

Ch. 4, 5, 6 Quiz

Question # 1

What are the different names of Arjuna

Answer:

Arjuna, phalguṇa, pārdha, kirīṭi, bhībhatṣa, vijaya, jiṣṇu, śvētavāhana, saṁvasāci, kṛṣṇa, dhananjaya.

Question # 2

How did Arjuna get the names Savyasaci, jisnu, bhībhatṣa?

Answer:

Savyasaci – Ambidextrous – can battle with both hands
Jisnu - can win over enemies
bhībhatṣa – enemies are scared of him

Question # 3

Why is Vedavyasa called vedavyasa and kṛṣṇadvaipayana?

Answer:

He is called Vedavyasa as he divided vedas and wrote them, He is called dvaupayana as he was born between the two branches (Lanka). He is called Krishna as he was dark (black) in complexion.

Question # 4

When a human is born he is born with 4 ṛṇam. What are they?

Answer:

- 1) Dēva ṛṇam
- 2) ṛṣī ṛṇam
- 3) pītrṛ ṛṇam
- 4) manuṣya ṛṇam

Question # 5

What names did the pandavas and draupadi use while there were in Virata kingdom?

Answer:

Dharmaraju - Kankubhatta

Bhimasena - Vallaba

Arjuna - Brhannala

Nakula - Grandhika

Sahadevulu - Tantripal

Draupadi – Sairandhri

Question # 6

ācāryāt pādamāddatē. Pādam śiṣyaḥ svamēdhyayā
pādam sabrahmacāribhyaḥ pādaṅkālakramēṇa ca.
What is the meaning of this sloka?

Ans:

This is about gaining knowledge.

1 / 4th will get from Acharya,

1 / 4th by sisya's own intelligence,

1 / 4th from is his daily routine including karma, jnana
paths along with following brahma jananis, remaining

1 / 4th over the period of time - Saha

brahmacharibyaha from fellow learners.

Question # 7

What is the yoga prescribed by Paramatma? How is it
spread in this world?

Answer:

Niskama karmayogam (karmayogam)

Paramatmudu told this to Surya, Surya told this to

Manu and Manu told this to Ikshvasu

Question # 8

How is niskama karma yoga be interpreted in terms of the spirit?

Answer:

Aatma- Krishna, Buddhi- Suryudu, Manuvu- Manas, Ikshwaku - indriya.

Atma's prakasha is emitted on the Buddhi then Manas and then Indriyas.

Question # 9

Who said puranjanopakhyana to whom and when?

Answer:

Narada to the King called Pracinabarhi. (As the king wants to gain pure wisdom through which he can be freed from the bonds of karma. He approaches Narada to gain the same. Narada starts reciting the story)

Question # 10

Who is known as Rajarshi?

Answer:

The one who is king and rsi

Question 11:

How is jnanayoga chapter divided? What are they?

Answer: Four.

1. divyajnana,
2. divyakarma,
3. yajna,
4. jnana

Question # 12

Paramatma is the creator of the universe and birth less. Why does He take Avataras?

Answer:

Whenever there is decline in dharma, and there is increase in adharma, Paramatma takes avatara with using His maya shakthi to deliver the pious and annihilate the miscreants.

Question # 13

What is the eligibility that Arjuna had to listen to Geeta from Lord Krishna?

Answer:

Ananyabhakti, saranagati, a staunch friendship.

Question # 14

What results does a JnanaYogi get?

Answer:

The person who sees Karma in akarma and akarma in karma is Jnani. He gets self-realization and gets the results of doing all the karmas.

Question # 15

How to practice karma? How does karma get burnt out?

Answer:

Karma has to be performed without desire and sankalpa.

Karma gets burnt out by Jnana

Question # 16

What is nityasatvasthiti?

Answer:

Being beyond dualities.

Question # 17

What is Karma, Akarma and vikarma?

Answer:

Karma is performing the activities suggested by Shastras

Vikarma is activities banished by shastras

Akarma is karmātīta sthiti

The one who sees karma in akarma and akarma in karma is Jnani. Activities by the body is Karma, Atma which is the witness of all activities is akarma. So when we do any karma we should always remember the Atma chaitanyam.

Question # 18

What is the motivation for manushya karma?

Answer:

Kāma and sañkalpā

Question # 19

What are the various yagna prescribed in chapter 4?

Answer:

Dēva, brahma, indriya sanyama, śabdādi viṣaya nirōdha, manō nigraha, dravya, tapō, yōga, svādhyāya, jñāna, prāṇāyāma, āhāranīyama yajñamulu.

Question # 20

What is the goal of the Bhagavad Gita? (or)What is the goal of the Jeeva?

Answer:

The goal of our soul is to attain moksha.

Yagna, with mind isvararpana

Karma and gaining wisdom, salvation and make lokasangranartham ritual.

Question # 21

What food does Lord Krishna prescribe for us?

Answer:

Sattvikaharam after offering it to the supreme God.

Question # 22

What is karmacarana?

Answer:

Performing activities as prescribed in the Shastras

Question # 23

What is yagna (in terms of karma)?

Answer:

Isvararpana bhava of all karma is yagna.

Question # 24

What are the types of assets?

Answer:

Two types

1) daiva sampada

2) asura sampada.

Question # 25

What is the best of all dharma?

Answer:

Surrendering to Paramatma

Question # 26

What does Arjuna's chariot symbolize in terms of yōgamārga

Answer:

Arjuna's chariot – Body

Horses – Senses

Sārādhi kṛṣṇaparamātmā – ātmā
Arjuna – Jeeva

Question # 27

How does Maya cover living beings in this world?

