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The Use of Articles in Popular Scientific Texts
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Zásady pro vypracování

Cílem práce je analyzovat používání determinátorů v textech s populárně-naučným zaměřením. Výzkum se zaměřuje především na určité a neurčité členy a člen nulový, případně na další typy determinátorů (demonstrativa, posesiva, kvantifikátory aj.). Teoretická část definuje determinaci jako gramatickou kategorii anglických substantiv, vymezuje referenční funkce determinátorů a shrnuje tendence, pravidla a výjimky pro distribuci členův v současné angličtině. V praktické části pak diplomandka srovnává teoretické poznatky z gramatik s autentickými jazykovými daty a podrobně analyzuje gramatické a textové funkce (referenci) nalezených výskytů.

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V Pardubicích dne 14.6. 2021

Veronika Strmisková

Poděkování

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ANNOTATION

This bachelor thesis deals with the distribution of determiners in texts coming under popular scientific style. The theoretical part of the thesis offers the information about the typical features of the popular science. The next part outlines the general conception of nouns – their classification and description of a noun phrase, and determination from the point of various references. The practical part consists of the characterization of chosen texts and the analysis of articles occurring in these particular texts. The articles were analyzed on the basis of their referential function. At the end of the analytical part, there is a summarizing table indicating the representation of particular types of articles in the text.

KEYWORDS

Articles, determination, popular scientific style, referential function

ANOTACE

Tato bakalářská práce se zabývá užitím determinantů v textech spadajících do populárně naučné literatury. Teoretická část práce poskytuje informace o typických rysech populárně naučného stylu. V další části nastiňuje obecné pojetí podstatných jmen – jejich klasifikaci a popis jmenné fráze, a determinace z pohledu různých referenčních funkcí. Praktická část se zaobírá charakteristikou vybraných textů a analýzou členů vyskytujících se v daných textech. Členy jsou analyzovány na základě zmíněných referenčních funkcí. V závěru analytické části je shrnující tabulka obsahující počty zastoupení jednotlivých typů členů v textu.

KLÍČOVÁ SLOVA

Členy, determinace, populárně naučný styl, referenční funkce

Table of Contents:

Introduction	9
1. Popular Science	11
2. Nouns	13
2.1. Classification	13
2.2. Common and Proper Nouns	14
2.3. Countability of Nouns	14
2.4. Abstract and Concrete Nouns	15
2.5. Noun Phrases	16
3. Determination	18
3.1. Non-specific (Indefinite) Reference	18
3.2. Specific Reference	18
3.2.1. Linguistic Reference	19
3.2.2. Situational Reference	20
3.3. Generic Reference	21
3.4. Types of Determiners	22
3.4.1. Predeterminers.....	22
3.4.2. Postdeterminers	23
3.4.3. Central Determiners	24
3.5. Articles and Proper Nouns.....	29
4. Analytical Part – The Use of Articles in Popular Scientific Texts	31
4.1. Comparison of the Texts from the Viewpoint of Popular Scientific Style.....	32
4.2. Articles –The Joy of Living.....	33
4.2.1. Zero Article	34
4.2.2. Definite Article.....	36
4.2.3. Indefinite Article	40
4.3. Articles – The Way of Liberation.....	42
4.3.1. Zero Article	42
4.3.2. Definite Article.....	44
4.3.3. Indefinite Article	45
4.4. Summary of the Differences between The Joy of Living and The Way of Liberation	
47	
5. Conclusion	49
6. Resumé	51

7. Bibliography	54
8. Appendices.....	56
8.1. Appendix A – The Joy of Living – Chapter 8: Why Are We Unhappy?	56
8.1.1. Table 1 – Zero Article	58
8.1.2. Table 2 – Definite Article.....	60
8.1.3. Table 3 – Indefinite Article	61
8.1.4. Table 4 – Structure: Noun + of + (Adjective) + Noun.....	62
8.2. Appendix B – The Way of Liberation – Chapter 1: The Five Foundations	64
8.2.1. Table 1 – Zero Article	66
8.2.2. Table 2 – Definite Article.....	68
8.2.3. Table 3 – Indefinite Article	68
8.2.4. Table 4 – Structure: Noun + of + (Adjective) + Noun.....	69

Introduction

English articles have rather an important function not only from the viewpoint of grammar but their usage also affects the quality of everyday people's discourses. Although, the correct use of articles is not a vitally important issue, it is worth to be aware of certain rules for their application either in the written text or in any type of discourse. It helps to lower the risk of possible misunderstanding.

According to which of the articles is used, the definiteness or indefiniteness of a noun is being expressed. In other words, articles are closely related to referential functions by which it is clarified whether the speaker refers to eg. specific or general entity. The articles belong to a larger group called determiners. The purpose of this thesis is to focus on the distribution of articles in popular scientific texts in order to determine their frequency and also to specify the most frequent referential functions.

The thesis has been divided into theoretical and practical part. The theory begins with the introduction of the popular scientific style as a style that offers science in an enjoyable and accessible way. That is, among other things, with the help of easily understandable words and clear structure. The following part deals with nouns which play a fundamental role in the process of determination. What has been mentioned is their classification from the viewpoint of morphology, syntactics and semantics, the difference between common – proper nouns and abstract – concrete nouns, countability and the structure of noun phrases. The second of the two fundamental parts in the theory constitutes the topic of determination. The section focuses on various types of referential functions, primarily on non-specific, specific, generic, anaphoric, cataphoric and situational reference. Also, the chapter contains basic division of determiners which have been divided into three groups – predeterminers, postdeterminers and central determiners. Each group has been briefly described, however, regarding central determiners, only the articles have been further developed due to the fact that articles are the most important components of the thesis.

The analytical part begins with presenting the aim of the work, its methodology and hypothesis. It continues with the introduction of chosen texts which have been compared there. They have been contrasted mainly from the viewpoint of their structure and comprehensibility. The following part focuses primarily on the frequency of the used articles in the texts and specifies them from the referential point of view. As for the process of analyzing the articles in the texts, both of them have been analyzed separately in order to be

able to recognize the differences (related to articles) between the extracts more easily. The end of the analytical part involves mentioning the differences (from the viewpoint of articles and referential functions) between the chosen texts and also the overall summary relating to the topic of articles as the primary topic of this thesis. The summary has been accompanied by a summarizing table which contains information about the numbers of each type of article individually, then their sum together and, finally, the total percentage of their types occurring in both extracts so as to be acquainted with the frequency of all types of articles in popular scientific style in general.

1. Popular Science

Popular scientific style, which plays crucial role in the practical part of the thesis, could be simply described as a bridge between scientific literature and the spheres of popular cultural discourse. Popular science is a substyle of scientific style.

Nohejl (2014, 26) points out that there exist some obstacles in relation with the categorization of styles in general. He mentions that these difficulties usually arise from the fact that there are not any set boundaries between particular functional styles, therefore, typical features of certain style can mingle with another one. Regarding the popular scientific style, it is influenced by journalistic style, moreover, it is also possible to find signs of colloquial language.

As for the characteristic features, it would be appropriate to compare popular scientific style with purely scientific style. Tarantová (2017, 5) mentions that scientific style is a “matter-of-factness” and strives to achieve objectivity and avoid misunderstandings by strict using of clear and unambiguous terms. Its role is to make a contribution to scientific field, for example, to explore or discover something, however, popular scientific style offers new and interesting information which is shared with general audience. (Nohejl, 2014, 26) In other words, popular scientific style intends to spread scientific information and other diverse or complicated topics in an attractive and easy-to-understand way. (Šaroun, 2019, 15)

Tarantová remarks that being comprehensible for general public means that specific terminology occurs exceptionally or is well explained further in the article. Nohejl (2014, 27) states that more probable is using less accurate expressions due to the fact that the author does not count on the readers' knowledge. Then, he contrasts that this does not apply to the scientific style in which the author uses adequate terminology, supported data and citations in order to be as objective as possible.

With regard to the structure of the sentences in popular scientific style, Šaroun (2019, 15) declares that it is simpler and the sentence length is reduced. He further claims that using synonyms is common so as to show various points of view, however, synonyms in scientific texts should not occur since the author strives to avoid the readers' potential misunderstandings. Tarantová (2017, 5) adds that, unlike in scientific texts, popular scientific style permits emotional words, expressions with connotation and, overall, the style is more personal in order to appeal to its audience.

Finally, in terms of the effects on society, Nohejl (2014, 27) points out the informative function of the popular scientific style. As it was already mentioned, this style introduces, besides other topics, scientific findings in a popular way which helps spreading of these information and increase the level of education

2. Nouns

2.1. Classification

Nouns (substantives) as a word class are characterized by certain features. These features are morphological, syntactic and semantic. (Biber et al. 1999, 62)

According to Biber et al. (1999, 62), morphological characteristics is mainly about the inflection for number and case. (However, there are many uncountable nouns in English that do not inflect for number, e.g. *gold, information*) Nonetheless, Dušková et al. (1988, 35) add that gender, countability and determination belong into morphological features too.

Regarding noun-formation, Biber et al. (1999, 62) state that nouns are able to create complex morphological structures. This can be realized through compounding which is a highly productive process of combining two words into a single noun. (Biber et al. 1999, 325) The words do not have to be nouns only but it can be a combination of noun + noun, noun + verb, adj + noun, verb + particle, etc. There are some examples of compound words: *database, dressmaker, printing-press, self-esteem*.

Syntactic characteristics involve particular syntactic roles which certain noun or noun phrase can have. These syntactic roles depend on the distribution of nouns/noun phrases in the sentence (Biber et al. 1999, 63). The most common syntactic functions are:

Subject: *Edinburgh* is the capital city of Scotland.

Object: direct: a) *He* kicked *the ball*.

indirect: b) *John* threw *Mary* the ball.

Complement: *She* is *our teacher*.

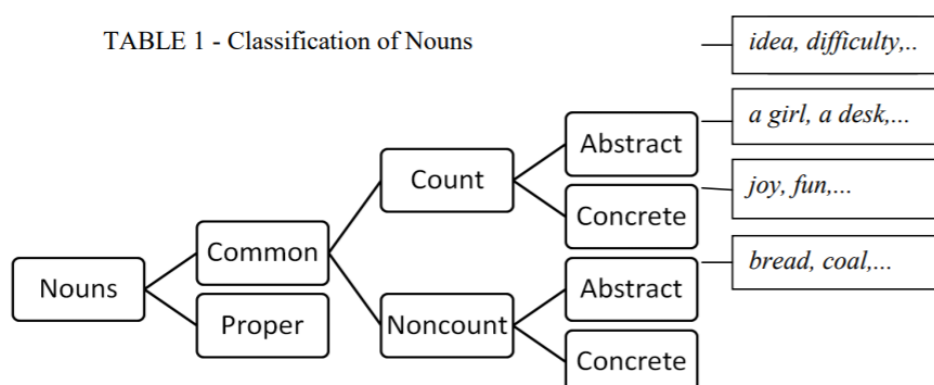
Apposition: *C. Ronaldo, the football player*, scored two goals.

(Martin Woźnica, 2016, 12)

Dušková et al. (1988, 35) add that adverbial, nominal part of predicate and complement are also very common.

Dušková says that semantic features of nouns deal with the meaning of the word, with its sense. She claims that substantives refer primarily to people, things, materials, etc., moreover, they can also denote processes, states or qualities which would normally be described by verbs. Dušková et al. (1988, 35) point out that since there are more than one semantic classes, substantive categories cannot be applied to all substantives but are dependent on those classes.

Nouns can be characterized and classified also from other point of view than Dušková introduces. This can be seen in Table 1 which offers a different perspective:



Quirk et al. (1985, 247)

2.2. Common and Proper Nouns

They further explain that nouns are divided into two main groups – common nouns and proper nouns, while common nouns are either countable or uncountable. They do not describe persons or things as individuals but more as terms. (Dušková et al. 1988, 35) In other words, common nouns usually do not refer to anything specific but their meaning is general. Dušková clarifies that common nouns gain their particularity once they occur in a certain context or situation and they provide an example with the word *sailor*. According to them, this word denotes every person having the same features which are incorporated in the noun *sailor*.

