

# Vocabulary List for “ Mindfulness: Why We Should Meditate ”



RIPPLE ENGLISH

1	mundane	ありふれた 日常的な	英英	lacking interest or excitement; dull
			例文	<i>Nothing seems as boring and mundane as meditation.</i>
2	meditation	瞑想	英英	the action or practice of thinking deeply or focus one's mind for a period of time
			例文	<i>Nothing seems as boring and mundane as meditation.</i>
3	anxiety	不安	英英	a feeling of worry, nervousness, or unease
			例文	<i>Meditation is seen as potentially a way to reduce stress and anxiety.</i>
4	concentration	集中力	英英	the action or power of focusing one's attention or mental effort
			例文	<i>Meditation help you improve your concentration.</i>
5	foster	育む	英英	encourage or promote the development of
			例文	<i>Meditation foster greater insight into human nature.</i>
6	insight	洞察 深い理解	英英	the capacity to gain an accurate and deep intuitive understanding of a person or thing
			例文	<i>Meditation foster greater insight into human nature.</i>
7	sensation	感覚	英英	a physical feeling or perception resulting from something that happens to the body
			例文	<i>You have to focus on observing your physical sensations, such as the feeling of your chest expanding.</i>
8	contrary	反対の 逆の	英英	opposite in nature, direction, or meaning
			例文	<i>Contrary to its simplicity, it is much harder to tell how and why meditation works.</i>
9	derive	～から派生する、得られる	英英	obtain something from (a specified source)
			例文	<i>All the benefits of meditation are supposedly derived from developing emotional intelligence.</i>
10	neuron	ニューロン 神経細胞	英英	a specialized cell transmitting nerve impulses; a nerve cell
			例文	<i>The brain is a network of neurons and synapses.</i>
11	synapse	シナプス=神経細胞の接続部	英英	a junction between two nerve cells
			例文	<i>The brain is a network of neurons and synapses.</i>
12	subjective	主観的な	英英	based on or influenced by personal feelings, tastes, or opinions
			例文	<i>The mind is a flow of subjective emotional experiences, such as joy, anxiety, and anger.</i>
13	blood vessel	血管	英英	a tubular structure carrying blood through the tissues and organs
			例文	<i>We have a brain, blood vessels, and a heart, but there is no such organ as the mind.</i>
14	physiological	生理的な	英英	relating to the way in which a living organism or bodily part functions
			例文	<i>Emotions are actually physiological experiences.</i>
15	wardrobe	衣装箆 <small>たんす</small>	英英	a large, tall cabinet in which clothes may be hung or stored
			例文	<i>When you hit your toe against a wardrobe, you feel pain in your toe, and you find it uncomfortable.</i>
16	restlessness	落ち着かなさ	英英	the inability to rest or relax as a result of anxiety or boredom
			例文	<i>When you feel pain and restlessness in your stomach and it is painful, you probably call that anxiety.</i>
17	tightness	圧迫感 しめつけ感	英英	the quality of being fixed, fastened, or closed firmly
			例文	<i>When you experience tightness in your chest, shallow breath, you identify them as anger.</i>
18	accompany	付随して起きる、伴う	英英	be present or occur at the same time as (something else)
			例文	<i>Every emotion is accompanied by physical sensations.</i>
19	disagreeable	不愉快な 嫌な	英英	not pleasant or enjoyable
			例文	<i>When you react with anger, you are reacting to disagreeable sensations in your body.</i>
20	resolution	解像度	英英	the degree of detail visible in a photographic or television image
			例文	<i>A high-resolution perception of what you feel in your body is essential for emotional intelligence.</i>
21	objective	客観的な	英英	not influenced by personal feelings or opinions in considering and representing facts
			例文	<i>You can objectively perceive an emotion the moment it arises and the moment it ceases.</i>

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22	perceive	知覚する	英英	become aware or conscious of
			例文	<i>You can objectively perceive an emotion the moment it arises and the moment it ceases.</i>
23	cease	終わる 止む	英英	bring or come to an end
			例文	<i>You can objectively perceive an emotion the moment it arises and the moment it ceases.</i>
24	nostril	鼻孔	英英	either of two external openings of the nasal cavity in vertebrates that admit air to the lungs
			例文	<i>You will not be able to observe your breath through your nostrils for more than ten seconds.</i>
25	wander	ふらつく 脱線する	英英	walk or move in a leisurely, casual, or aimless way
			例文	<i>When distracted, you have to notice that your mind is wandering and bring your attention back on track.</i>
26	distract	気を散らせる る	英英	prevent (someone) from giving full attention to something
			例文	<i>Meditation is essentially about this going back and forth between focused and distracted.</i>
27	dispassionately	冷静に 淡々と	英英	in an unemotional, rational, and impartial manner
			例文	<i>When you are distracted, just dispassionately bring your attention back to your breathing.</i>
28	self-awareness	自己認識	英英	conscious knowledge of one's own character, feelings, motives, and desires
			例文	<i>The prefrontal cortex is a region of the brain that supports self-awareness and impulse regulation.</i>
29	impulse	欲求 衝動	英英	a sudden strong and unreflective urge or desire to act
			例文	<i>The prefrontal cortex is a region of the brain that supports self-awareness and impulse regulation.</i>
30	pleasant	気持ちの良 い、愉快的	英英	giving a sense of happy satisfaction or enjoyment
			例文	<i>We ignore all the unpleasant clothes and go toward the ones we like.</i>
31	subconscious	潜在意識	英英	the part of the mind of which one is not fully aware but which influences one's actions and feelings
			例文	<i>Before we begin to analyze the information rationally, our subconscious cuts in line.</i>
32	consequently	その結果	英英	as a result
			例文	<i>You experience less anxiety, and consequently, you are unlikely to think about them.</i>
33	investigate	調べる 研究する	英英	carry out research or study into
			例文	<i>If you want to investigate how people react to a pandemic, you might reflect on how your own mind reacts to them.</i>
34	reflect	熟考する	英英	think deeply or carefully about
			例文	<i>If you want to investigate how people react to a pandemic, you might reflect on how your own mind reacts to them.</i>
35	infer	推量する 推察する	英英	deduce or conclude (information) from evidence and reasoning rather than from explicit statements
			例文	<i>What you feel can be a clue to infer what others feel.</i>
36	distinction	区別、相違	英英	a difference or contrast between similar things or people
			例文	<i>However, there is a clear distinction between them.</i>
37	cling	しがみつ く 執着する	英英	hold on tightly to / adhere or stick firmly or closely to
			例文	<i>Clinging to unpleasant sensations makes you suffer more.</i>
38	hatred	嫌悪	英英	intense dislike or ill will
			例文	<i>When we experience anger, then our mind often reacts with hatred and rejection.</i>
39	persist	持続する 残存する	英英	continue firmly or obstinately in an opinion or a course of action
			例文	<i>But the more you hate and reject, the longer it persists, and even intensifies.</i>
40	intensify	激化する 強くなる	英英	become or make more intense
			例文	<i>But the more you hate and reject, the longer it persists, and even intensifies.</i>
41	unavoidably	避けられ ない やむを得 ず	英英	in a way that cannot be avoided, prevented, or ignored
			例文	<i>Writing on water unavoidably causes slight ripples, but they disappear as soon as they arise.</i>
42	ripple	さざ波 波紋	英英	a small wave or series of waves on the surface of water, especially as caused by an object dropping into it
			例文	<i>Writing on water unavoidably causes slight ripples, but they disappear as soon as they arise.</i>