



Name: _____

Date: _____

Grade: _____

THE YOGA OF WISDOM

QUIZ FOR CLASS SIX

1. Name and describe the first of the five “paths” of a spiritual life. What are the two components of that path according to the *Yoga Sutra*?
2. What is the second of the five paths? What are the “five powers” one develops on this path according to the *Yoga Sutra*?
3. Lord Krishna says that all ignorant longing for sense objects ends for “someone who has seen the ultimate.” Give the Sanskrit name for such a person and identify which of the five paths that person has reached. Finally, which of the “cessations” that kind of a person has explains why ignorant longing for sense objects would end.



4. According to the Gita 2.69, a “man of restraint” is completely different from ordinary people, “awake in what is night for ordinary beings” and “when other beings are awake the sage perceives night.” Give a possible reason why advanced spiritual practitioners would see the world so differently – indeed, in a completely opposite manner -- from other ordinary people, and relate this to the fourth of the five paths of a spiritual life.