

DATE

NAME

Shri Atmasiddhi Shastra

Recap of the Path to Liberation

Part 1 | Karma Principles

भाव कर्म निज कल्पना, इसलिए चेतन रूप;
जीव वीर्य की स्फूर्णा, ग्रहण करे जड़ धूप । (82)

1. Identify the relevant Karma Principle for each of the following situations.

No.	Situation	Karma Principle
1	Breaking the myth of individuality	
2	Using awareness to witness karmic consequences	
3	Seeker's conscious effort	
4	Wondering why good people suffer while bad people get to enjoy life	
5	Gratitude for favourable outcomes, while repentance and correction for unfavourable ones	
6	Karma = Cosmic Boomerang	
7	Remembrance of the Higher while performing actions	

2. Write whether the following Karma-related beliefs turn our actions into a 'Wall' or a 'Door' for liberation.

No.	Karma-related Belief	Wall / Door
1	Karma is a punishment	
2	Analysing karmic outcomes within a limited timeframe	
3	Karma = Action + Intention + Connection	
4	Karma can be changed through awareness	
5	Karma can be transformed into good deeds	
6	As you sow, so shall you reap	
7	My Karma and my life = My responsibility	
8	Karma operates across time	
9	As you sow, so shall you receive	
10	Karma is a learning	
11	Karma = Action + Intention	
12	My Karma and my life = Others' responsibility	

Part 2 | There is a Path to Liberation

3. In the sixth fundamental truth ('There is a Path to Liberation'), the Sadguru has provided solutions from two distinct perspectives – Jainism and Spirituality. Identify which of the beliefs listed below reflects which perspective.
- i. Their life revolves around nullifying Karma.
 - ii. Their focus is on Vairagya before intellect (Vivek).
 - iii. They prioritize penance and renunciation.
 - iv. Their end goal is liberation.
 - v. In their belief, the soul remains an independent entity.
 - vi. Their life revolves around the supreme connection.
 - vii. Their focus is on virtues and experience (Vedan).
 - viii. Karma = Action + Intention
 - ix. Their path is effort-oriented.
 - x. Their end goal is union.
 - xi. Their path is surrender-oriented.
4. Match the following stages of evolution of a moth with the corresponding level of its ego. Write the correct number in the answer column.

No.	Stage	Level of Ego	Answer
1	Being close to the fire and revolving around it	Die-hard ego	
2	Mistaking smoke for fire and comparing itself with other moths	Demanding ego	
3	Being consumed by the fire	Devoted ego	
4	Staying away from the fire, but expecting to receive heat, light etc.	Dissolving ego	

Part 3 | Karmic Intent vs Liberating Intent

कर्मभाव अज्ञान है, मोक्षभाव निजवास
अंधकार अज्ञान सम, नाशे ज्ञान प्रकाश । (98)

5. Choose the correct answer for the following questions. A question may have more than one correct answer.
- Which of the following perspectives reflects a Karmic Intent?
 - Introverted
 - Extroverted
 - Equanimity
 - Witnessing
 - What does a person with a 'Liberating Intent' relate their identity with?
 - Life-energy
 - Body, religion, society, nationality
 - Beloved
 - Actions
 - In spirituality, which of the following experiences represents a Liberating Intent?
 - I breathe in Beloved (God)
 - I belong to Beloved (God)
 - I am a witness
 - I am the harmony of Nature
 - If someone has a Karmic Intent, what is the center of their Pravrutti (activity)?
 - Focus on 'being'
 - Focus on 'doing'
 - Focus on transformation
 - Focus on surrender
 - What is the result of the a Liberating Intent?
 - Karmic credits and debits, cycle of birth and death
 - Karmic dissolution, sacred union
 - Sacred union with Beloved (God)
 - Feeling of liberation
 - In terms of the energy zones, where does the 'Liberating Intent' begin?
 - Upper-middle and upper zones
 - Lower zone, beginning of middle zone
 - Upper zone
 - Lower zone

Part 4 | Spiritual Numbness

राग-द्वेष अज्ञान ये, मुख्य कर्म की गाँठ;
होय निवृत्ति जिससे, वही मोक्ष का पंथ । (100)

आत्मा सत् चैतन्यमय, सर्वाभास रहित;
जिससे केवल पाइए, मोक्ष पंथ की रीत । (101)

6. For each of the following situations, identify the corresponding stage of spiritual numbness. Mark the correct answer with a tick (✓).

