

Instapaper: Friday, Apr. 5th (Instapaper) - Your Highlight on Location 171-175 | Added on Thursday, April 18, 2019 1:04:24 AM

An individual will be more motivated to perform a particular activity if he knows that he will partake in a more desirable activity as a consequence. Stated objectively, if high-probability behaviors (more desirable behaviors) are made contingent upon lower-probability behaviors (less desirable behaviors), then the lower-probability behaviors are more likely to occur. More desirable behaviors are those that individuals spend more time doing if permitted; less desirable behaviors are those that individuals spend less time doing when free to act.

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This study, among others, helps to confirm the Premack principle in showing that a high-probability activity can be an effective reinforcer for an activity that the subject is less likely to perform.(Domjan, 2010). An alternative: Response deprivation theory Premack's principle may be violated if a situation or schedule of reinforcement provides much more of the high-probability behavior than of the low-probability behavior.

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Some traditions speak of two types of meditation, insight meditation (vipassana) and calm meditation (samatha). In fact the two are indivisible facets of the same process. Calm is the peaceful happiness born of meditation; insight is the clear understanding born of the same meditation. Calm leads to insight and insight leads to calm.”[10]

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According to Geshe Lhundup Sopa, samatha is: just a one-pointedness of mind (cittaikagrata) on a meditative object (alambana). Whatever the object may be . . . if the mind can remain upon its object one-pointedly, spontaneously and

without effort (nabhisamskara), and for as long a period of time as the meditator likes, it is approaching the attainment of meditative stabilization (samatha).[26]