

name: _____

Mark the following statements as true or false:

F In the Bhagavad Gita Krishna turns to Arjuna for help.

T Discipline is an important concept in chapter 2 of the Bhagavad Gita.

T The *Yoga Sutras* arise out of a dualistic description of the cosmos.

Fill in the blanks from the following list:

asana	Bhagavad Gita	dharma	ethical good
Yoga Sutras	pranayama	Krishna	Arjuna
Vishnu	life path	moksha	kaivalya
spiritual path	aloneness	liberation	pratyahara

Krishna is an avatar of Vishnu.

Better your own dharma badly performed than the dharma of another done perfectly.

The goal of yoga according to the *Yoga Sutras* is kaivalya, which means aloneness.

According to Sally Kempton, three possible interpretations of dharma are ethical good, life path, and spiritual path.

When, like a tortoise retracting its limbs, he withdraws his senses Completely from sensuous objects, his insight is sure.

This verse from the Bhagavad Gita is discussing pratyahara, one of the eight limbs of yoga described in the Yoga Sutras.

Illustrate the following statement with examples from your own life:

Dharma is alive, and it changes, day by day, year by year, and situation by situation.

Right now my dharma is to be a student, to absorb all that I can learn about what I am most interested in about life in this world. I also have other dharmas: to be in relationship as a son/daughter, as a friend, as a worker at my job, as a partner and lover. Sometimes there are challenges that make me contemplate what is ethical and just. Dharma is waking up to the full reality of every situation and acting appropriately for everyone concerned.