

The logo for 'tt mindfulness' features a stylized orange sunburst icon to the left of the text 'tt mindfulness' in a black, sans-serif font. A large, thin orange circle is partially visible in the background, framing the logo and extending towards the top left of the page.

tt mindfulness



exam questions

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TT MINDFULNESS™
COACH CERTIFICATION
EXAM QUESTIONS

Exam Questions General Information

Exam questions must be submitted **within one year of purchasing** this program.

For each correctly answered question you get one point. You need **at least 180 points to pass the exam**. To receive a diploma as a certified TT Mindfulness Coach, you must pass the exam and then **participate in a 1-on-1 interview (Zoom or Skype)**.

EXAM SUBMISSION

To download the exam questions in editable form, click on the link below. Use the same link to submit your written exam.

<https://tt-mindfulness.com/exam>



Exam Questions

Introductory Modules



- (1) What is the most important "tool" to practice Mindfulness effectively?
- (2) What is the basic definition of the mindfulness-based approach in this program?
- (3) What do you need to do to be mindful even when you're dealing with painful or unpleasant emotions?
- (4) Why do we often feel inner resistance when we try to make desired changes? (Describe in just one sentence)
- (5) How do we define Mindfulness in this program?
- (6) What is the essence of Mindfulness training?
- (7) What does it mean that we're "meaning-making" machines in the context of the mindfulness-based approach?
- (8) What is the difference between "freedom of choice" and "real choice" and how is it related to our thoughts and emotions?
- (9) What is the main difference between mindful attention and analytical attention?
- (10) What does it mean to have a DIRECT and IMPARTIAL relationship with our thoughts, emotions, bodily sensations, and all other information we receive from our environment? (Describe in just one sentence)
- (11) Briefly describe what it means to "observe the world through the prism of known information already stored in our memory" and what kind of attention is being referred to?
- (12) What happens in our mind when we analyze painful or unpleasant emotions and who do we become when we do that?



Exam Questions Level 1



- (13) Why do we need to be clear about the "key benefit" of our Mindfulness training?
- (14) What do we do with the "key benefit" of our Mindfulness training when we define it?
- (15) What do we do when we have difficulty defining the "key benefit" of our Mindfulness training?
- (16) Briefly describe the "ideal position" for the Active Focus Method 1.1.
- (17) When we practice Active Focus, do our sensory experiences matter?
- (18) What is the ancient Zen principle that we remind ourselves of when we practice Active Focus and begin to judge our practice as good or bad?
- (19) What is the main goal of the Active Focus Method 1.1?
- (20) Do you have to be relaxed when practicing Active Focus?
- (21) Briefly describe what the Active Focus Point #1 (AF1 point) is and what its purpose is.
- (22) From a purely "technical" point of view, what is the most important point or your main task when practicing Active Focus?
- (23) How and when do we practice the One Percent Rule in the context of Active Focus practice?



Exam Questions

Level 1



- (24) Finish this sentence: The more you struggle with distractions when practicing Active Focus, the more _____.
- (25) "Neutral observation" - what does it mean in the context of this program?
- (26) What are the most common distractions people experience when practicing Active Focus?
- (27) What is the most important general rule we apply when we experience a distraction while practicing Active Focus?
- (28) Briefly describe the distraction of "boredom" from the perspective of a mindfulness-based approach.
- (29) Briefly describe the distraction of "urge" and how it usually shows up when we practice Active Focus.
- (30) "Allowing" - what does it mean in the context of this program?
- (31) "Metacognitive awareness" - what does it mean? (Describe in just one sentence)
- (32) How do we perceive our thoughts and emotions from the perspective of metacognitive awareness?
- (33) Briefly describe the role of our metacognitive centers when we practice Active Focus.
- (34) "Gentleness" - what does it mean in the context of this program?
- (35) Which "rays" of mindful attention belong to the mental realm and which to the realm of the heart?



Exam Questions Level 1



- (36) Briefly describe the principle: "You cannot step into the same moment twice."
- (37) True or false? - "The 'ideal' meditation practice should be without distractions."
- (38) Why you shouldn't worry about noticing the moment a distraction occupies your attention when practicing Active Focus? Whose role is to notice it?
- (39) What is the main goal of the Tension Zone Monitoring Method?
- (40) What are two types of tension and are they "localized" in a particular place in our body?
- (41) In what "places" in our body is it relatively easy to detect mild tension before we react emotionally to a challenging situation?
- (42) Briefly describe how we practice the Tension Zone Monitoring method and how often we practice it.
- (43) Why do the greatest inner battles in our energy system take place in the area of our solar plexus chakra and our heart chakra?
- (44) "Beginner's Mind" - what does it mean? (Describe in just one sentence)
- (45) Why is our brain not a fan of the Beginner's Mind approach?
- (46) How and when do we practice Beginner's Mind in the context of Active Focus practice?



