

SM 560 - Meditation

Exam Instructions

Thank you for enrolling into SM 560 - Meditation. This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

If you have any questions, please contact us at: info@aihcp.org

Full Name:

Email:

AH Number:

1. The Zen saying, "the gate" refers to:

- A) the breath of meditation
- B) distractions that hinder heightened awareness
- C) the act of contemplation
- D) the practicalities of meditation

2. When beginning meditation, a common mistake is to:

- A) be relaxed
- B) have a definite goal in mind
- C) be open-minded
- D) have an attitude of "not knowing"

3. Meditation has what effect on emotions?

- A) enlightening
- B) transformacional
- C) calming
- D) heightened

4. Which of the following regarding meditation are TRUE:

- A) it develops a sense of unity

- B) it leads to self-acceptance
- C) it leads to clear-sightedness
- D) all of the above

5. Learning to meditate is highly dependent on:

- A) direct experience
- B) understanding technique
- C) the skills of the instructor
- D) none of the above

6. The underlying "key" to all meditation is:

- A) introspection
- B) soul searching
- C) determination
- D) attention

7. Which of the following are beginning steps toward focusing attention?

- A) still the body
- B) become aware of distracting thoughts
- C) sit quietly
- D) all of the above

8. Which of the following are "mind" benefits of meditation

- A) concentration
- B) improved tranquility
- C) patience
- D) all of the above

9. According to Buddhist teaching, how should we handle negative emotions

- A) force them from consciousness
- B) make friends with them
- C) consider them illusions
- D) consider their positive qualities

10. Which of the following is/are potential side effects of meditation?

- A) threatening hallucinations
- B) trembling

C) all of the above

11. What is the best strategy for dealing with distracting visions during meditation?

- A) ask yourself, "why am i attached to these experiences?"
- B) allow the mind to transform them into positive experiences
- C) let them pass through the mind and float away
- D) take control of them and command them to leave

12. In beginning meditation, time spent in meditation should be:

- A) 10 minutes
- B) 20 minutes
- C) 30 minutes
- D) 2 minutes

13. When using ritual in meditation, which of the following should be observed?

- A) they should never be used
- B) they should be kept simple
- C) they should be devotional
- D) they should focus on spiritual belief

14. With regard to posture meditation, which of the following is most important?

- A) keeping the spine straight
- B) sitting in lotus position
- C) lying down
- D) feet should be rested on calves

15. The foundation to all meditation is to:

- A) exploring th inner recesses of the mind
- B) to focus the mind on a particular stimulus
- C) developing patience
- D) none of the above

16. Which strategy will help to sharpen the awareness of breath

- A) north-south breathing
- B) forced exhalation
- C) passive inhalation
- D) synchronized breath

- 17.** Deep breathing refers to:
- A) length of breath
 - B) upper chest breathing
 - C) diaphragmatic breathing
 - D) the rate of breath
- 18.** When control of the conscious mind is relaxed through meditation, what tends to occur:
- A) the ego becomes deflated and obsolete
 - B) the subconscious mind is inhibited
 - C) material in the preconscious rises to the surface
 - D) none of the above
- 19.** Which of the following is most closely associated with meditation?
- A) Hinduism
 - B) Christianity
 - C) Sufism
 - D) Buddhism
- 20.** Taoist meditation is focused on:
- A) direct contemplation of nature
 - B) nirvana
 - C) the inner-self or higher-self
 - D) the direct perception of fact
- 21.** Hindus believe that the physical world is:
- A) nirvana
 - B) maya
 - C) heaven
 - D) hell
- 22.** Which type of meditation is used most in Western Christian tradition?
- A) Chi Prana
 - B) Mindfulness
 - C) Contemplation
 - D) Hatha Yoga

23. The "Tree of Life" reflects the belief that:

- A) truth is found through mindfulness meditation
- B) karma is central to all universal laws
- C) equilibrium is the universal law of the material world
- D) none of the above

