



Text Type: Newsletter
Suggested finishing time: 25 mins



Let's Think!

1. Why do you think some people practise meditation?
2. In your opinion, how well do meditators achieve what they want to achieve?

Good Balance Health Club

Vol.27

Mind Body Soul

More to Take Away

Meditation as a means to spiritual fulfilment is probably as old as religion. Both of them seek to replace fear with hope through the realisation of the true inner self.

Living in the city, everyone knows how an already dull life could be made even less tolerable by stresses from various sources, since they must have experienced stress in some sort of ways. They may be overburdened by the intensity of school, the duties at home, the boredom of work, etc. Meditation could be their way out, if they are willing to try something new to restore happiness.

5

What is meditation?

Meditation is a way some people seek to regain their lost peace of mind by emptying it of unwelcome thoughts, which they think are at the roots of their fright, despondency or stress. What meditators do, in fact, is simply to sit still quietly, breathe in regular patterns, and focus on their own breathing. According to a few research studies, regular meditation enhances one's sense of well-being and therefore promotes one's mental health.

10

Why do people meditate?

15

Stress reduction is the commonest reason for practising meditation. Stress that is not dealt with properly works on two negative levels. Physically, it may disrupt sleep, increase blood pressure and even induce headache or muscle pain. Mentally, it makes you anxious—even over trivial matters that might seem insignificant to others.

Beginners of meditation often report a noticeable reduction of stress soon after they put meditation into their daily routine. Of these people, those who suffer from depression also report a gradual relief of their symptoms. There have been suggestions that meditation makes a depressed person feel less miserable because it rearranges the body's chemicals in their construction. Though the theory has not been proven scientifically, it has become a popular belief among meditators. What is more certain is that the calmness that comes with meditation helps one think more positively, whilst the sense of persistence in achieving a fixed goal helps one develop a better self-image and boosts one's self-esteem.

20

25



What happens to your brain when you meditate?

Practising meditation prevents our mind from wandering among or dwelling on our own thoughts. It calms and suppresses some of the neural impulses that drive us into overthinking, clearing out our brains and shifting our concentration to the external world. It can do wonders for those who are constantly weary or depressed. In some studies, meditation has been found to be even more effective than antidepressants in coping with depression.

_____ ?

Meditation is neither difficult nor inconvenient, not even for beginners. Just sit down at a quiet spot at home; avoid places where there may be sudden noises. Then focus your mind on a particular thing that involves no thinking—you may try closing your eyes and counting your own breaths, or feeling your emotions at the present moment. It may not be easy at first, and the time it would take for a beginner to feel at ease varies from person to person: some take an hour; some take days, and some even months. But it is worth a try if you want to have one more trick up your sleeve to deal with stress!

~490 words



Looking into Grammar

Indefinite pronouns (*everyone, anyone, everything*) are used to refer to people or things without specifying who or what they are. The third-person plural pronouns (*they, them*) are used to refer to these people or things as a group.

✓ **Everyone** in the haunted house was so scared that **they** (~~he~~) dashed out of it.

? Circle a plural pronoun which is used to refer to an indefinite pronoun in paragraph 1.

Moral

Meditation may help one live a life of greater wisdom and compassion via habitual practice, with which one can eventually be freed from suffering by focusing on benevolent thoughts and good deeds.

Part A Multiple Choice Questions

Answer the following questions based on the information provided in the newsletter. Choose the best answer by blackening the appropriate circle.

1. Read line 10. The word 'it' refers to _____.
 A. the mind
 B. meditation
 C. peace
 D. a particular thought
2. From paragraph 2, we know that meditation does not _____.
 A. require meditators to concentrate on themselves
 B. require meditators to stay quiet
 C. aim at restoring one's peace of mind
 D. require meditators to breathe slowly
3. Which of the following is NOT a possible benefit of meditation?
 A. It helps bring forth a sense of persistence in achieving goals.
 B. It relieves depression symptoms gradually.
 C. It helps one stay calm and think more positively.
 D. It boosts one's confidence and self-assurance.
4. In lines 16-17, 'not dealt with properly' can best be replaced by '_____'.
 A. not given enough attention to
 B. handled inappropriately
 C. not addressed
 D. yet relieved
5. Which of the following is TRUE about newcomers to meditation?
 A. They have to draw up a meditation schedule.
 B. They develop symptoms of depression.
 C. They will not be depressed any more.
 D. They may observe a loss of stress.
6. In paragraph 6, 'one more trick up your sleeve' can best be replaced by '_____'.
 A. another empty hand
 B. an extra backup plan
 C. an available alternative
 D. more free time
7. Which of the following could be the best subheading for the last paragraph?
 A. How may you begin?
 B. Where can you go?
 C. When do you meditate?
 D. How can you get rid of stress?

3 Check the options one by one to see if they are consistent with the content of the newsletter.

7 A subheading may summarise the main theme of a paragraph.



Please scan the QR code on P.6 to access the checklist for evaluating your own reading progress.

