All it takes is 10 mindful minutes

1 ▶ 9.1 How much do you know about meditation? Decide whether you think each statement is true or false. Then watch the TED Talk and say whether Andy Puddicombe sees them as true (T) or false (F).

1 Meditation involves basically doing nothing.
2 Meditation is a way of caring for the mind.
3 The purpose of meditation is to stop thoughts, get rid of emotion and control the mind.
4 Meditators try to watch their thoughts come and go without getting too involved in them.
5 Meditation needs to be done while sitting on the floor.

2 ▶ 9.1 Watch the first part (0.00–3.38) of the talk again. Answer the questions.

1 Puddicombe lists a series of things that we rely on our mind for. Note down as many as you can.
2 What does Puddicombe say happens when we fail to care for our mind properly?
3 Puddicombe talks about his past view of meditation as an Aspirin (headache tablet) for the mind. What does he mean by this?
4 In his twenties, when Puddicombe's life became very stressful, where did he go and what did he do?

3 ▶ 9.1 Watch the second part (3.39–6.49) of the talk again. Choose the best options to complete the sentences.

1 When he became a monk, Puddicombe learned to be very aware of the workings of his *mind / emotions*.
2 Research shows that we spend nearly half of our lives thinking about *how to find happiness / something other than what we're actually doing*.
3 Puddicombe says that meditation is basically a way of getting to know *ourselves / the present moment*.
4 Puddicombe uses the balls to illustrate the way *physical activity / focus* affects our mind.
5 According to Puddicombe, the key to successful meditation is *balance / total relaxation*.

4 ▶ 9.1 Watch the third part (6.50 to the end) of the talk again. Which statement (a–c) best gives the main idea of Puddicombe's TED Talk?

a Meditation doesn't give you a different perspective, but it does give you some control over your thoughts and emotions.
b Meditation won't change what happens to us in life, but it can help us respond to life in a different way.
c Meditation is a good way to stop feeling bored by the cycle of waking up, going to work, eating, and sleeping.

TED TALKS
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