

# Meditation Videos Practice Test Questions and Answers

## 1. What is an 'ASMR meditation' video?

- A) An aggressive sound meditation for energizing
- B) A video combining soft triggers like whispering and tapping with meditative guidance for deep relaxation
- C) A meditation video without any sound
- D) A rapid breathing exercise video

## 2. What is a 'hypnotic meditation' video?

- A) A video designed to make viewers unconscious
- B) A video using hypnotherapy techniques combined with meditation to address specific issues like stress or habits
- C) An entertainment magic show
- D) A video exclusively for medical use

## 3. What is the purpose of meditation music?

- A) To provide an upbeat rhythm to dance to
- B) To provide a way for an individual to go deeper with their meditation
- C) To provide a connection to God
- D) To provide background noise while working

## 4. What is an 'affirmation meditation' video?

- A) A video reviewing a meditation app
- B) A guided session pairing a meditative state with repeated positive statements about oneself
- C) A debate about meditation benefits
- D) A motivational speech without meditation

**Answers: 1-B 2-B 3-B 4-B**

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