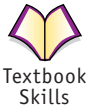


Read the following passage from a college health textbook. Answer the questions.



Meditation and Stress

¹Meditation takes many forms. ²In its simplest form, it amounts to little more than calm thinking. ³You can try this form of meditation, also referred to as breathing relaxation. ⁴First, relax quietly with your eyes closed and focus on your breathing. ⁵Each time you inhale, fill your lower abdomen with air first and, then, allow your stomach to expand upward until your chest is full of air. ⁶Exhale at half the rate that you inhaled, slowly and completely, each time thinking about the word *calm*. ⁷Stretch out the word so that it becomes *caaaaaaallllllmmmmmmmm*. ⁸If thoughts arise or your attention wanders, simply focus on your breathing.

⁹_____ popular form of meditation is known as transcendental meditation (TM). ¹⁰This type of meditation is an aspect of yoga which was made popular by the Maharishi Mahesh Yogi. ¹¹Transcendental meditation involves sitting upright in a comfortable position in a quiet place with eyes closed. ¹²Then a secret mantra is mentally repeated (a mantra is a word or sound) while a passive mental state is maintained. ¹³Unlike breathing relaxation, transcendental meditation requires much practice.

¹⁴All forms of meditation are believed to invoke a relaxation response. ¹⁵Research indicates that meditation is an effective way to manage stress.

—Adapted from Pruitt and Stein, *Health Styles*, 2nd ed., p. 90

- _____ 1. What thought pattern does the first sentence suggest?
 - a. time order
 - b. classification

- _____ 2. The relationship between sentence 4 and sentence 5 is one of
 - a. time order.
 - b. listing.

- _____ 3. What relationship of ideas is used within sentence 11?
 - a. time order
 - b. space order

- _____ 4. The transition that best fits the blank in sentence 9 is
 - a. after.
 - b. next.
 - c. another.

5-10. Complete the outline with information from the passage.

Main idea stated in a topic sentence: Meditation takes many forms and is an effective way to manage stress.

I. _____

A. _____

B. Inhale filling abdomen with air first, then expand stomach and chest.

C. _____

D. During each exhale, think about the word *calm*, stretching the word out.

E. _____

II. _____

A. Sit upright in comfortable position in a quiet place with eyes closed.

B. _____
