may \_\_\_\_\_.
- v.* to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement
50. We attended services at the local \_\_\_\_\_ during the High Holidays.
- n.* (also "shul") a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices
51. He spoke into the \_\_\_\_\_ of the microphone.
- n.* the part of a wind instrument that the player blows into; a device or object that is used for communication or expression
52. He could \_\_\_\_\_ all of Shakespeare's works.
- v.* to say a poem, piece of literature, etc. aloud from memory,

ANSWERS: 48. astronaut, 49. stagnate, 50. synagogue, 51. mouthpiece, 52. recite