No.	Situation	Showman rituals (Beginning)	Mechanical rituals (Middle)	Sinful rituals (Peak)
1	Feeling restless during Annadanam- Vas-tradanam seva due to hot weather, and eagerly waiting to go home			
2	Following Sri Guru's agya of Raj-Tap Sanyam, but also keeping count of fasts, expecting praise			
3	Thinking about an evening cricket or football match during Satsang			
4	Due to a lack of time, fulfilling the agya of watching Satsang during meals.			
5	Inability to perform seva with connection due to tense situations at home			
6	Finishing the 'Dear Seeker' paper in a rush so you can relax on the upcoming family vacation			
7	Feeling more interested in understanding the remaining verses of Shri Atmasiddhi Shashtra while doing the reflection worksheets during Satsang			
8	Exaggerating experiences of meditation while expressing them before Sri Guru			
9	Sitting for SwaRaj Kriya at 11:30 PM on Saturday so as not to miss the weekly target			

7. For the following logic of a spiritually numb mind, select the correct remedy arising from a spiritual heart. Write the corresponding serial number in the answer column.

No.	Logic of a spiritually numb mind	Remedy from a spiritual heart	Answer
1	Since we live in the world, worldly concerns are bound to be there; we cannot simply run away from society!	Don't you know that you are like a blotting paper? You can easily become just like your friend.	
2	Why repent for such minor sins? Sri Guru has assured us that such karmas will fade away naturally.	Are people truly like that, or is it you who is like that? If you too slip into the very same emotions, then what is the benefit of having a Sadguru in your life?	
3	We can somehow restrain a tamasik diet, but how do we stop tamasik thoughts? That seems impossible given the current global situation.	O dear mind, you and your petty thinking!! To understand Sri Guru's true intent, you must first surrender to me.	
4	So what if my friend indulges in worldly pleasures? How does that affect me, when I am not indulging in them?	What did you ever gain by worrying about the world? You are still stuck in the world! Now, try yearning a little for the Beloved	
5	What to do, people are such that it's difficult to live without falling into raagdesh (attachment and aversion).	O dear mind, you will never change your ways! Try surrendering to a Higher Power, and see for yourself – there is nothing you cannot stop!	

Part 5 | Mohaniya Karma – Practical Tools

कर्म अनंत प्रकार के, उनमें मुख्य आठ;
इनमें मुख्य मोहनीय, नाश करे कहुँ पाठ। (102)

कर्म मोहनीय भेद दो, दर्शन चारित्र नाम;
हरे बोध वीतरागता, अचूक उपाय मान। (103)

कर्मबंध क्रोधादि को, हरे क्षमादि से;
प्रत्यक्ष अनुभव सब करें, इसमें क्या संदेह? (104)

8. Choose the correct answer for the following questions. A question may have more than one correct answer.

1. What is true 'listening' (Shravan) of a Satsang?
 - ii. Acquiring substantial wisdom
 - iii. Ensuring that Sadguru's words remain in memory
 - iv. Repeatedly contemplating upon Sadguru's words
 - v. When transformation becomes effortless and a way of life
2. Which practical tools are most suitable for witnessing negative thoughts/feelings?
 - i. 'Graho, Prabhuji Haath! (O Beloved, hold my hand!)
 - ii. Sabka Mangal (Praying for the well-being of all)
 - iii. Seeing the thought as a passing cloud
 - iv. Introspection
3. What is the duty of a seeker after committing a wrong deed due to unawareness?
 - i. Going into excessive guilt
 - ii. Resolving to not repeat the same mistake
 - iii. Feelings of regret and repentance
 - iv. Entering into a Niyam (discipline) for a fixed period of time
4. When a seeker feels like offering their seva for Dhyani Sangha, how can they express gratitude to God?
 - i. Writing a letter to God in their own language
 - ii. Expressing their feelings to Sadguru
 - iii. Organizing a Dhyani Sangh with complete faith and devotion
 - iv. Encouraging as many people as possible to join Dhyani Sangha

5. How can a financial contribution made to SRM become an offering to God?
 - i. Feeling 'I belong to You!'
 - ii. Giving all the credit to Grace
 - iii. By remaining in Beloved's Smaran (remembrance) constantly
 - iv. Feeling that you are returning what is already Beloved's

6. How can one deepen the remembrance of the Beloved (Sadguru) around the Heart Center?
 - i. By remembering Sadguru's Vachan, Mudra, Samagam
 - ii. By regularly practicing SwaRaj Kriya as per their agya
 - iii. By practicing YogaYog regularly
 - iv. By participating in all Dharm-Yatras with Sadguru

7. What is the outcome of deepening the remembrance of the Beloved (Sadguru)?
 - i. Intense experiences (Vedan) and awareness
 - ii. Right choices and right actions
 - iii. Experience of Joy-Love-Peace
 - iv. Favourable circumstances in life

8. Which practical tool is most suitable for maintaining inner silence and patience of waiting?
 - i. Listening to Bhakti
 - ii. Doing some creative artwork in the Chaturmas Diary
 - iii. Taking some quiet time out to remain in remembrance
 - iv. Revisiting past Satsangs

Part 6 | Difference between Sadguru and Religious Sect

छोड़ के मत दर्शन का, आग्रह और विकल्प;
कहा मार्ग जो साध ले, जन्म हों उसके अल्प। (105)

