

name: \_\_\_\_\_

Please mark as T (true) or F (false) the following statements:

- T William Mahoney studies the Upanishads as part of his own spiritual practice.
- T One of the main teachings of the Upanishads is that the divine Self dwells within the human heart.
- F In the Vedic fire ceremony, negativities and faults are offered into the flames.
- T In the Vedic worldview, human beings play an essential role in maintaining cosmic harmony.

Connect the term with its translation:

- |   |           |                                 |
|---|-----------|---------------------------------|
| E | Veda      | A. to sit near                  |
| D | Mantra    | B. man, cosmic person           |
| A | Upanishad | C. creative power               |
| B | Purusha   | D. efficacious sacred utterance |
| C | Maya      | E. knowledge                    |

*Yajna* is:

- \_\_\_ a Vedic ceremony
- \_\_\_ a fire ritual
- \_\_\_ Sanskrit for “sacrifice”
- \_\_\_ a journey to the divine realm
- XX all of the above

Explain in your own words what Sally Kempton is saying in this quote:

*Whether you are happy or sad, agitated or calm, the Self as your inner field of Consciousness, your inner Awareness, underlies and contains all these feelings.*

Whatever I am thinking or feeling, it is all taking place in my own awareness. There is nothing that I could ever experience that doesn't take place within my own consciousness. Whether I am happy or sad, asleep or awake, in Mexico or Arcata, in love or in despair, all of this experience comes to me through the power of my own awareness. This awareness is my inner Self.