

pts.

1. One who controls the mind and senses is called a goswami.

2. One who is controlled by the mind and senses is called a godasa.

3. What is the name of the chapter that we have been studying? Explain what happens in this chapter. Dhyana-yoga

Kṛṣṇa explains how to practice yoga through the process of aṣṭāṅga yoga. (sitting on deer skin, busā grass, etc. meditating on Supersoul) Arjuna says too difficult - mind is harder to control than the wind. Kṛṣṇa explains about bhakti-yoga, devotional service, as the highest form of yoga.

4. Kṛṣṇa's name which means the controller and owner of the senses is

Īśī keśa.

5. A yogi sees equally because he sees

everyone as part and parcel of Kṛṣṇa, everyone, spirit soul.

6. Finish the verse, "For one who sees Me everywhere and sees
everything in Me, I am never lost, nor is he ever
lost to Me.

7. Sometimes Srīla Prabhupada says that "we become one with Kṛṣṇa". What does this mean? dovetailing our desires w/ Kṛṣṇa's

8. Who is situated in the heart of every living entity and what does He look like?

Lord Paramatma / Supersoul blackish/blue 4 hands w/
disc, conch, lotus, conchshell, yellow dhoti, etc.

9. What is the cause of our distress? forgetfulness of Kṛṣṇa

10. What is the cause of our happiness? remembrance of Kṛṣṇa

2 11. Why is a devotee a friend to everyone?
work so people can become liberated

2 12. Arjuna tells Krsna that this system of yoga is what?
impractical and unendurable

3 13. Finish this quote, "For the mind is restless, turbulent, obstinate and very strong, O Krsna, and to subdue it I think is more difficult than controlling the wind."

4 14. The soul is the passenger in the car of the material body and the intelligence is the driver. The mind is the driving instrument and the senses are the horses.

2 15. The easiest way to control the mind is by chanting Hare Krsna in all humility.

2 16. Krsna says that although it's very difficult to control the mind, it is possible by constant practice and detachment.
suitable

2 17. The expert treatment or medicine for the mad mind is hearing about Krsna and the diet is prasadam.

2 18. Trying to practice yoga while engaging in material enjoyment is just like trying to ignite a fire while pouring water on it.

2 19. One controls the mind by constant engagement in the transcendental service of the lord.

2 20. The path of bhakti-yoga is especially suitable for this age because it is easiest method for self-realization.

1 21. What does self-realization mean?
that we're spirit souls, not this body

1 22. What is one major reason why one may fall from the path of self-realization?
not serious enough

1 23. What happens when someone tries to escape the clutches of the illusory energy?
maya strengthens her attack

24. What does it mean to be born in a family of righteous persons or rich aristocracy

25. Who is an example of this? #31 Bharata Maharaja

26. Krsna is known as tri-kala-jna. What does this mean?

knows past, present, future

27. A person may fully engage in his occupational duties and therefore makes great advancement. T (F)

28. What are the animal propensities?

eating, sleeping, mating, defending

29. What is the difference between humans and animals?

Humans have intelligence to understand what to do and what not to do - can understand spiritual life.

30. What does it mean when we speak of auspicious activities?

those activities which help us advance in spiritual life

31. What is the destination of the unsuccessful yogi?

Same as a family of rich aristocracy or righteous persons

32. "Persons who chant the holy names of Your Lordship are far, far advanced in spiritual life, even if born in families of dog-eaters. Such chanters have undoubtedly performed all kinds of austerities and sacrifices, bathed in all sacred places, and finished all scriptural studies." Who is one example of this?

Haridas Thakur

33. When does one attain the supreme perfection?

when free from material contaminations / material desires

34. What does yoga mean?

links w/ Supreme

35. Explain the following
karma-yoga - engaging in activities for sense gratification

jnana-yoga - engaging in mental speculation

bhakti-yoga - devotional service

36. Who is the namacarya? Haridas Thakur

37. Tell 2 basic differences between Hinduism and Krsna consciousness.

V
Krsna/Vishnu supreme
it is original supreme person
(dau.) varnasram
(Brahma) samhita
H
demigods (Siva) supreme
Krsna is incarnation of Vishnu
caste system

38. What are the 3 types of yoga and which is the highest?

same as # 35 / bhakti yoga

39. What are the 4 defects of the conditioned souls?

imperfect senses
commit mistakes
illusioned
tendency to cheat

40. What are the 3 phases of the Absolute? What are the 3 qualities of the Supreme Person?

Brahman
Paramatma
Bhagavan

satcitaranda

41. What are the 3 ways to receive transcendental knowledge?

guru
sadhu
sastha

42. What are the 4 regulative principles?

no meat, fish, eggs
no intoxication
no illicit sex
no gambling

43. To whom did Krishna originally speak the Bhagavad gita?

Vivasvan

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44. How are we the same as Krsna and how are we different?

Same in qualities but not in quantity

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45. What are the 4 problems of life?

birth disease
death
old age

46. What did you gain or learn from the dinner program? Answer in full sentences, please. Hare Krsna.

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