षट्पद के षट्प्रश्न जो, पूछे कर के विचार;
इन पद की सर्वांगता, मोक्ष मार्ग निर्धार। (106)

जाति वेष का भेद नहीं, कहा मार्ग जो होय;
साधे जो मुक्ति मिले, इसमें भेद न कोय। (107)

9. Identify whether the following situations represent a 'Religious Sect' or a 'Sadguru'.

No.	Situation	Religious Sect / Sadguru
1	They are like the water of a pond.	
2	Their sole purpose is to lift the veil of separation and dispel the ignorance of others.	
3	Authority belongs to scriptures, scholars, and priests.	
4	There are constant drizzles of Vedan in their presence.	
5	They are like a flowing river – ever new and fresh.	
6	With them, one experiences a sense of security within a community.	
7	Their purpose is to accumulate karmic credits.	
8	With them, one experiences the ecstasy of liberation and sacred union.	

Part 7 | The Spiritual Journey Within – Six Stages of Becoming Love

10. Complete the verses in the space provided, identify the stage of 'becoming love', and write the underlying essence of each stage.

a. कषाय की उपशान्ता, मात्र मोक्ष अभिलाष;

..... I (108)

Curiosity means recognizing one's tendencies and reversing their direction.

» Stage of becoming love –

» Meaning of 'reversing the direction' –

b. ;

तो पाये समकित को, वर्ते अन्तर्शोध । (109)

Receiving the **wisdom of a Sadguru** to reverse the direction.

» Stage of becoming love –

» Meaning of 'receiving the wisdom of a Sadguru' –

c. मत दर्शन आग्रह त्यजे, वर्ते सद्गुरु लक्ष्य;

पाये शुद्ध समकित को, जिसमें भेद न पक्ष । (110)

Final walls begin to collapse with a **Sadguru-centered** life.

» Stage of becoming love –

» Meaning of a 'Sadguru-centered life' –

d. वर्ते निज स्वभाव का, अनुभव लक्ष्य प्रतीति;

..... I (111)

Abiding in **Nijbhaav** (one's true nature), a sign of Beloved's arrival in the heart.

» Stage of becoming love –

» Meaning of 'Beloved's arrival in the heart' –

- e. ;
 उदय हो चरित्र का, वीतराग पद वास । (112)

Staying **free from Raag-dwesh** through purity of conduct.

- » Stage of becoming love –
- » Meaning of 'purity of conduct' –

- f. ;
 । (113)

Living a life of liberation, that is, union with the Beloved.

- » Stage of becoming love –
- » Meaning of 'union with the Beloved' –

- g. कोटि वर्ष का स्वप्न भी, जागृत हो भ्रम जाए;
 । (114)

Freedom from karmic debt, end of illusion.

- » Stage of becoming love –
- » Meaning of 'end of illusion' –

Part 8 | Transcending Body Consciousness

छूटे देहाध्यास तो, नहीं कर्त्ता तू कर्म,
नहीं भोक्ता तू उसका, यही धर्म का मर्म । (115)

इसी धर्म से मोक्ष है, तू है मोक्ष स्वरूप;
अनंत दर्शन ज्ञान तू, अव्याबाध स्वरूप । (116)

शुद्ध, बुद्ध, चैतन्यघन, स्वयं ज्योति सुखधाम;
दूसरा कहें अब और क्या? कर विचार तो पाय । (117)

निश्चय सर्व ज्ञानी का, यहाँ पे आकर समाय;
धरा मौन ये बोलकर, सहज समाधि में जाय । (118)

11. Identify whether the following situations transcend Body Consciousness (B.C.) or intensify it. Mark the correct answer with a tick (✓).

No.	Situation	Intensifying B.C.	Transcending B.C.
1	Identifying oneself with the physical body		
2	Life revolves around a higher purpose		
3	The perception of physical boundaries remains constant		
4	Persistent anxiety and stressful life		
5	Knowing one's true nature despite the physical form		
6	Body-centered talks and thoughts		
7	Clinging to thoughts of pain and pleasure		
8	Staying connected to the Beloved through remembrance in any situation		
9	Remaining entangled in the worries of past and future		
10	Occasionally losing the sense of physical boundaries		
11	Awakening of discernment (Vivek) and attraction towards Sadguru		
12	Experiencing drizzles of Vedan in the heart		

12. Anatomy of Ego

Match the following parts of the ego's anatomy with the correct aspect of personality (write the correct serial number in the black space).

What is one specific step you can take to reduce the impact of each aspect?

No.	Part of Anatomy	Aspect of Personality	Your specific step to reduce the impact
1	Body	'I am right' (.....)	
2	Spine	False pride (.....)	
3	Food	Vices and aversion (.....)	
4	Nutrient	Language (.....)	
5	Prana	Consciousness in the lower zone (.....)	
6	Intensification	Desire for praise (.....)	