On the contrary, proper nouns behave oppositely because they always refer to someone or something individual and specific. (Dušková et al. 1988, 35) Dušková adds that proper nouns are not lexical, therefore, they cannot be defined. For example, a name *Henry* refers to a certain person called *Henry* without being further characterized. In society, there are many people having this name and have nothing in common, nevertheless, when thinking of the word *sailor*, all people considered to be sailors can be distinguished by similar qualities which the noun provides. (Dušková et al. 1988, 35)

2.3. Countability of Nouns

Concerning countability, Quirk et al. (1985, 246) draw the attention to nouns like *book*, *chair*, *forest*, *idea*, etc. and describe them as “individual countable entities and not as an undifferentiated mass” (Quirk et al. 1985, 246). These are called countable nouns. (Quirk et al. 1985, 246) According to Swan (2005, 148), all separate objects, persons, ideas, etc. which can

be counted belong to group *countable nouns*. Due to the fact that they form both, singular and plural, it is typical to use numbers and the indefinite article with them. (Swan, 2005, 148)

Regarding the uncountable nouns, they are also called *mass nouns*, they name materials, liquids, abstract qualities, collections, emotional and other states or relations. (Biber et al. 1999, 243) Put it differently, uncountable nouns involve things which are not seen as separate objects but masses with no apparent borderline (Swan, 2005, 136), thus, no number or indefinite article can be used. (Biber et al. 1999, 243)

However, some exceptions could be found. When referring to human emotions and mental activity and, at the same time, the speaker somehow limits their meaning, the indefinite article *a/an* should be used. (Swan, 2005, 139) For example:

1 *We need a secretary with **a first-class knowledge** of German.*

2 *That child shows **a surprising understanding** of adult behaviour.*

(Swan, 2005, 139)

What is more, it is highly unusual to use uncountable nouns in plural form, though, there exist some: *groceries, remains, goods, clothes, police, trousers, spectacles, pyjamas*, also expressions like *the British, the Spanish*, etc. It is important to point out that the meaning of the underlined nouns would be different if they occurred in a singular form. This information leads to the fact that a lot of nouns are both countable and uncountable but it is crucial to be careful with their meanings. (Swan, 2005, 138) Comparing the following sentences, it is rather understandable that non-native speaker or someone less advanced could be confused:

3 *I'd like some typing **paper**. x I'm going out to buy **a paper**. (= a newspaper)*

4 *The window is made of **unbreakable glass**. x **Would you like a glass of water?***

(Swan, 2005, 138)

Moreover, materials, liquids, etc. which are normally uncountable can be used as countables when talking about their types:

5 *The 1961 **wines** were among the best this century.* (Swan, 2005, 138)

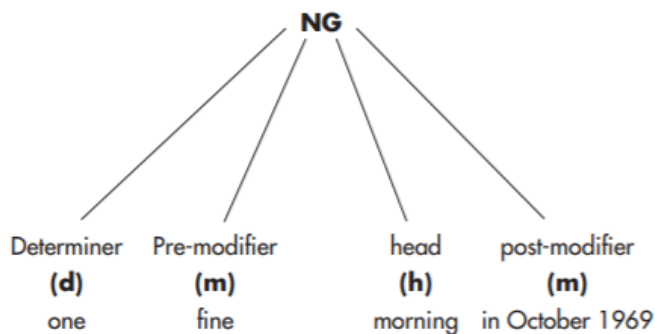
2.4. Abstract and Concrete Nouns

The major distinction between abstract and concrete nouns is in their reference. Abstract nouns refer to an idea or concept, typically, it is something intangible as events, states or feelings,

while concrete nouns refer to things that can be identified with human senses. In other words, Quirk et al. (1985, 247) describe abstract nouns as nonobservable and nonmeasurable, whereas, concrete nouns as observable and measurable. Regarding countability, he mentions that abstract nouns are usually uncountable (*depression, love*), yet, he points out some exceptions, for example *a proposal, an idea* which are nouns considered as countables. As for the concrete nouns, they can be either countable (*poster*) or uncountable (*honey*). (Martin Woźnica, 2016, 14)

2.5. Noun Phrases

According to Quirk et al. (1985, 245), noun phrases consist of a word or a group of words that can function as subject, object, and complement of clauses and also as complement of prepositional phrases.



The scheme by Downing et al. (2006, 403) shows the structure of a noun phrase.

The Head

According to Quirk et al. (1985, 245), a noun phrase in its simplest form includes the article and the head, for example in *the girl*. The head is usually represented by a noun or pronoun, nevertheless, there exist also adjectival heads which are limited – these are for example: *the poor, the unemployed, the supernatural*. (Downing et al. 2006, 404)

Quirk et al. (1985, 245) inform that instead of a whole noun phrase, it can be used only one word – a pronoun. Therefore, “such pronouns can deputize for noun phrases and hence cannot normally occur with determiners such as the definite article, premodification, or (normally) postmodification.” (Quirk et al. 1985, 245) He illustrates this fact on the following example – sentence 6 consists of the determiner, the premodifier, the head and the postmodifier, however, sentence 7 involves only one word – the pronoun which cannot be surrounded by other elements.

6 *The blonde girl who is wearing blue jeans* }
 7 *She* } *is my sister.*
 (Quirk et al. 1985, 245)

The Determiner

The function of determiners is determinative which means that they accompany the reference of the noun phrase and provide information, for example, about definiteness, proximity of things or relationships (Greenbaum et al. 1990, 72) Determiners divide into three main groups (Biber et al. 1999, 263) which are further described in chapter about determination.

The Pre-head Modifier

Another element which could be added is a pre-head modifier (pre-modifier) the function of which is to describe or classify the referent. (Downing et al. 2006, 404) She mentions that the pre-modifier can be realised by epithet or classifier. Epithets (also descriptors) have a descriptive function, attribute qualities with the help of adjectives and are attached to the noun, while classifiers “delimit or restrict a noun’s referent by placing it in a category in relation to other referents.” (Biber et al. 1999, 508) They are typically represented by nouns, particular types of adjectives or participles. (Downing et al. 2006, 404) In 8, there is an example of epithet and in 9, there is an example of classifier:

8 *new* rooms, a *young* man, *smart* device
 9 one *Saturday* morning, *art* lovers, *general* elections
 (Downing et al. 2006, 404)

The Post-head Modifier

Quirk et al. (1985, 65) introduce the post-head modifier (also post-modifier or qualifier) as a modifier following the head. It contributes to identifying the noun referent further because it gives additional or specific information about the noun referent. (Downing et al. 2006, 404) She states that post-modifiers can be represented by finite and non-finite clauses, prepositional phrases, noun groups or adverbial groups. The example of post-modifier:

10 the film *we saw*, *in February 1893*, shoes *that size*
 Downing et al. (2006, 404)

3. Determination

Dušková et al. (1988, 59) mention that determination is a grammatical category of a common noun which provides particular information about its denotation. In other words, it determines whether the substantive expresses something specific, non-specific, unique, etc. The determined noun is called the *referent* and according to Cambridge Dictionary (Cambridge Dictionary, 2021), *referent* in the speech situation is “the person, thing or idea that a word, phrase, or object refers to”. There are several types of references corresponding with several ways of determining the objects.

When specifying the referential function, it is important to know to what extent the referent has been familiar or unfamiliar. Therefore, non-specific, specific or generic referencing can be distinguished. If the reference is non-specific, the referent is indefinite. If the reference is specific, then, linguistic or situational reference can be distinguished. Within the linguistic reference, there can, furthermore, be distinguished anaphoric or cataphoric reference. Regarding situational reference, the degree of uniqueness or shared knowledge could be discussed. Lastly, if the reference is generic, it means that the referent has been talked about generally and no particular entity has been in one’s mind.

What is essential to point out is the fact that the types of references are connected mainly with articles (definite, indefinite, zero) belonging to central determiners, however, this chapter will offer more than just information about articles, it will be dealing with all remaining types of determiners as well.

3.1. Non-specific (Indefinite) Reference

In order to mark a reference non-specific, the speaker ought to have something general and indefinite in mind. In other words, he or she does not think about any particular people, places or things. Dušková et al. (1988, 71) mention that this non-specificity is expressed by the indefinite article, zero article or *some*. The following example represents non-specific reference:

11 Tom would like to buy a house.

The sentence displays that Tom has an intention to buy a house but still might not know what type of house/its location/surface area, etc. he wants and could, simply, think of any house.

3.2. Specific Reference

Specific reference is the opposite of the non-specific, therefore, during the discourse, it is referred to something particular, even if the referent is unknown to the speaker. This leads to

the information that specific reference can either be indefinite or definite. (Downing et al. 2006, 418) Here are some sentences showing the contrast between specific indefinite and specific definite:

- | | |
|---|---------------------|
| 12 She bought <i>a book</i> . | SPECIFIC INDEFINITE |
| 13 <i>The book</i> she bought is enriching. | SPECIFIC DEFINITE |

Sentence 12 shows that the particular person bought a specific book but there are no further information about it (it can be presumed that the book has been spoken about for the first time), therefore, the reference is specific indefinite. However, sentence 13 follows in sentence 12 and describes the book further by adding a specific commentary, thus, the reference can be assumed as specific definite. Considering the structure of the sentence 13, it relates to cataphoric and anaphoric referencing which falls into linguistic reference.

3.2.1. Linguistic Reference

Linguistic reference, as a type of specific reference, deals with anaphora and cataphora. As Downing et al. (2006, 419) state, the definite article indicates definiteness of a substantive, nevertheless, they point out that the article itself does not fully identify the noun but more likely refers to the corresponding text within the referent can be identified. The identification can occur during anaphoric and cataphoric referencing.

Anaphoric Reference

Quirk et al. (1985, 267) explain that “the term anaphoric reference is used where the uniqueness of reference of some phrase *the X* is supplied by information given earlier in the discourse.” The reference can be either direct or indirect.

- 14 *Felicity bought a TV and a videorecorder, but she returned the videorecorder because it was defective.* (Quirk et al. 1985, 267)

In the sentence above, there can clearly be seen what the specifics for direct anaphoric reference are. In the first part of the sentence, there is a noun with the indefinite article because the object is being introduced for the first time. In the second part, the same noun is being repeated – this, exactly, is the essential indication of direct anaphoric reference – repetition of the same form of the noun. However, the definite article is used here since the object is contextually known. (Quirk et al. 1985, 267)

Indirect anaphoric reference is presented by Quirk et al. (1985, 267) as follows: “Indirect anaphora arises when a reference becomes part of the hearer’s knowledge indirectly, not by direct mention but by inference from what has already been mentioned.”

15 John bought a new bicycle, but found that one of the wheels was defective. (Quirk et al. 1985, 267)

In the first part of the sentence, there is the object *bicycle* and due to its first occurrence, the indefinite article was used. The second part of the sentence contains a word *wheels*, which refers back to the object indirectly because the fact that bicycle has wheels is considered to be shared knowledge. In other words, a *bicycle* can be seen as an introduced topic, so it could be presumed that if there were other words like *handlebars*, *a seat*, *brakes* or *a pedal*, used in the sentence, all of these would refer back to the object bicycle because they belong to general pragmatic knowledge.

Cataphoric Reference

Conversely, the definition of cataphoric reference could be put as follows: a word or phrase referring ahead to another element in the discourse. When talking strictly about articles, Quirk’s definition is following: “By the cataphoric use of *the* may be understood the use of the definite article in a context where what follows the head noun, rather than what precedes it, enables us to pinpoint the reference uniquely.” (Quirk et al. 1985, 268)

*16 Another potential voter starts to tell him about **the car that went through his garden wall.** (Biber et al. 1999, 264)*

In sentence 16, the reference is established through the description of the car following later in the discourse. (Biber et al. 1999, 264) Here, Biber points out that the cataphoric reference is represented by a restrictive relative clause.

3.2.2. Situational Reference

As in anaphoric and cataphoric reference (linguistic reference), the definite article is used in order to refer forward or backward to identify the referent within the text, Biber et al. (1999, 264) state that the definite article may also be a signal that the speaker and hearer share the situational context, therefore it can be called situational reference. This leads to the fact that there are cases in which it is not possible to rely only on the language itself but some shared or general knowledge is required.

17 A: Could you get me from the shelf the black pen?

B: Yes, of course.

(Biber et al. 1999, 264)

In sentence A, it can be presumed that there is only one shelf nearby. The other possibility is that the speaker points at the exact shelf he/she wants the black pen from. The response of speaker B indicates that he/she knows which shelf the speaker A has in mind.

