

# Commonwealth Educational Seminars Certification Exam

## Wherever You Go There You Are By Jon Kabat-Zinn, Ph.D.

Select one response for each question below.

1. Mindfulness provides a simple yet powerful tool for getting ourselves unstuck, back into touch with our own wisdom and vitality.

- a. True     b. False

2. A good way to stop all the doing is to shift into the "being mode" for a moment.

- a. True     b. False

3. The best way to capture moments is to stop paying attention.

- a. True     b. False

4. If you decide to start meditating, it is a good idea to tell other people about it.

- a. True     b. False

5. Thinking you are unable to meditate is a little like thinking you are unable to breathe, or to concentrate or relax.

- a. True     b. False

6. Concentration is not a cornerstone of mindfulness practice.

- a. True     b. False

7. Meditation is not about making the mind empty or still.

- a. True  b. False

8. Meditation is not synonymous with the practice of non- doing.

- a. True  b. False

9. It doesn't take long in mediation to discover that part of our mind is constantly evaluating our experiences.

- a. True  b. False

10. When you dwell on stillness, the judging mind comes through like a foghorn.

- a. True  b. False

11. In the mindful cultivation of generosity, it is necessary to give everything away.

- a. True  b. False

12. A calmness develops with intense concentration practice that has a stable quality to it.

- a. True  b. False

13. In Pali, the original language of the Buddha, there is no one word corresponding to our word "meditation."

- a. True  b. False

14. Not all events, whether we see them on the surface as good or bad, are fundamentally in harmony with the Tao.

- a. True  b. False

15. Awareness is the same as thought.

- a. True  b. False

16. A dignified sitting posture in itself is not an affirmation of freedom, and of life's harmony, beauty and richness.

- a. True  b. False

17. In traditional monastic settings, periods of sitting meditation are interspersed with periods of walking meditation.

- a. True  b. False

18. Standing meditation is best learned from trees.

- a. True  b. False

19. Lying-down meditation is not a good way to get in touch with your emotional body.

- a. True  b. False

20. Yoga folds movement and stillness into one another.

- a. True  b. False

21. A low self-estimation is really a wrong calculation, a misperception of reality.

- a. True  b. False

22. Nothing is ever isolated and needs reconnecting. It's our way of seeing which creates and maintains separation.

- a. True  b. False

23. It is not possible to change your karma.

- a. True  b. False

24. The spirit of inquiry is not fundamental to living mindfully.

- a. True  b. False

25. "I," "me," and "mine," are products of our thinking.

- a. True     b. False

26. Parenting is a mirror that forces you to look at yourself.

- a. True     b. False

27. If you follow the life-long path of mindfulness practice, the biggest potential obstacle at points along your journey will undoubtedly be your thinking mind.

- a. True     b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

28. I have completed all the requirements for this home study course without any assistance from others.

- a. True     b. False

29. The content of this course was appropriate for my profession.

- a. True     b. False

30. The course information was relevant and can be applied to practice.

- a. True     b. False

31. The course information contributed to achieving personal, professional goals.

- a. True     b. False

32. I would recommend this program to others.

- a. True     b. False