

Om Shri Param Krupalu Devay Namah

Varte Antarshodh

**Model Answer Paper**

**Marks : 100**

While checking the paper, follow the points in the Model Answer Paper. Multiple options have been given to make it easy to check. Marks can be given if any of the options is written, or if its essence is captured in the answer.

**(I) Answer the questions in the boxes given below.**

**Marks : 20**

Give 2 marks for each correct answer.

10)

1)	R	U	N	A	N	U	B	A	N	D	H		
				2)	N	I	R	V	I	K	A	L	P
				3)	A	N	T	A	R				
					A								
				4)	P	A	R	V	A	T			
				5)	S	W	I	K	A	R			
6)	N	I	D	I	D	H	Y	A	S	A	N		
				7)	K	R	O	D	H	A	D	I	
				8)	S	A	D	G	U	R	U		
				9)	B	H	E	D	J	N	A	N	

**(II) Choose the right answer.**

**Marks : 10**

Give 2 marks for each correct answer.

1. (b) nirved
2. (a) conscious
3. (c) anumodana (appreciation)
4. (b) Shraddha (Faith)
5. (a) first

**(III) Write the names of the 4 stages of introspection against their meanings.**

**Marks : 8**

Give 2 marks for each correct answer.

1. Substitution
2. Detection
3. Inspection
4. Negation

**(IV) Write whether the statement is true or false. Give reason if false.**

**Marks : 10**

Give 2 marks for each correct answer.

If False written, but reason is not written or incorrect reason is written – give 0 marks.

For True, no reason is expected.

1. False. The faults do not arise, they are seen. / They do not arise, they were already there.

2. False. We must subtract even our karma. / We must subtract everyone else and our karma, and focus on our parinam.
3. False. Should have dhikkar for paap bhaav.
4. False. This is wrong acceptance. / Right acceptance is repent and work towards removing our faults.
5. True.

**(V) Answer in few words.**

**Marks : 12**

Give 2 marks for each correct answer.

1. Defence Plan - 1 mark  
Action Plan / Attack Plan - 1 mark
2. Through swapurusharth (our efforts) / our ruchi (interest)
3. Friend - 1/2 mark  
Guide - 1/2 mark  
Comforter - 1/2 mark  
Inspirer - 1/2 mark
4. Confess / Makes us confess  
Convince / Convinces for a spiritual life  
Create / Creates enthusiasm  
Compromise / Makes us compromise with par (external)  
Connect / Connects us with Swa (the divinity within)  
Give 1 mark if any one of the above is written, and 2 marks if two are written.
5. Receptions - 1 mark  
Responses - 1 mark
6. Instructions - 1 mark  
Precautions - 1 mark

**(VI) Answer in one or two sentences.**

**Marks : 15**

Give 3 marks for each correct answer.

1. If you are like this even after satsang, then imagine how you would have been without satsang! So, satsang is definitely helpful.
2. Because - he knows the limitations of shastra and of his own intellect. / Shastras can be interpreted wrongly. / What I should do is difficult to catch from shastra. / Sadguru gives a direct resolution to his questions.
3. Just like a squirrel, jignasu is very alert about faults entering, passions arising in him from any direction.
4. Like a creeper, jignasu is not scared of the pillars of pratikulta (unfavourable circumstances), but instead builds and grows on it. / Like a creeper, he does not stop due to any pratikulta or obstacles on the spiritual path.
5. Just like immediately removing the thorn from the leg, jignasu has kadak virya (strong passion) for removing his faults. / Jignasu jeev works towards removing his faults immediately.

**(VII) Write the following examples in brief and explain their parmarth.****Marks : 25**

Give 5 marks for each correct answer.

1. Example - We don't realize initially when the train changes tracks, but after going further we realize that they are miles apart. - 2.5 marks

Parmarth - When beliefs change, get corrected the change appears miniscule, but going ahead the huge difference from worldly people becomes evident. - 2.5 marks

2. Example - The copper wire arrests the lightning and directly grounds it. - 2.5 marks

Parmarth - Likewise, sadhak has such chaitanyaruchi (interest for the soul) that he catches Sadguru's bodh (teachings) and immediately imbibes it in his soul. - 2.5 marks

3. Example - When the hunter shoots the lion, the lion attacks the hunter and not the gun. However, if someone hits a dog with a stick, the dog jumps on the stick instead of the person holding the stick. - 2.5 marks

Parmarth - Through introspection, we need to catch the right cause. External situations or people are the secondary cause, nimitt karan. The primary cause, main cause must be searched within. / In any situation, sadhak should find his own fault instead of blaming the situation or other people. - 2.5 marks

4. Example - There are actually two things in a piece of sugarcane - ras (juice) and kucho (wastage). By putting it in the machine, the wastage is removed, and we obtain the juice. - 2.5 marks

Parmarth - One needs to do bhedjnan similarly during vibhav (impurity). Even if there is vibhav within, instead of seeing ourselves as vibhav, we should feel that the vibhav is different from 'I'. Through this bhedjnan, vibhav reduces and inclination towards swabhav (pure nature) increases. / During anger etc. vibhav, we should do bhedjnan of swabhav and anger etc. Instead of 'I am angry', we should feel I and anger as different. - 2.5 marks

5. Example - During a military parade, the Colonel is very alert. He only looks at the soldiers straight in front of him. He does not look elsewhere, left or right, towards the soldiers who have already passed or the ones who are going to pass. - 2.5 marks

Parmarth - Likewise in meditation, one has to be just a witness of thoughts and feelings that arise. One has to be aware of the present instead of going in the past or future. - 2.5 marks

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