**Consolidate your Knowledge - Month 6**

**1. What does trait Mindfulness mean?**

**2. Why is it important to allow space and silence in the class?**

**3. Explain self-directed neuroplasticity.**

**4. What percentage/fraction of our psychological wellbeing is from genetics versus conditioning/learning?**

**5. Explain brain structure in using the analogy of 'the house'.**

**6. List some teaching points for the Lake meditation.**