

name: _____

TRUE OR FALSE:

- F The asanas of contemporary yoga originated in ancient times in India.
- T The goal of medieval hatha yoga practice was union with the divine.
- T *Journey Through the Twelve Forests* was written by a scholar-devotee.
- T It is the Goddess who manifests the universe according to the teachings of Kashmir Shaivism.
- F The body and the senses have very similar roles in classical yoga, bhakti, and tantra.
- F Tantric cremation ground practice no longer exists in India.
- T Everything that you experience arises within your own mind.
- T Kundalini yoga maps and manipulates divine energies envisioned as moving within the human body.

Complete this quote by Gavin Flood: *The empowering of the _____ is the most important quality in tantric traditions.*

___ mind ___ senses X body ___ guru

Connect the term with its closest translation:

- | | | |
|---|------------------|-------------------------------------|
| D | <i>darshan</i> | A. forceful; violent restraint |
| E | <i>bbakti</i> | B. worship |
| F | <i>kirtan</i> | C. coiled |
| B | <i>puja</i> | D. to see and be seen by the divine |
| C | <i>kundalini</i> | E. devotion |
| A | <i>batba</i> | F. devotional chanting |

Connect the tradition/text with the appropriate practice/concept/description:

- | | | |
|---|------------------|--|
| E | <i>bbakti</i> | A. worship of fierce female deities |
| A | early tantra | B. control of the body, breath & bodily fluids |
| B | early hatha yoga | C. expansion of awareness and identity |
| C | Kashmir Shaivism | D. stilling the body to still the mind |
| D | classical yoga | E. devotion to a particular god or goddess |