24. Hatha Yoga is focused on:

- A) good works
- B) intuition
- C) devotion
- D) the body

25. A sacred Hebrew mantra is:

- A) Shalom
- B) OM
- C) So-ha
- D) Allah

26. Zen is:

- A) a state of being
- B) a state of knowing
- C) a state of mind
- D) a state of contemplation

27. Which of the following is an outcome of the altered state of consciousness from meditation?

- A) changes in body awareness
- B) surfacing of memories
- C) both 1 & 2
- D) none of the above

28. Awareness in dreams is referred to as:

- A) lucid dreaming
- B) zen dreaming
- C) meditative dreaming
- D) mindful dreaming

29. The breath has always been thought to carry:

- A) sanctity
- B) spirit
- C) karma
- D) peace

30. When shifting from abdominal breathing to chest (thoracic) breathing, the following happens:

- A) blood pressure increases
- B) heart rate increases
- C) pH of blood changes
- D) all of the above

31. In paying "attention" the physiologic outcome is:

- A) increased sympathetic activity
- B) decreased parasympathetic activity
- C) decreased sympathetic activity
- D) decreased output of serotonin

32. When progressive muscle relaxation was used in a group of elderly nursing home patients, a study demonstrated the outcome of:

- A) sustained normal blood pressure
- B) enhanced immune function
- C) reduced incidence of memory loss
- D) decrease in the incidence of stroke

33. The major source of Chi, comes from:

- A) breath
- B) earth
- C) herbs
- D) food

34. In 3-Domitian Meditation & Breathing, which is NOT a Domitian that is focused on:

- A) abdomen
- B) heart
- C) throat
- D) forehead

35. Which of the following may lead to "falling asleep" during meditation?

- A) meditating after breakfast
- B) meditating to music
- C) meditating at bedtime
- D) all of the above

36. In deep meditation, you lose the concept of

- A) "I"
- B) the universe
- C) the breath
- D) none of the above

37. Meditation is the ability to:

- A) concentrate
- B) be present
- C) both 1 & 2
- D) none of the above

38. Mantras carry with them:

- A) insight
- B) cleansing
- C) vibration
- D) peace

39. In meditation we strive to achieve a state of:

- A) ecstasy
- B) holy moment
- C) mystical experience
- D) nirvana

40. Spirituality can be defined as:

- A) eternal love
- B) taking the potential and making it actual
- C) taking the actual and making it materialize
- D) union with heaven

- 41.** Which of the following is NOT a basic form of meditation?
- A) thinking
 - B) centering prayer
 - C) concentration
 - D) mindfulness
- 42.** Dr. Benson's use of the word "one" in eliciting the relaxation response, is an example of:
- A) concentration meditation
 - B) mindfulness meditation
 - C) centering prayer
 - D) none of the above
- 43.** In concentration meditation, which of the following can be used:
- A) counting
 - B) the breath
 - C) a mantra
 - D) all of the above
- 44.** The use of ancient mantras provides the benefits of plugging into:
- A) universal potential
 - B) mystical energy
 - C) chi
 - D) thought forms
- 45.** In mindfulness meditation, what % (percentage) of your concentration should be on breathing?
- A) 75%
 - B) 50%
 - C) 90%
 - D) 25%
- 46.** The focus of "mindfulness" is:
- A) fearlessness
 - B) non-judgmental
 - C) lack of hostility
 - D) honesty

47. Dr. Kabat-Zinn demonstrated that mindfulness meditation is effective in:

- A) pain reduction
- B) depression relief
- C) blood pressure stabilization
- D) all of the above

48. In Centering Prayer, you focus your attention on:

- A) prayer of petition
- B) the spirit world
- C) the presence of angels
- D) the presence of God

49. The technique in Centering Prayer is to use:

- A) a mantra
- B) a sacred word
- C) a thought
- D) a breath awareness

50. To maintain a physiological benefit, you must meditate at least:

- A) everyday
- B) once a week
- C) three times a week
- D) three times a week for 2 hours each day