Exam Questions Level 1



- (47) Briefly describe the difference between the Being mode and the Doing mode. (Describe in just one sentence)
- (48) How do we perceive our thoughts and emotions when our mind "works" in the Doing mode?
- (49) What are the three specific distractions related to the Doing mode that we often experience when practicing Active Focus?
- (50) What is the difference between living in the present moment and thinking about the present moment?
- (51) Briefly describe what the TT Synergy Method 1.1 is? (Describe in just one sentence)
- (52) When do we practice the TT Synergy Method 1.1?
- (53) What is the main goal of the TT Synergy Method 1.1?
- (54) What is the fundamental point of view on which the TT Synergy method is based?
- (55) Are we trying to heal or let go of certain unwanted emotions with the TT Synergy method?
- (56) What happens when you make peace with an emotion that makes you upset, restless, nervous, or worried? (Write down both options)
- (57) Briefly describe the first principle on which the TT Synergy method is based. (Describe in just one sentence)



Exam Questions Level 1



- (58) What are the four phases of the TT Synergy method?
- (59) What is the purpose of the "Breaking identification" phase?
- (60) What should be your dominant intention when using the TT Synergy method?
- (61) "Conscious delay" - what does it mean? (Describe in just one sentence)
- (62) Briefly describe the second principle on which the TT Synergy method is based. (Describe in just one sentence)
- (63) What do we actually "let go" of when we practice the TT Synergy method? (Answer in just one word)
- (64) Briefly describe the third principle on which the TT Synergy method is based. (Describe in just one sentence)



Exam Questions

Level 2



- (65) Briefly describe what the Active Focus Point #1 (AF2 point) is.
- (66) Why is it important to include the AF2 point in Active Focus practice?
- (67) Briefly explain the importance of our heart energy center in relation to our soul expression...
- (68) Briefly describe what the Active Focus Point #1 (AF2 point) is...
- (69) Briefly explain the importance of our abdominal energy centers in relation to the choices we make.
- (70) What is the most important condition to release energy blockages?
- (71) What is the main goal of the Game of Options?
- (72) What is one of the main reasons why most people don't pay enough attention to their thoughts during the day?
- (73) What is the way our thoughts tend to present themselves to us?
- (74) "Proposals of your unconscious mind" - what is meant by that in the context of this program? (Describe in just one sentence)
- (75) In practice, what is the most effective way to combine the Game of Options with Tension Zone Monitoring method?
- (76) Why is it not wise to consider your inner critic as an enemy?



Exam Questions

Level 2



- (77) How does your inner critic relate to the "core experiences" that you came to experience here on earth? (Describe in just one sentence)
- (78) Why do we need experiences that offer us something completely different from what we truly want to experience, and how does that relate our soul's purpose?
- (79) What is one of the most important tasks of our inner critic?
- (80) In what way is the "activity" of your inner critic related to the extent to which you neglect the call of your soul?
- (81) What are two "key facts" about your inner critic?
- (82) Briefly describe the practical steps to silence your inner critic.
- (83) What are the most common arguments your inner critic uses?
- (84) What is the main difference between TT Synergy 1.1 and TT Synergy 1.2 in terms of usage?
- (85) In order to use TT Synergy 1.2 effectively, what are the two most important requirements?
- (86) "A thought or behavior pattern that occurs frequently" - briefly describe what this means in the context of TT Synergy 1.2.
- (87) Briefly describe the difference between the question, "WHAT am I feeling right now?" and the question, "HOW am I feeling right now?"



Exam Questions

Level 2



- (88) Briefly describe the difference between a cycle of TT Synergy 1.1 compared to a cycle of TT Synergy 1.2. (Describe in just one sentence)
- (89) Briefly describe the strategies our ego often uses to distract us from practicing TT Synergy properly.
- (90) How do we define our ego from a metaphysical point of view?
- (91) What does it mean that "every painful or unpleasant emotion you experience has something in store for you"? Write down both aspects of "deep insight."
- (92) What happens when certain blockages in our consciousness disrupt the flow of our soul's energy?
- (93) In what way are painful and unpleasant emotions related to blockages in our consciousness?
- (94) Briefly explain the idea from the program that "all 'negative' emotions help you free yourself from your own conditioning."
- (95) What happens when you avoid listening to your painful or unpleasant emotions?
- (96) Who or what actually releases your energy blockages when you use the TT Synergy method?
- (97) For your soul to experience a strong sense of victory, what should your "basis" include?
- (98) Explain briefly in what way the TT Synergy method can help us prevent many dramas that we don't actually need?