Part B Pre-HKDSE Questions

Answer the following questions based on the information provided in the newsletter. For question 1, answer in complete sentences.

1(ii) Pay attention to the use of conjunctions.



1. (i) Read paragraph 1. What does the writer think about city life?

(ii) What is the main purpose of paragraph 1?

It is to explain why city people _____

2. Look at the following pronouns and answer who/what they refer to in the newsletter.

(i) 'it' (line 17) _____

(ii) 'these people' (line 21) _____

(iii) 'It' (line 38) _____

3. Complete the note about meditation by filling in ONE word in each blank.

Although it has not been proven by (i) _____ that meditation has positive effects on people who are (ii) _____, some said meditation could help them restore (iii) _____ and become more (iv) _____ in pursuing goals.

3 You may have to change the word form.



4. Determine whether each of the following statements is true, false or undecidable because not enough information is given.

Statement	True	False	Not Given
(i) The writer believes meditation brings calmness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) Not many people practise meditation in order to get rid of stress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Meditation is easy for experienced meditators.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

DSE

Level Up



Q1 To summarise a paragraph in your own words, extract the keywords from it (change the word forms if necessary) and condense the ideas in a simple sentence in your own words. Circle the keyword in each of the phrases below.

(i) already dull life (ii) made even less tolerable (iii) by stresses from various sources

Part C Vocabulary Bank

Label the photos below with the phrases related to the benefits of meditation from the word box.

decreasing blood pressure

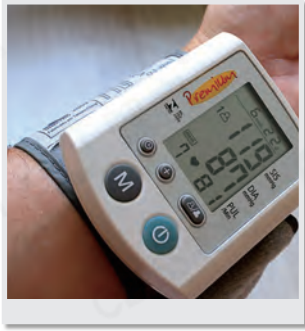
improving sleep quality

reducing stress

boosting the immune system

improving memory

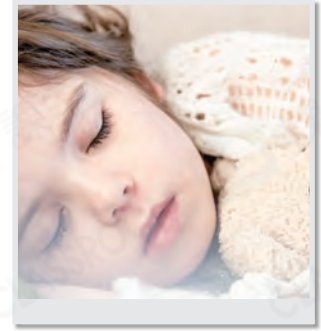
fighting addictions



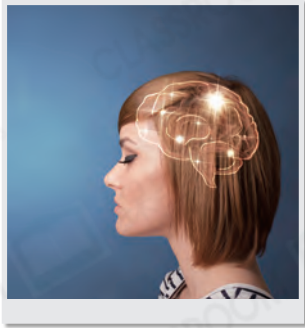
1. _____



2. _____



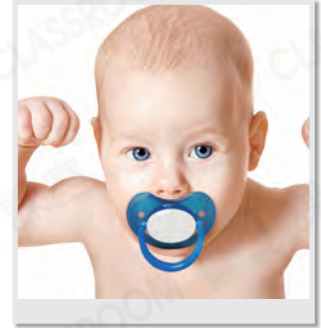
3. _____



4. _____



5. _____



6. _____

Word Craft

The troubled (Refer to P.81.)

Certain adjectives, when placed after 'the', are used as substantive nouns to refer to a group of things or people that share the quality described by the adjectives.

e.g. the rich the poor the homeless
the evil the disabled the disadvantaged

Part D Cloze Passage

Reminder



Pay attention to the verb form.

Complete the advertisement below with the appropriate phrases introduced on the previous page.

Peace & Mind Health Centre

Our new meditation class is now open for registration!

For most people, meditation is all about

(1) _____.

They think of it only as a means to deal with mental pressure by dismissing negative thoughts.

What they might not know is that meditation is equally effective when it comes to dealing with another kind of pressure—that it

(2) _____

as well. It is because both of them share a common cause: strong emotions like excitement and anger.

Meditation exerts positive influence on people's state of mind, and therefore

(3) _____,

which keeps sickness at bay.

In the modern world, it is common for people to be attached to their mobile phones (or to any other things too entertaining to get away from) 24/7. These otherwise healthy people may find meditation useful in

(4) _____.

By calming them down, it reduces their

anxiety about losing these amusements as well as their need for them. It also evokes a sense of calmness which

(5) _____.

For this reason, meditation is often recommended to those troubled by insomnia, which is another disorder modern people commonly suffer from. Don't underestimate the importance of a good night's sleep: it not only facilitates cell regeneration but also extends your lifespan!

In fact, meditation is by no means just for the troubled. It is also for the ones who wish to recall things more quickly and easily. In other words, meditation

(6) _____.

If you are a forgetful person and being so puts you under constant pressure, try meditate with us—you will not be disappointed.

Call us and register our new meditation class now!

Let's Discuss!



1. Do you think mental health is as important as physical health?
2. What do you do to reduce stress?