



'Opening the Door to your Inner World' Workbook Sample

Review and confirm the contents of the lecture.

1. What are three types of meditations explained in the lecture? Can you describe each one using some examples?
2. In these three types of meditation, which one will we practice in this Power of Imagination course?
3. What are 2 types of imagination?
4. Please describe these two kinds of imagination related with 2 realms of mind, conscious and subconscious.
5. Write about 4 kinds of brain waves. Which brain waves are related to meditative states of consciousness?
6. In this lecture, the reasons why meditation is important were explained. Describe some of the points you learned.
7. Some skills that can be developed through meditation were mentioned. Write anything you remember.
8. Why do you want to practice meditation now? What are you interested in about meditation now?