

**Questions 23-28** 🔊 CH2\_HP23-28.mp3

Complete the notes below.

Write **NO MORE THAN THREE WORDS** for each answer.

**Meditation:  
Studies on Beneficial Results**

**Measurement of meditation's effects on the brain**

- Scientific studies focus on 23 ..... changes in brain activity or more permanent changes.
- EEG is good at measuring the 24 ..... of brain activity.
- Neuroimaging tracks blood flow around the brain.

**Recent studies on benefits of meditation**

- State changes
  - Meditators in Vipassana and Zen meditation experience greater control of their 25 .....
  - Antoine Lutz noticed 26 ..... activity in the parts of the brain connected to emotion.
- Longer-term trait changes
  - Meditation defends against the natural reduction of 27 ..... caused by the ageing process.
  - It has several clinical applications.
  - It has physiological applications when used in 28 ..... particularly yoga.

CH  
02

Note/Form Completion  
HACKERS IELTS LISTENING