



Name: _____

Date: _____

Grade: _____

THE YOGA OF WISDOM

QUIZ FOR CLASS FOUR

1. A crucial component in the cultivation of wisdom is training the mind through learning how to meditate. List the six conditions one needs for an ideal meditation environment.
2. The Gita says a “yogi,” one who is cultivating wisdom through self-discipline, should learn to live alone and solitary. Give two practical ways all of us could integrate solitariness into our daily lives.
3. Delineate the eight points of a proper meditation posture according to Master Kamalashila (ca. 750 A.D.), sometimes called the “eight point posture of the Buddha Vairochana.”
4. Explain why the Gita can equate “the highest nirvana” and obtaining union with the guru.