

4. Meditations to Change Your Brain

Quiz:

Question 1 of 12

The Satipatthana Sutta describes six senses. Given that five are vision, hearing, smell, taste, and sense of the body, what is the remaining one?

- ☒ sense of mind
- ☐ sense of touch
- ☐ sense of calm

Question 2 of 12

With the concept of "taking in the good" in mind, how should you approach living through positive events?

- ☐ Prepare for the inevitable bad experiences that invariably follow.
- ☒ **Experience the event fully and extend it to other aspects of your life.**
- ☐ Move on to the next good event as quickly as possible.

Question 3 of 12

Why is it beneficial to have a fixed perception that appears irrevocable?

- ☐ to increase mindfulness
- ☐ to reduce suffering
- ☒ **to eliminate hesitation**

Question 4 of 12

When meditating, why is it recommended to relax your body?

- ☐ It sends priming messages through your brain, establishing a goal.
- ☒ **It activates the parasympathetic part of your autonomic nervous system.**
- ☐ It calms your tendency to continually look for threats lurking on the horizon.

Question 5 of 12

What is the function of the basal ganglia?

- ☒ **to encourage an organism to seek more stimulation**
- ☐ to maintain the body's stable state known as homeostasis
- ☐ to detect and process threats

Question 6 of 12

How should you breathe during a meditation session?

- ☒ **deep, slow breaths that fill the lungs followed by a full exhale**
- ☐ four short inhales followed by four short exhales at a fast rhythm
- ☐ long, deep breaths followed by holding your breath as long as you can

Question 7 of 12

You are going to begin the process of associating more empowering and positive emotions with a painful memory. How should you begin?

- ☐ Sit down and begin to recall the painful memory.
- ☐ Note that the painful memory exists, but ignore it and focus on happy thoughts.
- ☒ **Put yourself in a positive and empowered state.**

Question 8 of 12

What is an important benefit of a good meditation program?

- ☒ **It enhances happiness and a sense of well-being.**
- ☐ It suppresses traumatic experiences from your past.
- ☐ It is a substitute for professional care of the body.

Question 9 of 12

Why can it be beneficial to consider something positive while experiencing a painful memory?

- ☐ to change the memory of events that occurred to something more positive
- ☒ **to associate more empowering emotions with that memory**
- ☐ to immediately change your emotional response to the painful memory

Question 10 of 12

How should you describe the main function of the amygdala part of your brain?

- ☒ **the detection and processing of threats**
- ☐ the lower cardiovascular response to anxiety
- ☐ the induction of yawns

Question 11 of 12

What are the two sides of the autonomic nervous system?

- ☐ sympathetic and non-sympathetic
- ☐ central and peripheral
- ☒ **sympathetic and parasympathetic**

Question 12 of 12

What is the first step in "taking in the good" when meditating?

- ☐ Focus on your breathing, both when inhaling and exhaling.
- ☐ Savor and explore a good feeling or emotion within you.
- ☒ **Identify something that gives you a good feeling.**