Dušková et al. (1988, 64) mention that if the determination is situational, the definite article refers to an object which is visible or familiar to both the speaker and the listener and is unequivocally specified. They explain that unless the object is fully and clearly determined, there may arise a question from the listener in order to find out more information about the object and prevent any misunderstanding. (Dušková et al. 1988, 65) For example: “*Put it on the table.*” “*Which table?*” (Dušková et al. 1988, 65) This situation indicates that the conditions for a proper determination were unfulfilled because the listener requires more details about the object. However, according to Biber et al. (1999, 264), these kinds of misunderstanding are in most cases put right later.

3.3. Generic Reference

The characteristic of generic reference, in contrast with specific reference, is that generic reference expresses general meaning. (Quirk et al. 1985, 265) In other words, the function of generic reference is not to refer to particular people or things but denote a class or species as a whole. For specific reference, it is crucial to distinct between definite and indefinite and also between singular and plural, nevertheless, it is not so important for generic reference since generic reference focuses more on general things and does not take any specifics into consideration. (Quirk et al. 1985, 265) Downing et al. (2006, 421) state that each of the articles can be used to make a generic reference, however, Dušková et al. (1988, 63) point out that plural with zero article has the widest application. The two following sentences show the difference between specific and generic reference:

18 A lion and *two tigers* are sleeping in the cage.

19 *Tigers* are dangerous animals.

(Quirk et al. 1985, 265)

As Quirk et al. (1985, 265) explain, sentence 18 refers to something particular – the tigers are concrete representatives of the class “*tiger*”. However, in the second sentence, which

demonstrates generic reference, the speaker is thinking of the class “*tiger*” and has no specific tigers in mind.

3.4. Types of Determiners

The reference can be realized with the help of determinative elements which, typically, are closed-class items found before the noun representing the head of the noun phrase or before its premodifiers. (Quirk et al. 1985, 25) The most common determiners in English language are definite, indefinite and zero articles, which belong to central determiners (Downing et al. 2006, 417), however, articles constitute just one part of the whole section of determiners.

The following points represent the division of English determiners on the basis of their position:

- **Predeterminers**, eg: *all, both, half* and multipliers like *double, once, twice*
- **Central determiners**, eg: the articles *the, a/an*, demonstratives, possessives, indefinite pronouns like *some, any, each*
- **Postdeterminers**, eg: cardinal/ordinal numerals, semi-determiners like *same, last, next*; quantifiers, (Biber et al. 1999, 258)

3.4.1. Predeterminers

Predeterminers are specific for their position before certain central determiners. (Quirk et al., 1985, 257) They are mutually exclusive which means that they cannot co-occur. (Greenbaum et al. 1990, 75) Greenbaum et al. (1990, 75) find it useful to distinguish two subcategories of predeterminers:

- A. *all, both, half*
- B. *the multipliers*

What is typical for the first group is that *all, both, half* can stand before the articles, the demonstratives, and the possessives, however, due to the fact that they are themselves quantifiers, they cannot stand before determiners entailing quantification (*every, each, some, enough*). (Greenbaum et al. 1990, 75) Regarding the multipliers, they are used in two ways – Greenbaum et al. (1990, 75) describe it in a following way:

- I. “When the following determiner is the definite article, demonstrative or possessive, the multiplier applies to the noun so determined”: twice/double the length – ‘a length twice as great’
- II. “When the following determiner is the indefinite article or *each* or *every*, the multiplier applies to a measure (such as frequency) set against the unit specified by the following noun”: *once* a day, *twice* each game
(Greenbaum et al. 1990, 75)

3.4.2. Postdeterminers

Typical nature of postdeterminers is that they occur after predeterminers or central determiners, however, as Quirk et al. (1985, 261) mention, “they precede any adjectives and other premodifying items”.

Cardinal numerals

Postdeterminers include cardinal numerals, for the characteristics of which is that *one* occurs only with singular countable nouns and cannot be combined with the indefinite article, however, it is correct to use the definite article with it. The other numerals occur with plural countable nouns. (Quirk et al. 1985, 261)

Ordinal Numerals and General Ordinals

The next category of postdeterminers is ordinal numerals and ‘general ordinals’. Ordinal numerals express the sequential order of things, in other words, they help to recognize the position of particular objects regarding their sequence, and, as Quirk states, “the ordinal numerals have a one-for-one relation with the cardinals ”, which means that each ordinal numeral has its base in the cardinal one: *First/one*, *second/two*, *third/three*, etc. As for the general ordinals, to a certain degree, they look like the ordinal numerals, typically, they can be found before any cardinal numerals and cooccur only with countable nouns: the *first two* days, *another three* weeks (Quirk et al. 1985, 261) In comparison with Biber et al. (1999, 279), they put the ordinal numerals and general ordinals into one category and, what is more, they say, they are similar to semi-determiners.

Semi-determiners

Postdeterminers further contain the mentioned semi-determiners which are, by Biber et al. (1999, 280), introduced as “determiner-like words which are often described as adjectives”,

nevertheless, their function is not descriptive. What is their primary role is to define the reference of the noun. Biber points out the special cooccurrence patterns mainly with either indefinite or definite article. They further claim that semi-determiners could be divided into four major pairs: *same* and *other*; *former* and *latter*; *last* and *next*; *certain* and *such*.

Closed-class and Open-class Quantifiers

Closed-class and open-class quantifiers are subsequent categories that fall under postdeterminers. (Quirk et al. 1985, 262) Regarding the closed-class quantifiers, they can be divided into two groups:

- a) quantifiers coexisting exclusively with plural countable nouns – *many*, *(a) few*, *several*
- b) quantifiers coexisting exclusively with plural uncountable nouns – *much*, *(a) little*
(Quirk et al. 1985, 262)

As for the open-class quantifiers, Quirk calls them also ‘phrasal quantifiers’ and state that they semantically function like the closed-class quantifiers. yet, the phrase contains a noun expressing quantity (*lot*, *deal*, *amount*, etc.) and is followed by *of* – *a lot of*, *a great deal of*, *a small amount of*, etc.

3.4.3. Central Determiners

The Articles

There are three types of articles in English – the indefinite article *a/an*, the definite article *the* and the zero article. (Quirk et al. 1985, 253) Biber et al. (1999, 260) claim that the process of choosing the particular article depends on what type of noun is being determined and they add that the most commonly used article is the indefinite and the definite article.

Regarding the registers in which the articles are most expected and used, Biber et al. (1999, 268) state that the largest number can be found in academic prose rather than in news or conversations. They explain that as for the conversations only, less dense use of articles is logical since proper nouns, possessive determiners and genitives occur very often so most of these forms replace the article or do not combine with any article at all. Additionally, they claim that the register concerns familiar topics and, in general, is more repetitive. (Biber et al. 1999, 268)

The Indefinite Article

Biber et al. (1999, 260) mention that the indefinite article is typically used with singular countable nouns and “narrows down the reference of the following noun to a single member of a class and is often used to introduce a new specific entity in discourse.” As Parrot (2000, 47) states, *a/an* is used when indicating that “something is not common ground” or the listener/reader is unaware of the particular circumstance. In other words, there does not exist shared knowledge between the speaker and the hearer. (Quirk et al. 1985, 272) During the discourse if the speaker uses the indefinite article and then continues with subsequent references, they occur in form of definite noun phrases or personal pronouns. (Biber et al. 1999, 260)

20 *A cat₁ was the victim of a cruel attack when she₂ was shot in the neck by a pellet.*

21 *The tortoiseshell cat₃ was found wounded and frightened in Grangetown, Middlesbrought, and brought to an animal sanctuary.*

(Biber et al. 1999, 260)

The sentences above serve as an example to show that at the beginning, the cat was absolutely unknown (1) which led the writer to use the indefinite article, however, in the second part of the sentence, the author used personal pronoun instead of the article to avoid repetition and give a signal that he writes about the same cat (2) as he was in the first part. In sentence 21, the writer automatically used the definite article for he was still developing the same story about the same cat(3).

The indefinite article can also be used instead of the stressed numeral one. (Quirk et al. 1985, 254) Huddleston and Pullum (2002, 371) explain that the reason why it is so, is due to the historical origin of the numeral one. The indefinite article is just an unstressed form of it and this fact clarifies its incompatibility with plurals. It follows that *one* cannot stand right before or behind *a/an* in the sentence. (Quirk et al. 1985, 254) However, he adds that there are some limited cases in which these two words cooccur, for instance in: *You are a one!* This is due to *one* being the head of the noun phrase.

The Use of the Indefinite Article

The use of the indefinite article is not restricted just to introducing a new entity in the discourse or expressing the unstressed variant of numeral one, as it has been mentioned above. This article has wide range of uses. The most common uses have been listed below.

- **modified uncountable nouns:** *There is a growing impatience among employees.*
- **any member of class:** *A doctor must like people. → any doctor*
- **particular days or months:** *We met on a wet Monday in June.*
- **what class, group, type people or things belong to:** *I am looking forward to being a grandmother. She's a dentist. Don't use your plate as an ashtray.*
- **some illnesses:** *a cold, a headache*
- **cannot be used with an adjective alone:** *It is a good car. x It is good. (NOT ~~It is a good.~~)*
- **structures a ...of mine/yours:** *He is a friend of mine.*
- **negative expressions, after prepositions:** *"Lend me your pen." "I haven't got a pen",
You mustn't go out without a three-quarters of a pound.*

(Swan, 2005, 53-56)

The Zero Article

Leech (2006, 128) explains that zero article is a type of article which has been omitted before a common substantive and can be contrasted with the definite and indefinite article. Downing et al. (2006, 422) add that the zero article expresses "the loosest and therefore most frequent type of generic statement". It is typically used when introducing a general idea or plural countable and uncountable (mass) nouns. Here are some examples:

22 *Kangaroos are common in Australia.* → kangaroos – plural countable noun

23 *Wine is one of this country's major exports.* → wine – uncountable noun

(Downing et al. 2006, 422)

To be more specific, regarding plural countable nouns, they can either have generic or indefinite reference which is dependent on the predication.

24 *Frogs have long hind legs.* → generic = all frogs

25 *He catches frogs.* → indefinite = an indefinite number of frogs

(Downing et al. 2006, 422)

Compared to the explanation of Greenbaum et al. (1990, 81), they contribute with the information that when dealing with uncountable or plural countable nouns, the indefinite article is substituted by either zero article or some/any (Greenbaum et al. 1990, 81) due to the fact that *some* and (its negative form) *any* are plural or noncountable equivalents of a/an. (Quirk et al. 1985, 274)

Other Frequent Uses of the Zero Article:

Even though, the zero article has primarily been used with plural countable and uncountable nouns, in grammar, there exist plenty of other cases in which it is expected to be applied. For example:

- **meals as part of a routine:** *go for dinner, have breakfast*
- **places as institutions vs. building/place:** *to be in prison vs. to be in the prison, in hospital vs. in the hospital*
- **jobs and positions:** *He was elected President in 1879. She declined the position of director. They made him (the) chairman.*
- **means of transport and communication:** *by car, by phone*
- **time expressions (at, by, after, before):** *at sunrise, by night, after dark, seasons (the) autumn*
- **days, months:** *last Saturday, in April*
- **idiomatic fixed phrases:** *in turn, by heart*
- **possessive's:** *Sally's house, Franklin's invention*
- **in case of parallel structures:** *hand in hand, face to face, from right to left*
- **block language (headlines, notices):** *English Department, Exit, Fire Kills Teenager*
- **some illnesses (medical terms):** *pneumonia, diabetes x have a cold, a fever*
- **titles:** *Mr and Mrs Jackson are here to see you.*

(Hughes, 2011, 58)

The Definite Article

According to Greenbaum et al. (1990, 77), the definite article makes a noun phrase definite which means that it marks the referent as something unique or generally known. The knowledge may be shared by speaker and hearer contextually or it can be common knowledge of the world.

Definiteness can be expressed by aspects such as:

- a) **Situational reference:** *The milk in the fridge is spoilt.*
- b) **Generic reference:** *The bicycle is the most popular means of transportation nowadays.*
- c) **Anaphoric reference:** *I saw a dog in a park. The dog was chasing a cat.*
- d) **Cataphoric reference:** *This is the team which won five games in a row.*

(Martin Woźnica, 2016, 19-22)

In a) the definite article is used due to the fact that the addressee assumes that the hearer sees the only one fridge in the room and can smell the spoilt milk. Both, the speaker and the hearer are present in the situation, therefore, it can be marked as situational reference.

In b) the bicycle refers to the class as a whole, therefore, it is general meaning coming under generic reference.