Exam Questions

Level 2



- (99) Briefly explain the principle: "Do the energy work first." (Describe in just one sentence)
- (100) How does it feel and what do we (usually) do when our soul's energy meets and collides with the blockages in our energy system?
- (101) Briefly explain the thought from A Course in Miracles that says, "Perception is a mirror, not a fact." (Describe in just one sentence)
- (102) In a nutshell, what does it mean to "separate the emotion from the mental content we usually associate with it"?
- (103) Briefly explain the thought from A Course in Miracles that says, "Projection makes perception. The world you see is what you gave it, nothing more than that." (Describe in just one sentence)
- (104) What is the main goal of the Active Monitoring method?
- (105) What are the benefits of "detaching oneself from one's attention"?
- (106) What does the 3D reality want to make us believe all the time?
- (107) Briefly explain the thought from A Course in Miracles that says, "Father, my freedom is in You alone." (Describe in just one sentence)
- (108) What is your "active focus point" when practicing the Active Monitoring method?
- (109) In practicing Active Monitoring, what are the three biggest challenges you may face?
- (110) Why do we tend to suffer when something we consider positive disappears from our lives one day?



Exam Questions

Level 3



- (111) Briefly explain what it means that Mindfulness is primarily a mystical practice?
- (112) What happens when you try to draw certain conclusions about your soul from the information you receive from someone?
- (113) How does your soul express itself and what does it want to do together with you?
- (114) Briefly describe the three main "intentions" of Active Focus 1.3.
- (115) Why you don't have to "invite" your soul into your life to experience it?
- (116) What aspect of your soul's energy will you actually treat as fact in your decision-making process? (What needs to happen?)
- (117) Which energy center is the leading portal for communication with our soul?
- (118) Why does it sometimes happen that some people experience a clear connection with their soul during meditation, but quickly lose it when they come into contact with the outer world?
- (119) What energy centers are associated with expressing your soul's energy in the external world through concrete action steps?
- (120) What do you do (create) when you practice Active Focus 1.3 in connection with opening your energy centers?
- (121) What does the "White Room" symbolize?



Exam Questions

Level 3



- (122) In what ways does the White Room process enable you to interact with your soul and how does it relate to the Beginner's Mind?
- (123) What are the only three "things" you can find in White Room?
- (124) Which topics aren't allowed to be discussed in the White Room (forbidden topics)?
- (125) When is the best time to "enter" the White Room?
- (126) Why do we use a visual representation of our intention to enter the White Room?
- (127) What is the essence of TT Synergy 1.3?
- (128) In the context of TT Synergy 1.3, what do you "create" in your mind when you use the Mind Cleansing Mantra?
- (129) Briefly describe two types of situations in which you can use TT Synergy 1.3.
- (130) Who is the "Doer" and who is the "Condition-Maker" in the context of TT Synergy?
- (131) Who is actually taking charge of the mind cleansing process when practicing TT Synergy 1.3?
- (132) When we feel a certain painful or unpleasant emotion, what do we tend to think? And what do we tend to do in response?



Exam Questions

Level 4



- (133) What does it mean to "co-create with your soul"? (Describe in just one sentence)
- (134) Do we have to destroy or get rid of our ego to grow spiritually?
- (135) What is the main focus of our ego's desires? (Describe in just one sentence)
- (136) Are the "desires of the ego" always only closely related to material things or social status?
- (137) What is the main goal of our ego and why does our ego need to get more "likes" from other people?
- (138) What is the main focus of our soul when we interact with others?
- (139) What is the main focus of our ego when we interact with others?
- (140) What are actually our soul's desires? (Describe in just one sentence)
- (141) What are the three main characteristics of our soul's desires?
- (142) What does it mean to balance our ego's and soul's desires? (Describe in just one sentence)
- (143) When it comes to practice, why do we focus only on one soul's desire? (In the context of TT Mindfulness)
- (144) What is your soul's Master Desire? (Describe in just one sentence)



Exam Questions

Level 4



- (145) Does your Master Desire have to be the one you perceive as the "greatest" or most complex?
- (146) How would you define the "form" of your soul's desires?
- (147) What are the two basic elements of the form of our soul's desires?
- (148) How would you define the "essence" of your soul's desires?
- (149) The essence of your soul's desires is usually about what?
- (150) How many words do you need to describe the essence of a particular soul's desire?
- (151) What are the three main characteristics of your Master Desire?
- (152) What do you need to pay the most attention to when asking yourself (or your clients) the questions related to The Two Gatekeepers?
- (153) Where is actually the core essence of your Master Desire?
- (154) Do you have to manifest a particular form of your Master Desire in order to be able to experience its core essence?
- (155) Why do you actually need the form of your Master Desire?
- (156) Why do you need to integrate the core essence of your Master Desire into your conscious mind and physical vibration when it already exists in your consciousness?
- (157) What does it mean that the core essence of your Master Desire is a proactive, dynamic and intelligent energy? (Describe in just one sentence)



