

Weekly English Practice



26th February 2015

English Coaching Projects

weeklyenglishpractice.wordpress.com



DEAD OR ALIVE? PERHAPS MUMMY KNOWS BEST

Scientists in Mongolia are examining a 200-year mummified monk who some Buddhists believe is still alive because he is in a deep meditative trance

mummified: preserved because it is dried up

monk: a member of a strict religious community

trance: a half-conscious state, as induced by hypnosis

lotus: a flower that grows on water

ash: grey dust produced by burning something

lama: a Buddhist spiritual leader

preach: to give religious teachings

remain: stay, continue

shrink: to get smaller

decay: to decompose over time

exhume: to dig out from the ground

The preserved body of the monk, sitting in the cross-legged **lotus** position, was discovered last week, covered in cow skin, in the Songino Khaikhan district of the capital, Ulan Bator. The **ash**-coloured mummy has reportedly been sent to the National Centre of Forensic Expertise in Ulan Bator for further study.

Gankhüügiin Pürevbat, the founder of the Mongolian Institute of Buddhist Art at Ulan Bator Buddhist University, told the Siberian Times, a news website: "The **lama** is sitting in the lotus position **vajra**, the left hand is opened, and the right hand symbolises of the **preaching** Sutra.

'This is a sign that the lama is not dead, but is in a very deep meditation according to the ancient tradition of Buddhist lamas.'

Some experts on Buddhism said the monk could be in "tukdam", a kind of deep meditative state that crosses over between life and death.

Dr Barry Kerzin, a monk and a physician to the Dalai Lama, told the website: "If the person is able to **remain** in this state for more than three weeks - which rarely happens - his body gradually **shrinks**, and in the end all that remains from the person is his hair, nails, and clothes."

Local media said a 45-year-old-man had been arrested because the monk's body had been stolen from a cave with the intention of selling it to someone. It was unclear in what circumstances it was originally found. The mummified monk is generally thought to have died in the 19th century. His identity is unknown.

In a similar case, the body of Dashi-Dorzho Itigilov, a lama in Russia's Buryatia region, showed few signs of **decay** when it was **exhumed** in 2002. Monks say Itigilov is "not completely dead" and the temperature of his body rises during ceremonies at the

monastery where it is kept near Ulan Ude. Itigilov died in 1927 while meditating, having asked fellow monks to bury him in the lotus position after he passed away. His body was packed in salt.

This story was adapted from:
<http://www.telegraph.co.uk/news>

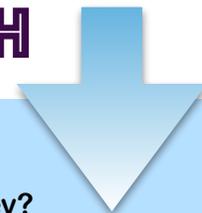
“Something to chat about”

- Do you believe the mummified monk from the text is alive or dead? Why?
- How do you define 'meditation'?
- Do you or your friends meditate?
- Why do you think Buddhist monks meditate?
- What is the purpose of a mantra?
- Have you heard of guided meditation?
- Do you know anyone who has been hypnotised?
- Why do people go to professional hypnotists?
- Do you think hypnosis can be effective in changing habits?
- Would you like to be hypnotised? Why (not)?



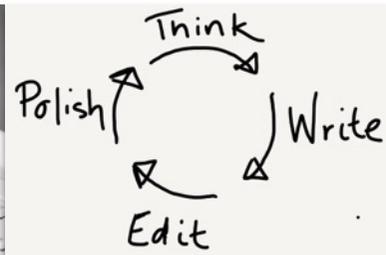
“iLook, iThink, iSpeak” Express yourself better!

WORD SEARCH



WRITING COMPETITION HOLIDAYS

Deadline: Wednesday 19th March!!



What are your plans for the Easter holiday?

Write a description in an email to your coach.
The best 3 will win Easter Eggs and may even be published in the WEP!

Ways to talk about the future:

will:

I'll visit my cousins in France.

'going to':

I'm going to visit my cousins in France.

present continuous:

I'm visiting my cousins in France.



Look at the text on page 1

There are 2 words with the prefix 'un-'. What are they?

Find these and 10 other negative adjectives in the word search.

Answers in next week's WEP!

Q	X	D	T	D	D	C	F	X	U	R	Y	L	E	C
A	L	Q	I	T	U	F	H	G	H	X	S	S	T	Z
W	H	I	A	S	L	A	G	E	L	L	I	D	I	E
Q	M	R	Z	Y	H	N	G	T	D	L	V	B	L	F
I	V	R	T	U	M	O	W	A	L	A	L	B	O	M
T	N	E	I	N	E	V	N	O	C	N	I	M	P	N
S	S	G	Z	C	E	L	G	E	N	T	N	H	M	P
Q	Y	U	E	L	U	I	B	R	S	K	B	I	I	Z
M	V	L	T	E	C	S	D	I	R	T	N	L	S	R
M	D	A	J	A	C	O	S	E	S	G	I	U	M	P
Q	X	R	L	R	Q	E	Q	F	B	S	G	S	M	T
U	U	F	Y	G	R	N	E	W	I	O	O	C	D	H
I	L	O	W	R	H	R	K	W	D	X	S	P	V	S
E	T	A	I	R	P	O	R	P	P	A	N	I	M	K
X	N	N	Q	S	Z	V	W	T	D	W	J	Q	D	I