In c) there is an example of a direct anaphoric reference. The first mention of the dog is with the indefinite article because, however, when it is mentioned for the second time, the definite article is used due to identical reference.

In d) the reference is established through the description which follows after *the team* which is a typical example of cataphoric reference.

(Martin Woźnica, 2016, 21)

Other Frequent Uses of the Definite Article:

As was the case with the zero article, the definite article is also commonly used in many various situations. For example:

- **nouns converted from adjectives:** *the poor, the guilty, the unknown* + nationalities: *the Spanish, the Dutch*; collective nouns: *the public, the army, the media*
- **sporadic reference:** *I always listen to the radio while I'm driving. I go to the theatre once a month.*
- **weather and climate:** *the wind, the rain*
- **certain illnesses:** *the measles, the flu*
- **parts of the body:** *She kicked him on the knee. Can you look me in the eye?*
- **musical instruments or inventions:** *The violin is really difficult. Who's that on the piano? Life would be quieter without the telephone.*
- **measuring expressions beginning with by:** *Do you sell eggs by the kilo or by the dozen?*
- **certain time expressions (fixed phrases) and history:** *in the morning, during the day, the holiday, the weekend, the 18th century, the Enlightenment*

3.5. Articles and Proper Nouns

After concentrating on the uses of articles with common nouns, here comes the focus on using the articles with proper nouns. The problematics of proper nouns was already outlined in 2.2 where the general difference between common and proper nouns had been explained, however, the following lines go deeper into the topic and offer detailed information.

According to Quirk et al. (1985, 288), proper nouns name specific entities of a kind which can either be specific people, places, days or other. Proper nouns are explained to have unique denotation, therefore, they usually lack articles or have the definite one, and are always capitalized (compared to common nouns, they are written with initial capital letter only at the beginning of the sentence).

Furthermore, it can be distinguished between proper nouns and proper names. Downing et al. (2006, 410) clarify that unlike proper nouns which are arbitrary and do not have determinable meaning (eg. Hilary, Madrid), proper names are more complex and can include proper nouns within the phrase (eg. Real Madrid, the University of Oxford).

The Use of the Zero Article:

- **personal names:** Tom Brown, Potter, Michael

- **festivals:** Christmas, President's Day, Easter
- **months, days:** September, Friday
- **names of continents, countries, states, towns:** Africa, France, Prague
- **lakes, mountains:** Lake Winnipeg, Mount Everest
- **streets, squares, buildings, parks:** Harley Street, Time Square, St. Paul's Cathedral
- **names of languages:** Spanish, French

The Use of the Definite Article:

- **groups of islands:** the Canary Islands, the Shetlands
- **ranges of mountains:** the Pyrenees, the Alps, the High Tatras
- **rivers, seas, oceans:** the Danube, the Black Sea, the Atlantic Ocean
- **names of newspapers:** the Guardian, the Daily Mail
- **names of certain organizations:** the NATO, the European Union
- **deserts:** the Sahara, the Great Victoria Desert
- **names of restaurants, pubs and hotels:** the Ritz, the Chateau Marmont
- **names of theatres, cinemas, galleries:** the Globe, the National Gallery, the Electric Cinema
- **famous buildings:** the Louvre, the White House, the Leaning Tower of Pisa

(Martin Woźnica, 2016, 25-26)

4. Analytical Part – The Use of Articles in Popular Scientific Texts

Aim

The goal of the practical part is to analyze the distribution of determiners in popular scientific texts and specify their referential functions. The research focuses primarily on the central determiners – the definite, indefinite and zero article, however, the occurrence of other types of determiners cannot be excluded. For the purpose of the analysis, two books written in popular scientific style were selected. From these books, particular chapters were chosen in order to provide investigation of the determiners. The source material with the highlighted examples and the summary tables can be found in the appendices (p. 54-66)

Methodology

The whole process has been comprised of the following steps:

The first step involved choosing particular chapters from the books *The Joy of Living* and *The Way of Liberation*, going through the texts, finding the articles in the sentences, marking them with the corresponding colour and giving numbers so as to be clearly arranged. As for the zero article, which does not occur visibly, the related noun has been highlighted.

The examples have been highlighted according to the type of the article:

- a) **the definite article** is marked with yellow colour
- b) **the indefinite article** is marked with green colour
- c) **the noun with the zero article** occurs in light blue
- d) **structure *noun + of + (adjective) + noun*** is marked with grey colour

The second step included defining the referential function of the marked articles. If there occurred any articles which were not possible to assign any referential function to, then, other possible explanations or reasons had come up and tried to support the use of the particular article. The classification has been performed with the assistance of various sources, for example, the grammar books as *Longman Grammar of Spoken and Written English* or websites as *Oxford Learner's Dictionaries*.

The third step involved organizing the analyzed articles into well arranged tables and comparing the occurrences from the point of view of number and references. The articles from both texts have been analyzed and numbered separately due to the final comparison.

Lastly, a final conclusion about using the articles and meeting the expected results has been made. (The expected results has been further described in the following section.)

Hypothesis

The hypothesis is based on the information offered by Quirk et al. (1985, 268). It has been assumed that regarding written registers, the definite article is much more often than the indefinite article. They state that it is even more than twice as common as the indefinite article. This leads to specifying the first expected result, namely: the total number of the definite article occurring in both texts will be significantly higher than the total number of the indefinite article. Also, it is expected that the referential function of the definite article will mostly be anaphoric due to the frequent repetition of the referent in subsequent mentions.

4.1. Comparison of the Texts from the Viewpoint of Popular Scientific Style

Introduction

The first text, on which the analysis is based, is a text coming from the book *The Joy of Living* by Yongey Mingyur Rinpoche, a Tibetan teacher and master who is called to be “a rising star among the new generation of Tibetan Buddhist masters trained outside of Tibet.” (Yongey Mingyur Rinpoche, 2007, 273) The second text comes from the book *The Way of Liberation* by Adyashanti, who is an American spiritual teacher guiding to spiritual enlightenment.

While reading both publications, it is obvious that both authors offer new and interesting information concerning human existence. They share their experience and clarify certain psychological processes which often appear in the human life (though, people are unable to deal with them). The authors pass over the knowledge in an understandable way and try to contribute to peoples’ lives, which can be considered as the most typical features of the popular scientific style.

The Structure, Comprehensibility and Factual Information

As for the text by Yongey Mingyur Rinpoche, it could be noted that his passages are well arranged and have a clear structure, which is easy to follow. The language is primarily informal, it contains contractions, direct speech and idioms. The specific terminology appears there but is not so frequent. Nevertheless, if the specific terms appear, they are always well explained further in the article, which means that the reader has almost no difficulties to understand the presented problematics. The word “almost” is mentioned since there appear

terms like *inner knowledge*, *inner lives* or *happiness* which might be confusing, especially for people who are not used to conceptual thinking, or are not interested in this kind of literature.

Regarding the “matter-of-factness”, the text includes a number of objective facts, however, there is no pressure to be too accurate since the text has not been written in a purely scientific style. Also, it could be pointed out that the author tries to appeal his audience by using emotional words, personal stories or attitudes, which the popular style allows. The text altogether gives the impression of friendliness and “creates” pleasant atmosphere while reading it.

In comparison with the text by Adyashanti, the structure is clear and is rather easy to follow, too. The language is primarily informal, however it does not contain any contractions, direct speech or idioms. The author puts questions, which he expects his readers to ask, answers them and addresses the readers by using a pronoun “you”. Therefore, there is an evident communication between the author and the reader, which makes the reading more lively and engaging.

Nevertheless, it should be pointed out that, as in *The Joy of Living*, there are numerous expressions, used by the author, which could be understood incorrectly, primarily, due to the fact that the words are abstract and go beyond human’s limited conception. Here, the use of the abstract terms is significantly higher. This factor makes the overall intelligibility more complicated. Another similarity with the first text is that it contains personal opinions and comments, however, the effort to appeal to the author’s audience is not as noticeable as in the *Joy of Living*. Theoretically, it might be caused by the fact that Adyashanti seems to have written this book more as a form of a manual than an entertaining publication, therefore, the effort to make an impression would be secondary.

4.2. Articles –The Joy of Living

Moving to the most important part of the thesis, it has been counted that the total number of articles occurring in the extract by Yongey Mingyur Rinpoche is 170. The zero article constitutes approximately 33.5 %, the definite article constitutes 36.5 % and the indefinite article constitutes 17.6 %. The remaining 12.3 % percent is comprised of “noun + of + (adjective) + noun” structure which has not been included and stands separately.

4.2.1. Zero Article

In the extract, the zero article has occurred in 57 cases, which, as mentioned above, constitutes 33.5 % of the whole. It has been found primarily in generic reference either with plural countable nouns or uncountable nouns. Plural countable nouns appeared slightly more often than the uncountable nouns. However, the frequent repetition of both types might be caused by the author's general narration (even though, he talks about his personal experiences) and a broad description of various situations as it can be seen in the following examples from the extract:

Generic Reference

Examples of plural countable nouns in generic reference:

- 1 *people (1, 4, 13, ...)*
- 2 *public teachings (2), private counseling (3)*
- 3 *places (7) x places (10)*

The first noun with the zero article *people* occurred plentifully, in this short extract, the author has used it 10 times. In almost each case, he uses the word to refer to people in general, however, in some cases, the generality does not seem to be so extensive. It appears that there are more levels within the generic reference because when comparing the following sentences, the determination of the noun seems to be different:

- 4 *I've seen a lot of strange and wonderful things, and heard a lot of strange and wonderful stories from people (1) who have spoken up at public teachings ...*
- 5 *And the questions people (22) asked during both public and private talks often seemed to revolve...*

versus

- 6 *Just think, for example, about the number of people (12) who desperately look for a sense of excitement by going to a new restaurant, starting a new relationship...*
- 7 *The more widely I traveled, the clearer it became to me that people (24) living in societies characterized by technological and material achievements ...*

All of these sentences consist of the plural countable noun *people* and all of them were defined as generic reference, though, when taking the context into consideration, there are subtle differences between them. In the example 4, the author talks about *people* who attended

his public teachings and in the example 5, again, he mentions people who were present at his private speeches and to whom he talked or answered the questions. Therefore, those people could, theoretically, be regarded as more concrete and less general. In comparison with sentences 6 and 7, here, the word *people* refers to *any people*. The author does not have any specific people in mind, he only points out that in the world, there exists large number of people looking for something. The same with people living in advanced societies – they are characterized just by the place of living but in no other way. Thus, this reference might be considered as more general due to the fact that the degree of generality is higher.

The next examples are *public teachings* and *private counseling*. Obviously, they are more specific, because they refer to the past events which took place in certain time and at certain place. Nevertheless, the author uses both phrases generally and does not mean any particular teaching or counseling.

The following occurrence is a plural noun *places*. This noun phrase has been found for a few times, therefore, it would be appropriate to compare at least two of these occurrences since some of them seem to carry a different meaning. The first *places* is found in:

8 ...*those who lived in places (7) that weren't quite so materially developed...*

and refers to some unspecified materially undeveloped location. In comparison with the second *places* found in:

9 *When I first saw places (10) like the Empire State Building or...*

here, the word represents further listed objects. Therefore, it might be considered as naming which is a type of instantial lexical cohesion. (Tárnyiková, 2002, 44)

Examples of uncountable nouns in generic reference:

10 *anxiety (28), loneliness (29), happiness (47), unhappiness (52), ...*

Anxiety, loneliness, happiness, and unhappiness are abstract nouns and can be considered as representatives of a large group consisting of feelings or frames of mind. In the text, all of them are used generally as states which humans normally perceive and might be enjoying them or struggling with them.

Example of an unclear case in generic reference:

During the analysis, there were found occurrences which might be labelled as unclear cases.

11 *commonplace* (40)

This particular case is contained in the following sentence and might be understood in more than one way:

12 *But eventually the excitement dies down; the new sensations, new friends, or new responsibilities become commonplace (40).*

According to Oxford Learner's Dictionaries (Oxford University Press 2021), the word *commonplace* can either be regarded as a noun or as an adjective. When considering it to be a noun, the zero article could be determined. On the other hand, if *commonplace* is regarded as an adjective, no article would be necessary.

4.2.2. Definite Article

The next article, which occurs as the most frequent, was the definite article. In the text, the definite article occurs 62 times and constitutes approximately 36.5 % of the whole. Regarding the types of references, the most common type was situational reference and the other often repeated types were anaphoric reference and generic reference. Since situational reference became apparent to be the most repeated of the references, it would be appropriate to begin with it.

