

name: _____

The word *veda* comes from a root that means:

sacred truth knowledge priest

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

The Vedas:

- F are a group of Hindu priests.
- T are a collection of sacred scriptures.
- T are believed to have been heard by ancient sages.
- F were written down by the priests who composed them.
- F can easily be read in an afternoon.
- T are sound vibrations that are ever present and uncreated.

- F Gene Thursby is deeply skeptical of the Vedic teachings.
- T *Yajna* is an ancient Vedic ritual.
- F In her talk, Gurumayi's main purpose is to describe the ancient ritual.

List three ways a yoga student could practice offering:

- 1) by inwardly offering thoughts and actions for the benefit of others
- 2) by offering service to a worthy cause
- 3) by offering money we would spend on ourselves to those who need it more

THERE ARE AN INFINITE NUMBER OF WAYS TO PRACTICE OFFERING... THINK UP YOUR OWN!