

# Weekly English Practice

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www.englishcoachingprojects.net info@englishcoachingprojects.net Calle San Ignacio de Loyola 15 bajo, 01001, Vitoria-Gasteiz, Araba-Alava



## Meditation made interesting?

*If you want the emotional and health benefits of meditation, but feel uncomfortable sitting like Buddha, you are not the only one.*

**to struggle:** to fight, to have difficulty  
**to fancy:** to want, feel like, desire  
**maze:** a labyrinth  
**to navigate:** to find your way around  
**removed:** far away, separated  
**damaging:** dangerous, causing harm/damage  
**to boost:** to amplify, increase, accelerate, enhance, improve  
**to anchor:** to connect, attach, fix, secure, stabilise  
**joy:** happiness  
**however you like:** any way you want  
**feet:** 1 foot = 12 inches = 30.48cm  
**riddle:** a difficult question to be solved

Before you read the complete article look at this vocabulary and find it in the text



All of us have different ways of clearing our minds and finding balance. Whether you've been **struggling** with traditional forms of meditation, or just **fancy** trying something new, here are five unusual meditation techniques to explore.

### Labyrinth Meditation

Use the mesmerizing movement of this practice to centre yourself. Many churches, gardens and other outdoor spaces have **mazes** open to the public. The combination of left and right-brain activity required of **navigating** a labyrinth is said to help with problem-solving and can even trigger unexpected epiphanies.

### Journey Meditation

This practice uses visualisation to transport your mind to a more serene state. Simply imagine yourself in a beautiful place completely **removed** from your everyday life; somewhere you feel safe. Close your eyes for 5-10 minutes, and

visualise a garden, tropical island or peaceful mountaintop to slow down the mind and remind yourself of the world's beauty. (Warning: Not recommended while driving!)

### Laughter Meditation

Laughter, and even the mere anticipation of laughter, can reduce **damaging** stress hormones and **boost** levels of healthy hormones. As such, it can be a particularly effective stress reliever. The powerful act of mindful laughter **anchors** us in the present and brings us to a place of **joy**. Try imagining humorous situations and letting yourself laugh fully and deeply, ending with a brief silence.

### Fire Meditation

To introduce the energy of the fire element into your meditative practice, sit (**however you like**) and place a candle 3-6 **feet** in front of you. After focusing on the flame for several minutes, close your eyes. Send any negative thoughts into the flame, and you'll start to feel lighter and purer.

### Koan Meditation

We've all heard the old **riddle**, "If a tree falls in the forest and no one is there to hear it, does it make a sound?" This and other philosophical questions form the basis for a meditative practice called Koan Meditation. It's a zen Buddhist technique that involves asking a question that cannot be answered through reason alone.

*adapted from: [www.huffingtonpost.com](http://www.huffingtonpost.com)*

*"Let's chat about that!"*

*Write your answers in an email and send them to your ECP coach!*

- How would you define 'meditation'. Now ask someone else and compare your definitions. What was the result?
- Have you ever tried to meditate? What did it feel like?
- Which of the above practices are most/least appealing to you? Why?
- Would you be interested in deepening your knowledge of Buddhism and mindfulness? Why (not)?



*Which meditation methods are these?*



# Numbers

Cover this column and practise out loud!

## How to write it

3-4	⇒⇒⇒
26/10/17	⇒⇒⇒
26th October 2017	⇒⇒⇒
1,000	⇒⇒⇒
1,400	⇒⇒⇒
1,455	⇒⇒⇒
7.5	⇒⇒⇒
25%	⇒⇒⇒
¼	⇒⇒⇒
½	⇒⇒⇒
¾	⇒⇒⇒
9/10	⇒⇒⇒
3-0	⇒⇒⇒

## How to say it

three to four
the twenty-sixth of October, 2017
the twenty-sixth of October, 2017
one thousand
one thousand, four hundred
one thousand, four hundred and fifty-five
seven point five
twenty-five percent
a quarter
half
three quarters
nine out of ten
three nil (football)

**LIVE!English presents...**

# PINCHO POTE

Where: Meet us at 'El Portalón'  
When: 26th October at 21:00



Joining us a little later?

WhatsApp Ali on: 608426492

## See you there!

**WIN AN EXCLUSIVE T-SHIRT!!**



Write a story - either invented or based on real events - that starts with the following sentence:

**'I opened my wardrobe and chose my favourite t-shirt.'**

And ends with this sentence:

**'And that was the last time I ever wore that t-shirt.'**

- Write no more than 180 words (There is no minimum)
- The deadline is Sunday 22nd Oct

• You can enter more than once  
**The best story will win a voucher to use at PETIT BOHÈME where you can design your own, exclusive t-shirt!**