

MIDTERM EXAM for TEXTS AND TRADITIONS OF YOGA

NAME: _____

Unless otherwise noted, all questions are worth 2 points each.

Write the first letter of the system most directly related to each of the terms below:

Karma yoga	Jnana yoga	Bhakti yoga
B Yoga of devotion	K Service to the world	
K Yoga of knowledge	J Study of sacred scripture	
J Yoga of action	B Kirtan	

Write the first letter of the text most directly related to each of the quotes below:

Upanishads	Yoga Sutras	Bhagavad Gita
BG		<i>Hear again My supreme word, most secret of all You are surely loved by Me; therefore I shall speak for your good. Fix your mind on Me, worshipping Me, sacrificing to Me, bowing down to Me; In this way you shall surely come to Me, I promise, for you are dear to Me.</i>
U		<i>What is the world woven on, warp and woof?</i>
YS		<i>Yoga is the cessation of the turnings of thought. When thought ceases, the spirit stands in its true identity as observer to the world.</i>

Match the term with the correct definition:

K Yajna	A. teacher
I Brahmin	B. a short verse or aphorism
E Atman	C. the Vedic god of creation
H Mantra	D. "to sit down near"
L Darshan	E. the Sanskrit word for "self"
G Brahman	F. to harness a horse to a war chariot
A Guru	G. the foundational ground of being
F Yoga (Vedic meaning)	H. sacred efficacious utterance
J Prakriti	I. a member of the priestly Hindu caste
C Brahma	J. nature; the material world
B Sutra	K. the sacred Vedic fire ritual
D Upanishad	L. to see and be seen by the god or goddess

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Choose the appropriate term to complete the sentences below.

prakriti	Vishnu	dharma	Krishna
Bhagavad Gita	kirtan	Arjuna	purusha
atman	Shiva	avatar	Shakti
Brahman	duty	Samadhi	dualism

According to Patanjali and Samkyha philosophy, reality is divided into two basic principles, _____ prakriti _____ and _____ purusha _____.

_____ Kirtan _____ is the practice of devotional chanting.

A key teaching in the Upanishads is that _____ brahman _____ equals _____ atman _____.

According to Sally Kempton, the Sanskrit term _____ dharma _____, which can be translated as _____ duty _____, can refer to your life calling, right or moral action, or the spiritual path.

True or false:

- F All of the worldviews that we have been studying are in basic agreement with each other, and are rooted in the same fundamental understanding of reality.
- T For Patanjali, Yoga is foremost a discipline aimed at cultivating a profound level of single pointed awareness.
- F In a traditional *yajna* ritual, participants offer their negativities and other qualities that they want to let go of into the fire.
- T While the *Yoga Sutra* advocates withdrawing the senses from the objects of perception, in the practices of *bhakti* the senses are deeply engaged.
- T Many Upanishads takes the form of a dialogue between a student and a teacher.
- F Patanjali describes many *asanas* in detail in the *Yoga Sutras*.
- T The *Yoga Sutras* understand Yoga as a practice aimed at steadying or stilling the mind and ultimately detaching from sense experience.

5 points each: Name the tradition/text/context/author that each of these quotes arises from, and a one-sentence description of the yoga that each quote describes.

This is what is called yoga: the steady concentration of the senses. Katha Upanishad

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Yoga is the stilling of the fluctuations of the mind. Patanjali's *Yogasutra* 1:2.

Yoga is said to be equanimity. Said by Lord Krishna in the *Bhagavad Gita*.

Yoga is similar to other exercise programs, such as dodgeball.
Said by judge in San Diego court case.

This practice is firmly grounded when it is performed for a long time without interruption and with zeal.
Patanjali's *Yogasutra*

5 points: Choose ONE of the following texts: the *Katha Upanishad*, the *Bhagavad Gita*, or the *Yoga Sutras*. Describe the text briefly, including its main teachings and/or worldview, its key practices, and what you find most interesting about it.