Answer:

- 1) Dirt covering the mirrors
- 2) Child covered in the womb
- 3) Smoke covering the fire

Question # 28

What example does Krishna Paramatma give comparing to death, that everybody can understand?

Answer:

Just like we are not worried when clothes are torn / dirty or leaves fall, because they will come back, we should think that when jeeva leaves the body, it gets a new one and not worry about death.

Question # 29

What is sthita prajñata?

Answer:

Prajña means bud'dhi 's caitan'yam, keeping it firming on Paramatma is sthita prajñata.

Question # 30

How does Vishaya chinthana become harmful for a human?

Answer:

Vishaya chinthana is not a desirable quality for a happy, righteous and spiritual being. By doing vishaya chintana,

1. One will become egoistic.
 2. One may not tend to have an open mind to accept a different perspective (s),
 3. Will cause negative thinking,
 4. Negative thinking leads to unpleasant and angry talk,
 5. Will lead to bad karma,
 6. They will live in misery and die in misery.
 7. A wasted lifetime,
 8. Will never break the cycle of life and death.
- Example is Dhuryodhan from Mahabharat.

Question # 31

What is mithyacharamu?

Chapter 3, verse 6

ANSWER:

Mithyacharaman means false acharana.

Senses suppressed by force, mind concentrated on worldly things

Question # 32

Why should we do Yagna?

Answer:

Yagna is to give offering to the Devatas who get satisfied and give us what we desire (rain, happiness, peace, Moksha).

Question # 33

What kind of work does jnani do?

Answer:

Does work without looking for the results and for societal welfare

Question # 34

How is Atma jnanam covered?

Answer:

Just like Dirt covering the mirror, Child covered in the womb, Smoke covering the fire

Question # 35

What should be the asana for one who does dhyana?

Answer:

The head, throat, body should be held straight and hold, sit motionless until the completion of meditation.

Question # 36

Which sloka is favorite for guruvu garu in Chapter 5.

Answer:

Bhōktāram yajña tapasām sarva lōka mahēśvaram
suhṛdam sarva bhūtānām jñātvāmām śāntimṛccati

Question # 37

What are the rules that people doing yōgābhyāsam follow?

Answer:

Niyataharamu, Niyataviharamu, Niyatakarma,
moderate sleep, Niyatajagarana. Be moderate in
everything.

Question # 38

Before meditation starting meditation, what are the symptoms that the person should have?

Answer:

Dhyanayogi should be peaceful, have control on senses, brahmacarya and beyond dualities.

Question # 39

Who is known as san'yāsi?

Answer:

One who has given up desires and freed from actions

Question # 40

What is the difference between Yogi and bhogi?

Answer:

Bhogi –One who uses the body for sense gratification

Yogi–One who uses the body for spiritual upliftment

Question # 44

What are the important factors that should be in a dhyana-yogi?

Answer:

Śrad'dha, vairāgyamu, abhyāsamu

1) ēkāgrata

2) śarīra parimiti mīda dr̥ṣṭhi

3) samadr̥ṣṭhi. (Seeing Lord in everything)

Question # 42

What is the sadana to be performed to control mind?

Answer:

Without thinking of external things in the world, concentrating the vision on the ajna chakra in the middle of eyebrows, equalizing the inhale and exhale breaths, concentrating on the Paramatma. This type of dhyana leads to control of mind

Question # 43

What happens to the yogi who meets death before his yoga is completed?

Answer:

Based on their acharana, their next birth will be in a rich family or a family of transcendentalists with great

wisdom. One who is does good will never get anything bad.

Question # 44

Who is the supreme yogi?

Answer:

The yogi who surrenders everything to the Lord, keeping his manas and buddhi firmly on the Lord, has samadristi towards all beings and situation is the supreme yogi.

Question # 45

What is Supreme bliss? Who will get it?

Answer:

One who is peaceful, without any sins, has no wordly desires and knows the sacchithanada jnana gets the anubhava of supreme bliss of Atma sukha

Question # 46

What is an avatar?

Answer:

Avatara is Paramatma coming down to earth by using

His own maya for dharma stapanam.

Question # 47

What are the characteristics of Lord? 5th chapter of the 29th slokam

Answer:

Bhagavan is the benefactor of all the yagna (karma) and tapas (jnana). He is the king of the whole universe. He is the best friend to the whole universe.

Question #48

To what can we compare the sage's mind in yoga?

Answer:

Lamp lite in a breezeless area

Question # 49

Why should we do meditation?

Answer:

1. For the purity of antahkaranam.
2. Dhyana has to be done to become a yogi by the follower of all margas. E.g .. Karmaacharana person can become a karma yogi by dhyana. Similarly followers

of bhakti yoga, Jnana yoga all have to do it to become a yogi.

3. Meditation is the only way for the seeker to get established in the eternal essence

Question # 50

What is kutasthatvamu?

Answer:

1. Kutastha (Sanskrit) [from kuta the highest, summit + stha standing] Standing at the summit; in philosophy holding the highest position, the primordial divinity; hence often a synonym for Isvara (the divine-spiritual monad) or akshara (the imperishable). Also used for akasa and mulaprakriti. Thus whether in the galaxy, solar system, or a monadic individual such as man, it stands for the indwelling highest monad.

It also means seeing the inner self between the eye brows

2. niscalatvamu, nirvikaratvamu.

The end of

quiz!