

meditation[ˈmediˈteɪʃ(ə)n] *n*

1. 1) размышление

to be plunged in meditation - быть погружённым в размышления /в свои мысли/
 the fruit of long meditation - плод(ы) длительных размышлений

2) медитация

2. *редк.* созерцание**meditation**

Oxford Advanced Learners Dictionary 8th Ed.

medi-ta-tion [meditation meditations] *BrE* [ˌmediˈteɪʃn] ^u *NAmE* [ˌmediˈteɪʃn]^u *noun*

- uncountable** the practice of thinking deeply in silence, especially for religious reasons or in order to make your mind calm
 - She found peace through yoga and meditation.
 - He was deep **in meditation** and didn't see me come in.
- countable, usually plural ~ (on sth)** (*formal*) serious thoughts on a particular subject that sb writes down or speaks
 - his meditations on life and art

Word Origin:Middle English: from Old French, from Latin *meditatio(n-)*, from *meditari*, from a base meaning 'measure'; related to ↑*mete*.Example Bank:

- He stared out of the window in silent meditation.
- She uses music and guided meditation to relax and inspire.
- Techniques of deep meditation help people under stress.
- The novel is an extended meditation on art, love and loss.
- spending hours in meditation
- A rare copy of his 'Meditations on Love' has been discovered.
- He was deep in meditation and didn't see me come.
- I recently discovered the benefits of meditation.
- More and more people practise meditation on a regular basis.
- She kept a journal of her meditations and dreams.
- She relaxes through yoga and meditation.
- The play contains some fascinating meditations on the nature of genius.

meditation

Longman DOCE 5th Ed. (En-En)

med i ta tion /ˌmedəˈteɪʃən, ˌmediˈteɪʃən/ *BrE* ^u *AmE* ^u *noun*

- [uncountable]** the practice of emptying your mind of thoughts and feelings, in order to relax completely or for religious reasons:
 - Yoga involves breathing exercises, stretching, and meditation. ⇒ ↑*transcendental meditation*
- [countable usually plural, uncountable]** the act of thinking deeply and seriously about something:
 - She found him sitting alone, deep in meditation.
 - Rob interrupted his father's meditations.
- [countable usually plural]** serious thoughts about a particular subject
meditation on
 - meditations on death and loss

meditation

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