

Indian Philosophy

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Lecture - 13

Self Assessment Questions & Possible Answers

1. What is swādhyaya?

Ans.: It expresses that one needs to study religious scriptures to develop his/her spiritual knowledge. It is considered as one of the good principle to possess good conduct.

2. What is kumbhak?

Ans.: It is the second step of pranāyāma. It states that after inhaling as much air as possible tries to retain it for half of the time taken in inhaling.

3. What do you understand by dhyāna? Write in a few sentences.

Ans.: It is one step ahead to dhāranā. In this stage, the aspirant becomes successful to concentrate on an object in a longer time. Here, the aspirant realizes the whole object by concentrating its one part. This step is known as meditation. It helps to realize the true nature of the citta.