

each other's religious literature and commentaries, cultural exchanges and social interaction.

## Unit - II Sri Aurobindo

Q.1. What does Aurobindo mean by 'yoga'?

Ans: - According to Sri Aurobindo, 'yoga' means union with the Divine.

Q.2. How does Sri Aurobindo describe reality?

Ans: - Sri Aurobindo describes reality as Sachchidananda.

Q.3. How would you describe the philosophy of Sri Aurobindo?

Ans: - The philosophy of Aurobindo may be described as integral nondualism or integral idealism or integralism.

Q.4. What are the two negations asserted by Sri Aurobindo?

Ans: - Two negations asserted by Sri Aurobindo are - a) The Materialistic denial and b) the refusal of the ascetic

Q.5. How does Sri Aurobindo define nationalism?

Ans: - Nationalism in Sri Aurobindo's thought is not merely patriotic but a deep and fervent religious Sadhana.

Q.6. What is the nature of Sachchidananda according to Sri Aurobindo?

Ans: - The nature of Sachchidananda, according to Sri Aurobindo is Existence, Consciousness-Force and Bliss.

Q.7. What are the four different stages in Purna Yoga?

Ans: - Four different stages of Purna Yoga are - (a) Quiet, (b) Calm, (c) Peace and (d) Silence.

Q.8. How would you define Sri Aurobindo's nationalism?

Ans: - Nationalism in Sri Aurobindo's thought is not ~~so~~ merely patriotic but a deep nationalism may be defined as 'spiritual nationalism'.

Q.9. What are the principles of Being?

Ans: - There are eight ~~and~~ principles of being. These are - Existence, Consciousness-Force, Bliss, Supermind, Mind, psyche, Life and Matter.

Q.10. What are three steps of Internal Yoga?

Ans: - The three steps of Internal Yoga are - a) psychicisation, b) spiritualisation and c) supermentalisation.

Q.11. What should be the goal of nationalism, according to Sri Aurobindo?

Ans: - According to Sri Aurobindo, absolute freedom or Purna Swaraj should be the goal of genuine Indian Nationalism.

Q.12. What is evolution, according to Sri Aurobindo?

Ans: - According to Sri Aurobindo, evolution, is the manifestation of Consciousness or spirit. It is a process of perfect and complete revelation of the spirit.

Q.13. What is the purpose of evolution?

Ans: - The purpose of evolution is the absolute and complete manifestation of the involved principle of sachchidanand.

Q.14. What are the two processes of creation?

Ans: - The two processes of creation, according to Sri Aurobindo are the process of involution and evolution.

Q.15. What is a tripple process?

Ans: - Tripple process, according to Aurobindo is a process of evolution. It includes the processes of widening, heightening and integration.

Q.16. What is Supermind?

Ans:- Supermind is a link between the higher hemisphere and lower hemisphere.

Q.17. What are the tripple transformations according to Sri Aurobindo?

Ans:- The tripple transformation, according to Sri Aurobindo are -  
① Psychic transformation, ② Spiritual transformation and ③ Supramental transformation.

Q.18. What are the intermediary steps in the process of ascent from mind to Supermind?

Ans:- The intermediary steps in the order of ascent from mind to Supermind are: a) Higher Mind, b) Illumined Mind, c) Intuition and d) Overmind.