Situational Reference

It could be pointed out that, in the analysis, there was a large number of occurrences related to uniqueness, whether it referred to proper nouns, or other specific objects.

Examples of unique reference found in the extract:

13 *the world* (1)

14 *the Empire State Building* (5)

15 *the Eiffel Tower* (6)

16 *the sun* (32)

These particular noun phrases refer to the objects which are so unique that they could be classified as logical uniqueness, which means, when using them in the discourse, both, the speaker and the hearer are expected to be familiar with them. Nevertheless, in comparison with the mentioned logical uniqueness, the situational reference occurred also, as the name suggests, in specific situations. Here, the people involved in the situation are expected to have shared knowledge or at least some idea what is actually spoken about.

Examples of situational reference related to shared knowledge (divided into 2 groups):

The first group of nouns consists of words that could be considered as concrete and tangible:

17 *the great landmarks* (4)

18 *the observation deck* (11)

19 *the sand* (36)

The noun phrase *the great landmarks* refers to the landmarks that can be seen in the cities the author's hosts live in, therefore, the landmarks relate to the particular objects the author visited during his travels. However, he further talks about the Empire State Building or the Eiffel Tower, which means that, even though, these objects have already been classified as unique, they may also represent anaphoric reference.

The observation deck is a particular place of the specific building the author visited. He does not specify of which building the deck is part of, still, it is related to a certain situation, therefore, it has been defined as situational reference. Nonetheless, there might exist another possibility of how it could be identified. Due to the fact that *the observation deck* is a platform constructed for the purpose of cultural practices (providing views of the surroundings), it might be identified as sporadic reference.

The sand, just as other objects occurring close to this noun (*the beach, the sun, the ocean*), refers to unpleasant and boring situations which come after tiring of the activities earlier regarded as entertaining. *The sand, the beach, the sun* and *the ocean*, which seem to be very pleasant objects connected with pleasant situations, are eventually considered to be unpleasant and in order to understand the reason why, the context is needed, therefore, it could be defined as situational reference.

Examples which consist of abstract nouns in situational reference:

20 *the view* (12)

21 *the heights* (16)

22 *the beauty* (18)

The view is defined as situational reference mainly for its connection with the particular situation. The author mentions that when he got to the observation deck, the view was blocked by barbed-wire fencing. It means that he talks about a specific point of view, which was, to a certain extent, restricted.

Regarding *the heights*, they appear to be representing the high buildings and monuments or directly the specific points on those buildings, from which people jump. Again, it is necessary to know the context for which it can be defined as situational reference. However, the anaphoric reference might also come into consideration due to backward reference to the buildings.

The beauty represents the characteristics of the places and is determined by the situation because the author describes the beauty of the visited places. Therefore, it can be regarded as the “specific” beauty of specific places that he perceived.

Anaphoric Reference

The cataphoric reference has been found just in few cases but anaphoric reference turned out to be rather frequent. What is more, the analysis partly confirmed the set hypothesis, namely, the fact that the anaphoric reference occurs primarily due to the frequent repetition of the referent in subsequent mentions.

Examples of anaphoric reference occurring in the text:

23 *the precautions* (15)

24 *the newness* (28)

25 *the dissatisfaction* (48)

26 *the funny little walnut-shaped neuronal structure* (61)

In the text, *the precautions* are in various forms mentioned repeatedly (the security measures; the security precautions) and refer back to the guards and fences, therefore, it can be defined as anaphoric reference.

The newness refers to the new experiences that people look for when they are bored of their habitual lives. Concretely, the newness refers to a new restaurant, a new relationship and a different job.

The dissatisfaction, which is the next noun phrase regarded as anaphoric reference, refers to all those earlier mentioned unpleasant feelings (pain, anxiety, loneliness, etc.) people sense when they strive to achieve happiness.

The funny little walnut-shaped neuronal structure is a long characterization but still a simplified comparison to the amygdala, the function of which is further described by the author.

Generic Reference

From all of the occurrences of the definite article, the generic reference constituted the last big group. Except for other occurrences, the generic reference presented typically through noun phrases like *the mind*, *the thalamus*, etc. These examples could be considered as demonstrative since they fully express the principle of the generic reference.

Examples of generic reference found in the text:

A few occurrences which could be put in one category:

27 *the mind* (39), *the brain* (53), *the thalamus* (57), *the amygdala* (60), *the limbic region* (62)

For instance, *the brain* does not represent a specific brain of a specific person/animal but it refers to *brain* as an important part of the human body, therefore, it refers to the general meaning. The same explanation could apply to the rest of the noun phrases.

Other examples of generic reference:

28 *the weather* (44)

29 *the things* (45)

30 *the passing* (52)

The weather is an abstract noun which is in the text used in a very general way. The author mentions that when people are unhappy, they have tendencies to blame external conditions – one of them can be *the weather*.

The whole clause is ...*the things we are taught to believe...*, which refers to general things – probably general knowledge, which people learn during life and think that they would bring them happiness.

The noun phrase ...*the passing of information from sensory organs to the brain...* expresses the first part of the process of perception which is considered to be well-known and, thus, the author talks about it generally and just explains how it works.

Examples of unclear cases:

31 *the people who built (10)*

32 *at the same time (56)*

In the example 31, *the people* could be classified as more than one type of reference because *the people* might refer to the designers mentioned before. Therefore, it would be considered as anaphoric reference, however, it could also represent situational reference due to the fact that the author emphasizes the builders and their abilities, therefore, the people were unique to a certain extent.

The structure *at the same time* would usually be classified as a fixed phrase – certain time expression. However, it could be interesting to look at the phrase from the viewpoint of references. In the part of the text where this structure can be found, the author has been describing the process of generating emotions and explains that there are more “actions” happening *at the same time*. Therefore, from a certain perspective, the time has been specified and might be considered as unique, which would be the case of situational reference. Also, cataphoric reference could theoretically be taken into account since *the same time* has been further developed in the sentence.

4.2.3. Indefinite Article

The less frequently occurring article was the indefinite article which has appeared mostly with indefinite reference. The article can be found in 24 cases and proportionally it constitutes approximately 17.6 % of the whole. Due to the fact that a large number of noun phrases has occurred either for the first time or have not been specific enough, they have been classified as indefinite reference, although, the generic reference could also be taken into consideration.

Indefinite Reference

Examples of noun phrases occurring for the first time or not being specified enough:

33 *a new restaurant (10), a new relationship (11), a different job (12)*

34 *an object (28)*

35 *an experience of happiness (20)*

36 *a depth of suffering (3)*

Noun phrases *a new restaurant*, *a new relationship* and *a different job* are all similar since all of them are listed in one sentence as the examples of what people typically look for when they feel bored and dissatisfied inside. The ideas are mentioned for the first time and are not specific in any way, therefore, they were identified partly as the indefinite and partly as the generic reference.

An object is also an indefinite and general noun phrase, because, while the author describes the process of generating emotions, he mentions that the brain creates an image of an object. The object is not further specified, therefore, it is evident that the author does not have any specific object in mind and talks in general.

An experience of happiness expresses the indefinite or generic reference, since the author, again, does not have any particular experience in mind. Although, the experience is further modified by happiness, he talks about it in general. Furthermore, there is a possibility to perceive *an experience* as one single experience, thus, the indefinite article could substitute a weak variant of the numeral one.

A depth of suffering occurs in the section where the author compares his impression from the people from the East and West and concludes that both cultures, even though, each of them is on a different technical level, share a similar degree of suffering. *A depth* expresses something subjective and indefinite but analogous to what he had already seen.

Frequent Occurrences of Other Types of Determiners

While going through the text and analyzing primarily the articles, there were also other determiners which occurred plentifully and are worth mentioning. These are for example predeterminers *such a*, *all* (difference between *all* x *at all*, where *at all* means “by no means”), *both*; central determiners *these*, *my*, *its*, *their*, *some*; postdeterminers *a lot of*, *a few*, *a bit*, *more*.

In total, the excerpt consists of large number of diversified modifiers (either pre- or post-modifiers) and determiners most likely due to the fact that several parts of the text have descriptive function and the author tries to give the reader the specific idea of various situations or processes.

What should be pointed out is the highly repetitive structure *noun + of + (adjective) + noun*. (Appendix A, Table 4) In this particular extract, the structure has been found 23 times and there has never been used either definite or indefinite article after the preposition *of*, therefore, only the zero article could be considered as appropriate. This may be due to several reasons. For example, the structure *the expression of suffering (2)* contains gerund which is an -ing form of a verb but has characteristics of a noun. Gerund is uncountable, therefore, there is no article, and is typically used after prepositions. (Leech, 2006, 48) Other occurrences consist either uncountable nouns, which have no article, such as *a sense of dissatisfaction (6) and even desperation (7)*, or countable nouns which can stand with the definite article or with the zero article (according to the level of specification) such as *an abundance of material items (10)*.

4.3. Articles – The Way of Liberation

Moving to the text by Adyashanti (Appendix B, p. 62), it has been counted that the total number of all articles occurring in the extract is 107. The zero article constitutes approximately 43 %, the definite article constitutes around 17.7 % and the indefinite article constitutes approximately 29 %. The remaining 10.3 % is comprised of “noun + of + (adjective) + noun” structure which has not been included and stands separately.

4.3.1. Zero Article

The most frequent article found in the text by Adyashanti was the zero article. The article occurred in 46 cases, which, as mentioned above, constitutes 43 % of the whole. It has occurred mostly in generic reference either with plural countable nouns or uncountable nouns. What should be pointed out is that the zero article was represented by a very large number of abstract nouns. The author decided to use initial capital letters with some of those nouns – *Reality, Truth*. By using the capital letters, he probably wanted to emphasize its meaning and significance.

Generic Reference

Examples of uncountable nouns in generic reference:

37 responsibility (1), disillusionment (6), awakening (16), sincerity (21), spirituality (31)

Noun phrases as *responsibility, disillusionment, awakening, sincerity, spirituality* and a lot more could be considered as typical representatives of generic reference. All of them are abstract, uncountable and non-specific, therefore, there is no possibility to classify them other than generic reference.

What could be emphasized is the fact that when concentrating on the noun *Truth* (19, 20, 43), it usually occurs with the definite article with the explanation that *the truth* is related to a specific situation and there is only one truth, therefore, it is unique and could be classified as situational reference. However, in comparison with *Truth*, with the zero article and initial capital letter, the meaning is different. The author refers to *Truth* which is the “absolute truth”, in other words, he refers to the universal truth which can be seen only if the human entity awakes from the illusion that the whole humanity continues to live. Similarly, it would be the case with *Reality* (13, 14, 35, 45) and the reality. Here, the reality refers to a specific entity occurring in the material world which has proved to be true, however, if there is an initial capital letter and the zero article, it suggests that the author refers to the absolute reality which is invariable, truthful and only one.

Examples of (plural) countable nouns in generic reference:

38 *teachers* (8)

39 *belief* (15)

As for the occurrence *teachers*, in the text, the author mentions that the students of spirituality might have tendencies to transfer their own unresolved problems onto the spiritual teacher and sometimes they are even encouraged by some amoral *teachers* to do so. Although, the author might know some of these unscrupulous teachers in person, here, the noun phrase has been used generally and it appears that the author has not any particular persons in mind.

When focusing on *belief*, in the text, it has been mentioned that having *belief* limits the person and blocks important human qualities leading to potential awakening. In spite of the fact that *belief* is usually used as a countable noun connected with a specific situation (people can have various beliefs – belief in someone’s honesty, belief in justice, God, etc.), it seems that the author has used the word generally – as a part of human characteristics. Therefore, his message would be that in order to achieve awakening, one should get rid of this characteristic.

4.3.2. Definite Article

Continuing with the definite article, it occurs 19 times and constitutes approximately 17.7 % of the whole, which is the least from all articles. Regarding the types of references, the most repetitive types were situational and generic reference. Other types of references or determination usually occurred either in few cases or as a single case. This was, for example, with the anaphoric or cataphoric reference, moreover, the definite article has occurred in a few idiomatic structures.

Situational Reference

Examples of occurrences in situational reference:

40 *the third* (1)

41 *the deepest place* (10)

42 *the dawning* (15)

As for the the example 40, the author begins a new part of the chapter and introduces *the third Foundation* as a necessary component which helps the students of spirituality to get closer to awakening. *The third* is a typical representative of the situational reference due to the fact that *the third* is one and only, therefore, it can be considered as logical uniqueness.

