

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A) , B) , C) and D) . You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

Mindfulness has been shown to have a number of meaningful health benefits — it can help reduce anxiety and promote healing in those suffering from chronic illness.

The practice is based on an insight first described in ancient Buddhist texts that human beings have the capacity to observe experience without being caught up in it. This means simply that it is possible to observe ourselves having a craving, or a happy thought, or even a scary emotion, without reacting in the moment in a way that amplifies the feeling or sends the mind spiraling off into thinking about old memories or anticipating events.

This practice of mindfulness can help calm the mind and the body as we learn not to react to experience with likes and dislikes or judgments of good and bad. It does not make us cold or indifferent but more fully present.

One of the challenges of practicing mindfulness in our contemporary world is that there has been a profound transformation in human attention. The artist Jenny Odell argues that in our "attention economy" human attention has been transformed into a commodity that big corporations buy and sell. This economy rests on a technological revolution of mobile phones and social media that makes it possible for corporations to target our attention with their content at every moment.

The devices most people use are a perpetual diversion from the present moment. The result is that it can feel as though our ability to focus, and be fully present, has been stolen. But mindfulness can help us resist the attention economy and relish the things that make life special, like being together with those we love.

Most mindfulness research focuses on the individual benefits of the practice, but some scholars assert that we can not only practice mindfulness for ourselves but also practice it for others. It can help us build stronger, healthier relationships.

The sad truth is that living in the attention economy, most of us have become bad listeners. However, just as it is possible to watch ourselves having an experience without reacting, it's possible to watch another person have an experience without getting tied up in reactivity and judgment.

The gift of mindfulness is a practice of listening with compassion to others describe their experiences. To give this gift means putting away your phone, turning off social media, and setting aside other common distractions. It means practicing being fully present in another person's presence and listening to them with complete attention without judgment, while resisting the urge to make the interaction about you.

If we judge the value of gifts based on their price, this gift may seem worthless, but in a distracted world, it is a precious one.

46. What do we learn from the passage about practicing mindfulness?
- A) It triggers our mind to reflect on past experiences or anticipate future events.
 - B) It focuses our attention on the present moment without making judgments.
 - C) It concentrates our mind on our personal feelings, happy or scary.
 - D) It helps our mind to stay calm when facing judgments from others.
47. What do we see in today's "attention economy" according to Jenny Odell?
- A) Focus on technological advances continuously updates products and services.
 - B) People's attention is turned into something that can be bought and sold.
 - C) Businesses profit from selling mobile phones and revolutionizing social media.
 - D) People tend to purchase products and services without careful thinking.
48. What happens with the prevalent use of mobile phones or social media?
- A) They keep distracting users from the here and now.
 - B) They render users incapable of resisting temptation.
 - C) They rob users of their ability to observe experience.
 - D) They tempt users to endorse the attention economy.
49. What benefit can practicing mindfulness bring to us according to some scholars?
- A) It prevents us from making arbitrary judgments about others.
 - B) It shifts our attention from material things to spiritual pursuits.
 - C) It is conducive to our forging better interpersonal relationships.
 - D) It is helpful in regaining our ability to enjoy what we have in life.
50. What does the author suggest we do in another person's presence?
- A) Share each other's experience frankly and compassionately.
 - B) Pay full attention to establishing close relationships with them.
 - C) Be attentive listeners while refraining from making judgments.
 - D) Remind them of the distraction from mobile phones and social media.