

Om Shri Param Krupalu Devay Namah

Varte Antarshodh

WORKSHEET

Marks : 100

Name:

Tel. No.:

Group:

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

Marks : 20

The answers to these questions are Gujarati words which are to be written as transliteration i.e Gujarati words spelt in English (e.g. Satpurush)

10)

1)	R	U																	
							V	I											
					A	R													
					A														
							W	I											
6)			D	I															
												D	I						
												R	U						
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1. Jignasu jeev gets yog of Sadguru with shubh (11) through punyoday.
2. There is no thought in (9) samadhi.
3. Characteristics of jignasu shown in Shri Atmasiddhi Shastra: kashayni upshantta, matra moksh abhilash, bhav khed, (5) daya.
4. Mumukshu considers a rye-like (small) dosh also like (6).
5. Sadguru takes jignasu on a journey of 3 'S': Shant (6), Sakshi and Swabhavdrashti.
6. Introspection and contemplation are included in manan, whereas meditation is included in (11).
7. Karmabandh (8)thi, hane kshamadik teh - this includes the process of substitution.
8. (7) is the radio through which the Lord talks to us.
9. (8) of swabhav-vibhav happens in the stage of contemplation.
10. Varte (10) means introspection, contemplation and meditation.

(II) Choose the correct answer.

Marks : 10

1. Jnani calls the dukh that one feels when seeing his own faults during introspection as
 (a) samveg (b) nirved (c) aastha
2. The mind is cleaned by listening to satsang.
 (a) conscious (b) subconscious (c) unconscious
3. One should check his to catch his manyata (belief).
 (a) activities (b) discussions (c) anumodana (appreciation)
4. is the solution to come out of the dark night of the soul.
 (a) Kriya (Rituals) (b) Shraddha (Faith) (c) Vanchan (Reading scriptures)
5. Gatha 109 of Shri Atmasiddhi Shastra 'to pamey samkitne, varte antarshodh' is talking about Samkit.
 (a) first (b) second (c) third

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

Marks : 8

- 1) Virtues instead of negative tendencies
- 2) Catching
- 3) Checking
- 4) Accepting, feeling ashamed

(IV) Write true or false. Give reason if false.

Marks : 10

1. A lot of faults arise in us when we do nijbhaavonu sukshma avlokan (introspection).

2. While introspecting, in any event we must subtract everyone else and focus on our karma.

3. One should not have dhikkar for paap bhaav, but should fear the result of paap.

4. An intense regret that I am never going to improve shows right acceptance of dosh.

5. It is not that there is an expenditure of our energy only through activity.

(V) Answer in few words.

Marks : 12

1. Like in a game of chess, which two types of plans are needed by a sadhak for victory over inner enemies?

2. Sadguru gives us a tourist visa, but how do we get citizenship?

3. What four relationships should a bhakta experience with his Guru?

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4. Write any two of the five 'C's that show the power of Sadguru's vaani (words).

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5. Sadhak becomes neutral to which two 'R's?

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6. To stay steady on the razor's edge-like path, one must be alert to follow which two things given by Sadguru?

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(VI) Answer in one or two sentences.

Marks : 15

1. 'There is no change, improvement in me even after years of satsang' - what answer was given to this statement of the shishya through which importance of satsang was proven?

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2. Why does the jignasu jeev search for Sadguru instead of shastra?

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3. Why is the jignasu jeev compared to a squirrel?

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4. Why is the jignasu jeev compared to a creeper (vel)?

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5. Why is the jignasu jeev's attitude towards dosh compared to a thorn in the leg?

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(VII) Write the following examples in brief and explain their parmarth.

Marks : 25

1. Train - track change - miles apart

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2. Lightning - copper wire (lightning arrester) - grounded

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3. Hunter - stick - lion - dog

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4. Sherdi (sugarcane) - ras (juice) - kucho (wastage)

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5. Military parade - does not look elsewhere

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