Regarding *the deepest place*, it has been referring to the deepest place within human soul. This could also be considered as a specific and unique “place”, not only because the deepest place is just one particular point but also due to the fact that each person has their own unique place as each person has their own unique soul. Consequently, the phrase is regarded as situational reference.

Another occurrence is *the dawning* which refers to the dawning of awakening. It is apparent that in this case, the author has used figurative language in order to point at the situation which can be called as “the beginning of awakening” and explains what the “partly awakened person” may experience.

Generic Reference

In the extract, there occur a few noun phrases which are not specific enough and the author uses them as general concepts, for example:

43 *the guidance* (4)

44 *the curiosity (and inquiry) (7)*

45 *the spiritual life (11)*

Within example 43, the author points out the openness to *the guidance* of a spiritual teacher. He informs about the fact that there exist a risk of degenerating into childish behaviour instead of having a mature relationship with the teacher. *The guidance* has been mentioned generally, the author simply draws the attention to the fact that this unfavourable situation might become reality.

As for the phrase *the curiosity (and inquiry)*, where there are abstract nouns and the definite article applies to both but is left out in order not to be repetitive, the author mentions that they are crucial “to open the way for awakening and what lies beyond awakening.” He does not specify them in any way and uses them as general terms, therefore, they can be considered as generic reference.

The spiritual life is used generally because it does not apply to any particular person and the author does not specify it anymore. From the text, it is apparent, that *the spiritual life* represents certain way of living/lifestyle but still, it is not further defined, therefore, it is regarded as general.

4.3.3. Indefinite Article

Moving to the indefinite article, it occurs in 31 cases and constitutes approximately 29 % of the whole. In relation with the types of references, the indefinite and generic reference were the most repetitive. In many cases, there has been a fine line between these two references and it is complicated to distinguish them. Regarding other occurrences of indefinite article, many of them have occurred in noun phrases containing certain labelling or qualifying adjectives.

Non-specific and Generic Reference

40 *an enlightened being (1)*

41 *a hope (25)*

42 *a taste (26) of awakening*

Noun phrase *an enlightened being* was defined as indefinite/generic reference due to its general meaning in the extract. By this phrase, the author refers to someone who has already been enlightened and therefore, there is a risk that their scholar would become dependent on them in a certain way. The author does not have any specific person in mind.

The following phrase is *a hope* which might be determined in two ways. The first interpretation is that since the author further describes the hope and gives it a specific shape but still keeps it general/non-specific – “a hope that if they just awaken to Reality, all of their challenges will disappear” – it could be considered as general or non-specific reference. However, there can also be the second interpretation. As in the previous case, the indefinite article might represent an unstressed variant of numeral one because it has been spoken about one particular form of hope. Although, the noun *hope* is abstract and therefore, it would be expected to occur without an article, here, it takes over a bit more specific form.

Regarding *a taste of awakening*, it seems to be similar case to the expression *the dawning*, mentioned in the previous section. Both *the dawning* and *a taste* refer to the same situation. The author, again, uses figurative language with the help of which he expresses the process of going through the first experiences of awakening. *A taste* is countable and has been mentioned for the first time in general meaning, therefore, the phrase could be considered as indefinite or generic reference.

Labelling and Qualifying

43 *a good and wise spiritual guide (4)*

44 *a true and mature relationship (13)*

45 *a good spiritual teaching (15)*

All examples above contain a specification which is realized not only by the indefinite article but also by a pre-modifier which has an evaluative function. Although, the evaluation is usually highly subjective, when using adjectives as *good*, *wise*, *true*, etc., it is easier for the reader to grasp the offered meaning.

Other Occurrences Found in the Text

While going through the text and analyzing the articles, there have been certain repetitive words which could be worth mentioning, however, in comparison with the first text, there is not such wide occurrence of these words. It is probably due to more “instructive and factual” and less narrative type of text.

The first repetitive occurrence was a predeterminer *such* which has been used as an intensifier, another one was a predeterminer *all*, which is a quantifier and occurred truly

plentifully. Regarding central determiners, there have been a few occurrences of *no* and *every*, and regarding demonstratives, there can be found *its* and *your*.

4.4. Summary of the Differences between The Joy of Living and The Way of Liberation

As it can be seen from the summary table below, there have been some differences (related to the articles) between the chosen texts. Regarding the total number of words, in *The Joy of Living*, there have been counted 994 words from which 170 occurrences represented any of the three types of articles. In *The Way of Liberation*, in spite of the fact that the total number of words was similar – 990, the number of articles has been almost 70 occurrences fewer.

As for the individual types of articles, in *The Joy of Living*, there are 57 occurrences of the zero article and in *The Way of Liberation*, there are 46 occurrences, which is rather an inconsiderable difference. However, when focusing on the definite article, it can be noticed that, whereas, in *The Joy of Living*, there have been found 62 occurrences, in *The Way of Liberation*, the number is significantly lower – only 19 occurrences. This is most probably caused by the fact, which has been already mentioned in 4.3.1, that the author uses a great deal of abstract words which have been connected primarily with the zero article and the function of the text is more “instructive” than relaxed or entertaining. The last is the indefinite article which has occurred 30 times in *The Joy of Living* and 31 times in *The Way of Liberation*.

As for the most common types of references in both texts, the first places take the generic reference, situational reference and indefinite reference. The remaining types of references (anaphoric, cataphoric) have occurred to a lesser extent.

The Degree of Meeting the Expected Results

The set hypothesis has been fulfilled only partially. When comparing the total number of the definite article with the total number of the indefinite article, the occurrence of the definite article is only around one third higher, which is not regarded as a considerable difference. What is more, particularly in *The Way of Liberation*, the proportion of the definite and indefinite article has even been opposite. The hypothesis has also stated that the referential function of the definite article would mostly be anaphoric. This has not been fulfilled since the most common reference of the definite article was the situational reference. In conclusion, the eventual results are different from the expected result that had been stated in the hypothesis.

	The Joy of Living	The Way of Liberation	Sum	Total Number of All Articles in %
Total Number of Words in Extract	994	990	1984	-
Total Number of Articles	170	107	277	100 %
Zero Article	57	46	103	37 %
Definite Article	62	19	81	29 %
Indefinite Article	30	31	61	22 %
Other Occurrences	21	11	32	11.5 %

5. Conclusion

The main objective of the thesis was to observe the distribution of the determiners – primarily articles in popular scientific texts and specify their referential functions. Popular scientific style has been characterized as a style providing mainly scientific topics in an easily understandable way and contributing to increasing the level of education.

Regarding the hypothesis, it had been presumed that the total number of the definite article would be significantly higher – at least twice as higher – than the total number of the indefinite article. This statement has been disproved due to the fact that when comparing the total numbers of the definite and indefinite article, the number of the definite article has been only about one third higher, which can be considered as rather an insignificant difference. Moreover, it had been expected that the definite article would mostly be connected with the anaphoric reference due to the frequent repetition of the referent in subsequent mentions. Not even this assumption has been confirmed since the definite article has been occurring mostly with the situational reference.

Regarding the analysis itself, *The Joy of Living* and *The Way of Liberation* have been the selected publications from which particular chapters have been chosen. The whole text (both extracts together) has been comprised of 1984 words from which the articles constituted 277 (100 %) occurrences. It has been found that the most frequently occurring article was the zero article. This article constituted over one third of occurrences, precisely 37 %. The zero article has been occurring primarily with the generic reference either with plural countable or uncountable nouns. It has been noticed that within the generic reference, there exist more levels of “generality”. In other words, certain phrases used in the analyzed text seemed to have more general meaning than the other, even though, from the referential point of view, all of them have been determined identically.

The second in line was the definite article which has constituted 29 % of the whole and has occurred mainly with the situational, anaphoric and generic reference. Although, the definite article has been found to be the second most frequent in the whole text, when dividing the text into its original parts, it can be noticed that, in comparison with *The Joy of Living* where the definite article has occurred 62 times, in *The Way of Liberation* the definite article constituted hardly one third of the cases. This might be considered as rather an unexpected situation, however, due to the structure of the text which contains a large number of abstract

terms and appears to be more general and “instructive”, eventually, it seems to be a logical consequence.

The last primarily analyzed article was the indefinite article which has occurred 61 times and from the viewpoint of percentage it means 22 % percent of the whole. The most frequent referential function occurring with this article was the indefinite reference, however, in a few times, it was not easy to distinguish between the indefinite and generic reference since it appears that there is a fine line between them.

Besides the three types of articles, which have been analyzed preferentially, during the process, there have been found also other determiners, particularly quantifiers, intensifiers and demonstratives.

6. Resumé

Tato bakalářská práce se zabývá distribucí a užíváním anglických členů v textech s populárně naučným zaměřením. Výzkum se zaměřuje především na člen určitý, neurčitý a nulový. Používání členů hraje v anglickém jazyce významnou roli pro následné porozumění ať už psanému textu nebo každodenním konverzacím. Výběr správného členu může konverzaci zjednodušit a vyjasnit, zatímco výběr nesprávného členu naopak zvyšuje riziko možného nedorozumění.

Frekvence užití členů souvisí s funkčním stylem textu. Zatímco v některých funkčních stylech se určité typy členů vyskytují minimálně, v jiných se naopak mohou vyskytovat hojně. Tato práce se zaměřovala na texty populárně naučného stylu, který je v první kapitole charakterizován jako styl zabývající se především vědeckými či jinými, do určité míry, komplikovanými tématy. Přestože je uvedeno, že populárně naučný styl spadá do kategorie odborného stylu, je pravděpodobné, že bude ovlivňován i jinými styly, například publicistickým, jelikož hranice mezi funkčními styly jsou tenké a mohou se překrývat. Populárně naučný styl se snaží poskytovat různorodá komplikovaná témata v jasné a lehce srozumitelné podobě tak, aby byla dostupná nejširší veřejnosti. Pro účely této práce byla vybrána díla *Radost ze života (The Joy of Living)*, jehož autorem je buddhistický učitel Yongey Mingyur Rinpoche a *Cesta osvobození (The Way of Liberation)*, kterou napsal americký duchovní průvodce Adyashanti.

Druhá kapitola se zaměřuje na podstatná jména, která jsou zde klasifikována z hlediska morfologického, syntaktického a sémantického. Dále je zmíněno téma počitatelnosti a také rozdíly mezi obecnými podstatnými jmény a jmény vlastními, a rozdíly mezi konkrétními a abstraktními podstatnými jmény. Závěr druhé kapitoly popisuje jmennou frázi, která s tématem podstatných jmen také úzce souvisí.

Třetí kapitola se zabývá determinací, která je popsána jako gramatická kategorie podstatných jmen. S determinací souvisí různé druhy determinátorů jako například kvantifikátory, intenzifikátory, demonstrativa, posesiva a další, avšak primárně je spojena se členem určitým, neurčitým a nulovým, jež vyjadřují referenční funkce. Referenční funkce znázorňují míru určenosti podstatného jména, jinými slovy, vyjadřují, zda je onen referent určený a nějakým způsobem už známý, anebo se o něm mluví poprvé či v obecné rovině. Kapitola popisuje hlavní typy referenčních funkcí a informuje o základním rozdělení determinátorů, z nichž potom nejvíce jsou rozvíjeny členy, které spadají do skupiny “central

determiners". Tyto členy jsou detailněji charakterizovány a v rámci této charakteristiky je dále uveden i seznam oblastí, ve kterých se onen člen nejčastěji používá.

Čtvrtá kapitola už spadá do praktické části a zaměřuje se především na analýzu vybraných textů z hlediska použití členů. Texty jsou nejprve porovnány s ohledem na charakteristické rysy populárně naučného stylu. Je zde zmíněn například výskyt stažených tvarů, přímé řeči, idiomů, otázek kladených čtenáři, osobní hodnocení a pocity autora, ale také snaha o sdělení objektivních faktů, které mají edukativní charakter a přispívají čtenářům k rozšíření obzorů v dané oblasti. Samotná analýza členů ve vybraných textech byla prováděna v každém z nich zvlášť, přičemž oba výňatky byly upraveny tak, aby obsahovaly podobný počet slov kvůli závěrečnému porovnání. Nejdříve byl analyzován text z díla Radost ze života (The Joy of Living), který obsahuje 994 slov a poté text z díla Cesta osvobození (The Way of Liberation) obsahující 990 slov. Celkový počet výrazů z obou textů je tedy 1984, z toho 277 z nich tvoří pouze členy.

