

Master Gita Master Life

Questionnaire 7

Based on Chapter 6

I] Choose the most appropriate answer. Mark only one.

1. Which of the following is not a description of a yogārūḍha? *

- Is not attached to sense-objects
- Is attached to actions; but not to their results
- Has renounced all saṅkalpas
- Is not attached to actions
- None of the above

2. Which one of the following is not a must requirement with respect to the seat for the practice of meditation? *

- A seat should be firm.
- A seat should not be too high or too low.
- A seat should have dead animal-skin.
- A seat should be such that it does not conduct the ground's heat or cold.
- None of the above

3. Which one of the following is an impediment for the successful practice of meditation? *

- A controlled mind
- A proper seat
- A lifestyle of sensory indulgence
- Senses kept withdrawn from their respective sense-objects
- A firm and comfortable posture

4. Which one of the following statements is false regarding the yoga defined by the Lord? *

- Yoga is the separation from the union with sorrow.
- Yoga is the greatest gain.
- This yoga should be practiced with unsteady and wavering mind.
- Having established in this yoga, one will not be moved even by the greatest of sorrows.
- None of the above

5. Which one of the following statements is true regarding the vision of a yogī? *

- He sees his own Self in all beings.
- He sees all beings in himself.
- He sees the supreme Lord everywhere.
- He sees everything existing in the supreme Lord.
- All of the above

6. Which one of the following statements is false? *

- Control of mind is difficult, but not impossible.
 By practice and detachment, control of mind is possible.
 Yoga can be gained only by one who has mastered the mind.
 All of the above
 None of the above

7. Which one of the following is not a yogabhraṣṭa? *

- One who has put efforts to reach the final goal of Liberation, but the efforts are not sufficient enough
 One who could not reach the final goal of Liberation as his efforts became curtailed due to the death of the body
 One whose path is blocked by some unexpressed bhoga-vāsanā
 One who is not endowed with faith
 None of the above

8. Which one of the following statements is false regarding the yogabhraṣṭa? *

- A yogabhraṣṭa is never 'destroyed' in the here or the hereafter.
 A yogabhraṣṭa has to restart his spiritual journey from the beginning.
 A yogabhraṣṭa will never have an evil destiny.
 A yogabhraṣṭa will continue his spiritual journey in his following birth.
 None of above

9. Which one of the following statements is wrong about the second type of yogabhraṣṭa, who could not reach because of death (lifetime got over)? *

- He will be born in the house of pure and wealthy.
 He will get a rare chance of being born in the family of yogis.
 He will be reunited with his previous spiritual knowledge in his next birth.
 He will then in his new birth strive with greater vigour and enthusiasm to reach the final goal of Liberation.
 He will definitely attain the supreme state of Liberation in his new birth.

10. Which one of the following is an obstacle in the path of meditation? *

- Laya (sleep)
 Vikṣepa (distraction)
 Rasāsvāda (tasting the joy of meditation)
 Kaṣāya (unexpressed vāsanās)
 All of the above

[I] Choose the appropriate answer.

*

	Mind presently unagitated; yet not fully sattvic	Single-pointed state of mind	Dull or lethargic state of mind	Thoughtless state of mind	Scattered or agitated state of mind
Kṣipta	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mūḍha	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vikṣipta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Ekāgra	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Niruddha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

II] Choose the correct statements. Mark all that apply.

1. Which of the following statements are true about a karma-yogī? *

A karma-yogī works without being dependent on the results of actions.

A karma-yogī is a true sannyāsī; but not a true yogī.

A karma-yogī is a true sannyāsī and a true yogī.

A karma-yogī gives up sañkalpas and is hence a true sannyāsī.

None of the above

2. Which of the following statements are true regarding a sādḥaka trying to ascend yoga and a siddha, who has ascended yoga? *

Giving up of action is the means for such a sādḥaka.

Action is the means for such a sādḥaka.

Giving up of action is the means for such a siddha.

Action is the means for such a siddha.

None of the above

3. A yogī who has got the supreme Knowledge with direct experience: *

Has equal vision towards all objects.

Has equal vision towards all beings.

Has equal vision towards all objects, but not towards all beings.

Does not understand the difference between different objects and beings.

Knows the value of every object, but does not attach special value for any object.

4. Which of the following statements are true about the mind? *

An unconquered mind is our enemy.

Our mind alone is our friend and our enemy.

A conquered mind is our friend.

An unconquered mind is our friend.

All of the above

5. Success in meditation is not possible to which of the following? *

Those who over-eat

Those who starve themselves by not eating

Those who over-sleep

Those who do not sleep at all

Those who live a moderate life

6. Which of the following statements are true regarding the state of nirvikalpa-samādhi? *

It is the thoughtless state of the mind.

It gives the experience of the supreme Bliss of the Self.

In this state, a single thought of 'I am Brahman' is maintained.

It can be compared with a flame of a lamp in a windless place.

None of the above

7. Which of the following statements are true regarding the control of mind during meditation? *

If the mind wavers, one should investigate into its cause.

One should withdraw the mind slowly and gradually.

Whenever the mind wavers towards the sense-objects, one should pull it back and place it in the Self.

Once the mind is firmly rooted in the Self, one should not think about anything else.

If the mind wavers towards the sense-objects, one should let it be and not try to bring it back.

8. Which of the following statements are true regarding Arjuna's question about the control of mind? *

Arjuna opines that the mind is very unsteady.

Arjuna states that controlling the mind is as difficult as controlling the wind.

Arjuna declares that the mind is very turbulent and strong.

Arjuna feels that control of mind is done with ease.

All of the above

9. What happens to the first type of yogabhraṣṭa, whose path was blocked by some bhoga-vāsanā? *

He will gain the higher worlds to exhaust those bhoga-vāsanās.

He will be born in the house of pure and wealthy.

He will be born in the family of yogīs.

He will be reunited with his previous spiritual knowledge.

None of the above

10. Which of the following statements indicate the best yogī? *

One who worships the supreme Lord

One who has surrendered the heart completely to the Lord

One who is full of faith in the Lord

One who practices meditation without devotion

None of the above