Exam Questions

Level 4



- (158) What is the only way for our ego to get the essence of what it seeks?
- (159) Why is it important to integrate the core essence of your Master Desire into your conscious mind and physical vibration?
- (160) What is the main goal of the Soul Infused Thinking process?
- (161) What two conditions must you meet for your soul to actively participate in your life?
- (162) When is the ideal time to practice the Soul Infused Thinking process?
- (163) What is step two of the Soul Infused Thinking process essentially about and why do we use mindful attention?
- (164) How do you treat the core essence of your Master Desire in step two of (Soul Infused Thinking)?
- (165) What do you do if you don't sense or feel the core essence of your Master Desire when you practice step two? (Soul Infused Thinking)
- (166) Why is step two often challenging in practice and what other approaches most often confuse TT Mindfulness practitioners? (Soul Infused Thinking) (Describe in just one sentence)
- (167) Do we practice the Soul Infused Thinking process mainly to get or attract something we want?



Exam Questions

Level 4



- (168) What do we want to do before we set goals and take practical steps to achieve them? (Soul Infused Thinking)
- (169) What is your "starting point" in step three (Soul Infused Thinking)?
- (170) What are the two most important instructions in step three (Soul Infused Thinking)?
- (171) What kind of potential scenarios are you looking for in step three? What quality must they have? (Soul Infused Thinking)
- (172) What is the main difference between the Initial and the Refined Form of your Master Desire? (Describe in just one sentence)
- (173) What does it mean that the Refined Form of your Master Desire is a kind of "evolved form"? (Describe in just one sentence)
- (174) What does it mean that "if you desire something, you aren't yet open to receive it"? (Describe in just one sentence)
- (175) What does it mean that "our soul's desires somehow transcend the person we are in the moment we become aware of them"? (Describe in just one sentence)
- (176) In what process do we use our ordinary, everyday activities as MEDIUM, to bring the core essence of our Master Desire into our conscious mind?
- (177) What is the main goal of the Soul Infused Activities process?



Exam Questions

Level 4



- (178) What it means that your Master Desire is a kind of invitation for co-creation with your soul? (Describe in just one sentence)
- (179) What changes in you after you have integrated the core essence of your Master Desire into your conscious mind and physical vibration, at least to some degree?
- (180) Why is it important to directly influence our physical vibration in relation to our Master Desire?
- (181) What are the two fastest ways to change your vibration on the physical level? (Soul Infused Activities)
- (182) In the context of TT Mindfulness, what is the difference between "choice" and "decision"?
- (183) Is it important that the activities you "select" in Part A of Soul Infused Activities are directly related to your Master Desire?
- (184) What is one of the biggest mistakes people make when practicing Part A of Soul Infused Activities?
- (185) What does it mean that "you desire what you don't have"? (Describe in just one sentence)
- (186) Is it important that a completely new activities you want to start doing are directly related to your Master Desire? (Soul Infused Activities)
- (187) Why is it suggested to "disregard practicality" when considering a completely new activities? (Describe in just one sentence)



Exam Questions

Level 4



- (188) What does it mean to "fragment" your Master Desire?
- (189) What time frame do we use to fragment the Master Desire in the context of TT Mindfulness?
- (190) What two factors should you consider when setting goals in the fragmentation process?
- (191) What concept constitutes the essence of Divine Timing?
- (192) What is the reason you can't predict how long you will need to manifest your Master Desire?
- (193) When manifesting our soul's desires, does it usually follow our usual logic and way of thinking?
- (194) How did the ancient Greeks perceive the concept of time? (Describe in just one sentence)
- (195) In what "dimension" of time are the steps you take to manifest your Master Desire mainly under your influence?
- (196) How can you cultivate the attitude of Divine Timing in a mindfulness-based way? Briefly describe both aspects.
- (197) Is there a way to somehow invite a dimension of Kairos to come earlier and bring us new perspectives and resources that we need?
- (198) What are the most common mistakes people make on their journey to manifest their Master Desire?
- (199) What are "the five rules of attachment"?
- (200) What to do if you feel that you're eagerly waiting to manifest a certain soul desire in order to feel happier and more fulfilled?



Notes

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