Jako první byl rozebrán člen nulový, který se v textu vyskytoval v největší míře. Z celkového počtu 277 členů se nulový člen vyskytl ve 103 případech a z procentuálního hlediska tedy tvoří 37 % z celku. Co se týče počtu výskytů nulového členu v každém textu zvlášť, výňatek z Radosti ze života jich obsahoval 57, zatímco výňatek z Cesty osvobození jich obsahoval 46, což není považováno za významný rozdíl. Nulový člen se objevoval převážně v generické referenční funkci jak s množnými počítatelnými podstatnými jmény, tak s nepočítatelnými podstatnými jmény. Při zkoumání podstatných jmen se dalo povšimnout toho, že, přestože mnoho z nich bylo označeno za generickou referenci, tak některé nesly větší stupeň obecnosti než jiné. Předpokládá se tedy, že generická reference může být víceúrovňová a existuje zde určitá škála. Druhý člen, který byl analyzován, byl člen určitý. Člen určitý se, z celkového počtu 277, objevil v 81 případech a z procentuálního hlediska tvoří 29 % z celku. Tento člen se nejčastěji objevoval ve třech různých typech referenčních funkcí, a to v situační, generické a anaforické referenci, přičemž situační reference byla nejvíce zastoupená. Zajímavý byl poměr zastoupení určitého členu v každém textu zvlášť. Zatímco ve výňatku z knihy Radost ze života se určitý člen vyskytl v 62 případech, výňatek z knihy Cesta osvobození obsahoval pouze 19 výskytů, což není ani jedna třetina z počtu výskytů v prvním textu. Ačkoliv byl tento fakt poměrně překvapivým zjištěním, pokud se vezme v potaz obsah textu, jeho struktura a záměr textu, tak je nízký počet výskytů určitého členu celkem logickým vyústěním. Autor se v této publikaci snaží předat myšlenky a poučení z oblasti duchovních nauk, které samy o sobě jsou spíše abstraktního a neuchopitelného charakteru, tudíž, výrazy, které hojně používá, jsou

také velmi abstraktní a k jejich pochopení je zapotřebí určité dávky čtenářovy představivosti, případně už nějaké přechodí znalosti či zkušenosti. Posledním primárně analyzovaným členem byl člen neurčitý. Tento člen se z celkového počtu 277 výskytů objevil v 61 případech a z procentuálního hlediska tvoří 22 % všech vyskytujících se členů v textu. Co se týče počtu výskytů neurčitého členu v každém textu zvlášť, oba z nich obsahovaly téměř stejný počet členů, a to 30. Referenční funkce, která byla s tímto členem nejvíce spojená, byla neurčitá, případně generická reference. V některých případech nebylo jednoduché určit, zda se jedná o neurčitou nebo generickou referenci, jelikož působí dojmem, že mezi nimi existuje jen velmi tenká hranice a do určité míry se mohou překrývat.

Co se týče hypotézy, byly stanoveny dva předpokládané výsledky. První domněnka byla, že počet výskytů určitého členu v celkovém analyzovaném textu bude alespoň dvojnásobně převyšovat počet výskytů neurčitého členu. Tento předpoklad se nepotvrdil. Přestože celkový počet výskytů určitého členu převyšoval počet výskytů neurčitého členu, samotné převýšení nebylo nijak významné. Druhá domněnka se týkala referenční funkce určitého členu. Předpokládalo se, že se s určitým členem bude nejvíce pojít anaforická reference, avšak, z analýzy nakonec vyplynulo, že situační reference je v tomto textu mnohem častější, tudíž, druhý předpoklad se také nepotvrdil.

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8. Appendices

8.1. Appendix A – The Joy of Living – Chapter 8: Why Are We Unhappy?

WHY ARE WE UNHAPPY?

After almost ten years of teaching in more than twenty countries around **the** (1) world, I've seen **a** (1) lot of strange and wonderful things, and heard **a** (2) lot of strange and wonderful stories from **people** (1) who have spoken up at **public teachings** (2) or come to me for **private counseling** (3). What's surprised me most, though, was to see that **people** (4) living in **places** (5) where **material comforts** (6) were widely available appeared to experience **a** (3) depth of **suffering** (1) similar to what I'd seen among those who lived in **places** (7) that weren't quite so materially developed. **The** (2) expression of **suffering** (2) I witnessed was different in some respects from what I'd become accustomed to witnessing in **India** (8) and **Nepal** (9), but its strength was palpable.

I began to sense this level of **unhappiness** (3) during my first few visits to **the** (3) West, when my hosts would take me to see **the** (4) great landmarks in their cities. When I first saw **places** (10) like **the** (5) Empire State Building or **the** (6) Eiffel Tower, I couldn't help but be struck by **the** (7) genius of **the** (8) designers and **the** (9) degree of **cooperation** (4) and **determination** (5) that must have been required of **the** (10) people who built these structures. But when we arrived at **the** (11) observation deck, I'd find **the** (12) view blocked by **barbed-wire fencing** (11) and **the** (13) whole area patrolled by **guards** (12). When I asked my hosts about **the** (14) guards and fences, they explained that **the** (15) precautions were necessary to keep **people** (13) from killing themselves by jumping from **the** (16) heights. It seemed immeasurably sad to me that **societies** (14) capable of producing such wonders would need to impose **strict measures** (15) to keep **people** (16) from using these beautiful monuments as **platforms** (17) for **suicide** (18).

The (17) security measures didn't detract at all from my appreciation of **the** (18) beauty of these places or **the** (19) technological skill required to build them. But after I'd visited **a** (4) few of these places, **the** (20) security precautions began to "click into **place** (19)" with something else I'd begun to notice. Although **people** (20) living in **materially comfortable cultures** (21) tended to smile easily enough, their eyes almost always betrayed **a** (5) sense of **dissatisfaction** (6) and even **desperation** (7). And **the** (21) questions **people** (22) asked during both public and private talks often seemed to revolve around how to become better or stronger than they were, or how to get over "**self-hatred**" (23).

The (22) more widely I traveled, the (23) clearer it became to me that people (24) living in societies (25) characterized by technological and material achievements (26) were just as likely to feel pain (27), anxiety (28), loneliness (29), isolation (30), and despair (31) as people (32) who lived in comparatively less-developed areas (33). After a (6) few years of asking some very pointed questions in public teachings (34) and in private counseling sessions (35), I began to see that when the (24) pace of external or material progress (8) exceeded the (25) development of inner knowledge (9), people (36) seemed to suffer deep emotional conflicts (37) without any internal method of dealing with them. An (7) abundance of material items (10) provides such a (8) variety of external distractions (11) that people (38) lose the (26) connection to their inner lives.

Just think, for example (39), about the (27) number of people (12) who desperately look for a (9) sense of excitement (13) by going to a (10) new restaurant, starting a (11) new relationship, or moving to a (12) different job. For a (13) while the (28) newness does seem to provide some sense of stimulation (14). But eventually the (29) excitement dies down; the (30) new sensations, new friends, or new responsibilities become commonplace (40). Whatever happiness they originally felt dissolves.

So they try a (14) new strategy, like going to the (31) beach. And for a (15) while that seems satisfying, too. The (32) sun feels warm, the (33) water feels great, and there's a (16) whole new crowd of people (15) to meet, and maybe new and exciting activities (41) to try, like jet skiing (42) or parasailing (43). But after a (17) while, even the (34) beach gets boring. The (35) same old conversations are repeated over and over, the (36) sand feels gritty on your skin, the (37) sun is too strong or hides behind clouds (44), and the (38) ocean gets cold. So it's time to move on, try a (18) different beach, maybe in a (19) different country. The (39) mind produces its own sort of mantra: "I want to go to Tahiti (45) ... Tahiti ... Tahiti. ...

"The (40) trouble with all of these solutions is that they are, by nature, temporary. All phenomena are the (41) results of the (42) coming together of causes (16) and conditions (17), and therefore inevitably undergo some type of change (18). When the (43) underlying causes that produced and perpetuated an (20) experience of happiness (19) change, most people end up blaming either external conditions (46) (other people, a (21) place, the (44) weather, etc.) or themselves ("I should have said something nicer or smarter," "I should have gone somewhere else"). However, because it reflects a (22) loss of confidence (20) in oneself, or in the (45) things we're taught to believe should bring us happiness (47), blame (48) only makes the (46) search for happiness more difficult.

The (47) more problematic issue is that most people don't have a (23) very clear idea of what happiness (49) is, and consequently find themselves creating conditions (50) that lead them back to the (48) dissatisfaction they so desperately seek to eliminate. That being the (49) case, it would be a (24) good idea to look at happiness (51), unhappiness (52), and their underlying causes a (25) bit more closely.

(...)

Our bodies play a (26) much bigger role in the (50) generation of emotions (21) than most of us recognize. The (51) process begins with perception (53) – which we already know involves the (52) passing of information (22) from sensory organs (54) to the (53) brain, where a (27) conceptual representation of an (28) object is created. Most of us would assume, quite naturally, that once the (54) object is perceived and recognized, an (29) emotional response is produced, which in turn generates some sort of physical reaction (23).

In fact, the (55) opposite occurs. At the (56) same time that the (57) thalamus sends its messages higher up to the (58) analytical regions of the (59) brain, it sends a (30) simultaneous "red alert" message to the (60) amygdala, the (61) funny little walnut-shaped neuronal structure in the (62) limbic region, which, as described earlier, governs emotional responses (55), particularly fear (56) and anger (57).

8.1.1. Table 1 – Zero Article

ZERO ARTICLE					
Generic Reference		Other Occurrences			
Plural Countable Nouns	Uncountable Nouns	Remaining Individual Cases	The Reason for Zero Article	Unclear Cases	Possible Explanation
people (1)	barbed-wire fencing (11)	India (8)	geographical name	private counseling (3)	generic reference; can be countable or uncountable
public teachings (2)	self-hatred (23)	Nepal (9)	geographical name	suicide (18)	generic reference; can be countable or uncountable
people (4)	pain (27)	“click into place” (19)	idiomatic fixed structure	commonplace (40)	noun or adjective?

places (5)	anxiety (28)	for example (39)	fixed structure		
material comforts (6)	loneliness (29)	jet skiing (42)	name of a sport		
places (7)	isolation (30)	parasailing (43)	name of a sport		
places (10)	despair (31)	Tahiti (45)	geographical name		
guards (12)	happiness (47)				
people (13)	blame (48)				
societies (14)	happiness (49)				
strict measures (15)	happiness (51)				
people (16)	unhappiness (52)				
platforms (17)	perception (53)				
people (20)	fear (56)				
cultures (21)	anger (57)				
people (22)					
people (24)					
societies (25)					
technological ... achievements (26)					
people (32)					
less developed areas (33)					
public teachings (34)					
private counseling sessions (35)					
people (36)					
deep emotional conflicts (37)					
people (38)					
new and exciting activities (41)					

behind clouds (44)					
external conditions (46)					
conditions (50)					
sensory organs (54)					
emotional responses (55)					

8.1.2. Table 2 – Definite Article

DEFINITE ARTICLE				
Situational Reference	Anaphoric Reference	Generic Reference	Remaining Individual Cases	The Reason for <i>the</i> Article
the world (1)	the expression (of suffering) (2)	the mind (39)	the designers (8)	collective noun
the West (3)	the guards and fences (14)	the weather (44)	the degree of cooperation (9)	emphasis
the Empire State Building (5)	the precautions (15)	the things (45)	the questions (21)	cataphoric reference
the Eiffel Tower (6)	the security measures (17)	the search (46)	the more (22) ..., the clearer (23)	gradation
by the genius of ... (7)	the security precautions (20)	the generation (50)	the connection (26)	cataphoric reference
the observation deck (11)	the newness (28)	the passing of information (52)	the number (27)	emphasis
the view blocked (12)	the excitement (29)	the brain (53)	the more problematic (47)	gradation
the whole area (13)	the new sensations (30)	the thalamus (57)		
the heights (16)	the beach (34)	the analytical region (58)		
the beauty (18)	the underlying causes (43)	the brain (59)		
the technological skill (19)	that being the case (49)	the amygdala (60)		
the pace of ... progress (24)	the process (51)	the limbic region (62)		
the development of inner knowledge (25)	the object (54)			

the sun (32)	the ... neuronal structure (61)			
the water (33)				
the same ... conversations (35)				
the sand (36)				
the sun (37)				
the ocean (38)				
the trouble (40)				
the results (41)				
the coming together (42)				
the opposite (55)				

DEFINITE ARTICLE

Unclear Cases	Possible Explanation
the great landmarks (4)	cataphoric; situational reference
the people who built... (10)	anaphoric; cataphoric; situational reference
the beach (31)	fixed phrase
the dissatisfaction (48)	situational; generic; anaphoric reference
at the same time (56)	fixed phrase; cataphoric; situational reference

8.1.3. Table 3 – Indefinite Article

INDEFINITE ARTICLE

Indefinite Reference	Other Occurrences

	Remaining Individual Cases	The Reason for <i>a</i> Article
a depth (3) of suffering		
a sense (5) of dissatisfaction	a lot of (1)	post-determiner – quantifier
an abundance (7) of material items	a lot of (2)	post-determiner – quantifier
a sense (9) of excitement	a few of (4)	post-determiner – quantifier
a new restaurant (10)	a few (6)	post-determiner – quantifier
a new relationship (11)	such a variety (8)	exclamation
a different job (12)	for a while (13)	measurement
a new strategy (14)	for a while (15)	measurement
a whole new crowd (16)	after a while (17)	measurement
a different beach (18)	a very clear idea (23)	labelling/qualifying
a different country (19)	a good idea (24)	labelling/qualifying
an experience (20) of happiness	a bit (25)	post-determiner – quantifier
a place (21)	a much bigger role (26)	intensification
a loss (22) of confidence		
a conceptual representation (27)		
an object (28)		
an emotional response (29)		
A simultaneous “red alert” message (30)		

8.1.4. Table 4 – Structure: Noun + of + (Adjective) + Noun

Generalisation	Gerund	Uncountable Noun	Countable Noun/Specific
some sort of physical reaction (23)	a depth of suffering (1)	this level of unhappiness (3)	an abundance of material items (10)
	the expression of suffering (2)	the degree of cooperation (4) and determination (5)	such a variety of external distractions (11)

			the number of people (12)
		a sense of dissatisfaction (6) and even desperation (7)	a whole new crowd of people (15)
		the pace of external or material progress (8)	the coming together of causes (16) and conditions (17)
		the development of inner knowledge (9)	some type of change (18)
		a sense of excitement (13)	the generation of emotions (21)
		some sense of stimulation (14)	the passing of information (22)
		an experience of happiness (19)	
		a loss of confidence (20)	

8.2. Appendix B – The Way of Liberation – Chapter 1: The Five Foundations

Never Abdicate Your Authority

The (1) third Foundation is never abdicate your authority. This means that you take **full responsibility** (1) for your life and never forfeit it over to someone else. There is no such thing as riding **the** (2) coattails of **an** (1) enlightened being to enlightenment itself. **A** (2) failure to understand this can lead (as so many have been led) to **cultish fanaticism** (2), **fundamentalism** (3), **magical thinking** (4), **disappointment** (5), **disillusionment** (6), and/or **spiritual infancy** (7).

While it is understandable that many people project their unresolved parental issues, relationship issues, authority issues, sexuality issues, as well as God issues onto their spiritual teacher (and are sometimes encouraged to do so by **unscrupulous spiritual teachers** (8)), it is essential to understand that **a** (3) spiritual teacher's role is to be **a** (4) good and wise spiritual guide as well as **an** (5) embodiment of **the** (3) Truth that he or she points toward. While there may be **deep respect** (9), **love** (10), and even **devotion** (11) to one's spiritual teacher, it is important not to abdicate all of your authority over to your spiritual teacher or project all divinity exclusively onto them. Your life belongs in your hands, not someone else's. Take **responsibility** (12) for it.

There is **a** (6) fine line between being truly open to **the** (4) guidance of **a** (7) spiritual teacher and regressing into **a** (8) childish relationship where you abdicate your adulthood and project all wisdom and divinity onto **the** (5) teacher. Each person needs to find **a** (9) mature balance, being truly and deeply open to their spiritual guide without abdicating all of their authority.

The (6) same can be applied to **a** (10) spiritual teaching. **A** (11) spiritual teaching is **a** (12) finger pointing toward **Reality** (13); it is not **Reality** (14) itself. To be in **a** (13) true and mature relationship with **a** (14) spiritual teaching requires you to apply it, not simply believe in it. **Belief** (15) leads to various forms of **fundamentalism** (1) and shuts down **the** (7) curiosity and inquiry that are essential to open **the** (8) way for **awakening** (16) and what lies beyond **awakening** (17). **A** (15) good spiritual teaching is something that you work with and apply. In doing so, it works on you (often in **a** (16) hidden way) and helps reveal to you **the** (9) Truth (and falseness) that lies within you.

What is it to not abdicate your own authority and yet not claim **a** (17) false or self-centered authority that will lead you into **delusion** (18)? I am afraid that I cannot tell you. You see, no one can tell you how not to deceive yourself. If in **the** (10) deepest place within you, you want

and desire **Truth** (19) above all else, even though you go astray in **a** (18) thousand different ways, you will find yourself somehow, again and again, being brought back to what is True. And if you do not want and desire **Truth** (20) above all else, well, you already know what that leads to.

Practice Absolute **Sincerity** (21)

To have **genuine sincerity** (22) is absolutely necessary in **the** (11) spiritual life. **Sincerity** (23) encompasses **the** (12) qualities of **honesty** (2), **genuineness** (3), and **integrity** (4). To be sincere does not mean to be perfect. In fact, **the** (13) very effort to be perfect is itself insincere, because it is **a** (19) way of **avoiding seeing** (5) yourself as you are right now. To be able and willing to see yourself as you are, with all of your imperfections and illusions, requires **genuine sincerity** (24) and **courage** (25). If we are constantly trying to hide from ourselves, we will never be able to awaken from our illusion of self.

In order to be sincere you must let go of being judgmental toward yourself. Being judgmental covers over your access to **true sincerity** (26) and at times even masquerades as **sincerity** (27). **True sincerity** (28) reveals **a** (20) powerful form of **clarity** (6) and **discernment** (7) that is necessary in order to perceive yourself honestly without flinching or being held captive by your conditioned mind's judgments and defensiveness.

The (14) capacity and willingness to be honest with yourself is your greatest guard against **self-deception** (29) and **deceit** (30), and aligns you with your genuine aspiration. There is no greater challenge for **a** (21) human being than to be completely honest with oneself as well as with others, and yet such honesty is absolutely necessary if we are ever to awaken from our dream of **separation** (8) and live **a** (22) truly genuine and undivided life.

Be **A** (23) Good Steward Of Your Life

Being **a** (24) good steward of your life means that you are not using **spirituality** (31) to avoid any aspect of yourself or your life. I have observed that it is very common for **people** (32) involved in **spirituality** (33) to unconsciously use it to avoid painful, troubling, dysfunctional, or fearful **aspects** (34) of themselves or their lives. There is often **a** (25) hope that if they just awaken to **Reality** (35), all of their challenges will disappear. While it is **true** (36) that with **the** (15) dawning of **awakening** (9) many of what we regard as **problems** (37) simply disappear, it would be wrong to assume that **a** (26) taste of **awakening** (10) automatically resolves every challenging aspect of **human life** (11).

Using **spirituality** (38) to avoid **challenging aspects** (39) of yourself or your day-to-day life can inhibit **the** (16) dawning of **spiritual enlightenment** (12) to **a** (27) great extent, and will certainly inhibit its depth and stability. **The** (17) Way of **Liberation** (13) is **a** (28) way of completely **facing** (14) yourself and your life without withdrawing into **denial** (40), **judgment** (41), or **magical thinking** (42). It is **a** (29) means of **piercing through** (15) **the** (18) veils of **illusion** (16) and **awakening** (17) to **Truth** (43).

To be **a** (30) good steward of your life requires you to embrace every aspect of your life, inner and outer, pleasant and unpleasant. You do not necessarily need to face them all at once, just whatever arises in any given moment. Give each moment **the** (19) attention, sincerity, and commitment that it deserves. **A** (31) failure to do so is more costly than you can ever imagine.

Your life, all of your life, is your path to **awakening** (44). By resisting or not dealing with its challenges, you stay asleep to **Reality** (45). Pay attention to what **life** (46) is trying to reveal to you. Say yes to its fierce, ruthless, and loving grace.

8.2.1. Table 1 – Zero Article

ZERO ARTICLE		
Generic Reference		Other Occurrences
Uncountable Noun	(Plural) Countable Noun	Remaining Individual Cases
responsibility (1)	teachers (8)	True (36) – noun/adjective
fanaticism (2)	belief (15)	
fundamentalism (3)	people (32)	
magical thinking (4)	aspects (34)	
disappointment (5)	problems (37)	
disillusionment (6)	aspects (39)	
infancy (7)	life (46)	
respect (9)		
love (10)		
devotion (11)		

responsibility (12)		
Reality (13)		
Reality (14)		
awakening (16)		
awakening (17)		
delusion (18)		
Truth (19)		
Truth (20)		
sincerity (21)		
sincerity (22)		
sincerity (23)		
sincerity (24)		
courage (25)		
sincerity (26)		
sincerity (27)		
sincerity (28)		
self-deception (29)		
deceit (30)		
spirituality (31)		
spirituality (33)		
Reality (35)		
spirituality (38)		
denial (40)		
judgement (41)		

magical thinking (42)		
Truth (43)		
awakening (44)		
Reality (45)		

8.2.2. Table 2 – Definite Article

DEFINITE ARTICLE						
Situational Reference	Generic Reference	Anaphoric Reference	Other Occurrences			
			Remaining Individual Cases	The Reason for <i>the</i> Article	Unclear Cases	Possible Explanation
the third (1)	the guidance (4)	the same (6)				
the Truth (3)	the teacher (5)	the dawning (16)	riding the coattails (2)	idiomatic fixed structure	the qualities (12) of honesty,...	generic; cataphoric reference
the way (8)	the curiosity (7)		piercing through the veils (18)	idiomatic fixed structure	the very effort (13)	generic reference; intensification
the Truth (9)	the spiritual life (11)				the capacity (14) ... to be honest	cataphoric reference
the deepest place (10)	the attention (19)					
the dawning (15)						
the Way (17)						

8.2.3. Table 3 – Indefinite Article

INDEFINITE ARTICLE					
Indefinite Reference	Generic reference	Other Occurrences			
		Remaining Individual Cases	The Reason for <i>a</i> Article	Unclear Cases	Possible Explanation
an enlightened being (1)	a spiritual teacher (7)				
a failure (2)	a spiritual teaching (14)	a good and wise spiritual guide (4)	labelling/qualifying	an embodiment (5)	indefinite reference

a spiritual teacher's role (3)	a powerful form (20)	a fine line (6)	labelling/qualifying	a spiritual teaching (10)	indefinite; generic reference
a mature balance (9)	a human being (21)	a childish relationship (8)	labelling/qualifying	a good spiritual teaching (15)	generic reference; qualifying
a spiritual teaching (11)	A way (28) of ...	a true and mature relationship (13)	labelling/qualifying	a good steward (23)	indefinite reference; labelling/qualifying
a finger (12)		a thousand different ways (18)	unstressed variant of numeral one	a good steward (24)	indefinite reference; labelling/qualifying
a hidden way (16)		to a great extent (27)	measurement	a good steward (30)	indefinite reference; labelling/qualifying
a false ... authority (17)		a means of piercing through (29)	substitution of "a way"		
a way (19) of avoiding seeng					
a truly genuine ... life (22)					
a hope (25)					
a taste (26) of awakening					
a failure (31)					

8.2.4. Table 4 – Structure: Noun + of + (Adjective) + Noun

Generalisation	Gerund	Uncountable Noun	Countable Noun/Specific
	a way of avoiding seeing (5)	various forms of fundamentalism (1)	challenging aspect of human life (11)
	the dawning of awakening (9)	the qualities of honesty (2), genuineness (3), and integrity (4)	the veils of illusion (16)
	a taste of awakening (10)	a powerful form of clarity (6) and discernment (7)	
	a way of ... facing (14) yourself	our dream of separation (8)	
	a means of piercing (15) through	the dawning of spiritual enlightenment (12)	
	the veils of awakening (17)	the way of liberation (13)	