

Answers: Chapter 6: Points to Ponder

1) Yoga by and large refers to [meditation](#). Vyasa's commentary on the Yoga sutras begins with "Yogah Samadhih"

2) Krishna, by and large, refers to a meditator, by the term, "Yogi".

The characteristic traits of a Yogi are given [here](#)

3) Meditation is meant for [these](#)

4) [6 portions of chapter 6](#)

5) [Answer](#)

6) [Renouncing the fruits of action with a higher goal in mind is both](#)

[Sanyāsa and Karma Yoga](#)

7) [Shloka 3](#)

8)

a) Mind body complex or simply a person (found in shlokas on Bahiranga Sadhana/ general disciplines):

[Shloka 5](#), [shloka 6](#), [shloka 10](#),

b) Mind (found in shlokas on Vishesha sadhana/specific disciplines):

[Shloka 7](#), [shloka 14](#), [shloka 15](#), [shloka 20](#)

c) Consciousness (found in shlokas on Dhyana swarupam/ nature of meditation) : [shloka 18](#), [shloka 19](#), [shloka 20](#)

9) [Answers](#)

10) [Answer](#). [Meditation posture](#)

11) “Me” refers to the Nirguna Brahman or the attributeless consciousness present everywhere in the cosmos which also resides inside everyone as the “Atma”.

12) He first clarifies this in [Shloka 18](#) and then in [Shloka 25](#). He does it indirectly by saying “Rest the mind in me” and then saying “Rest the mind in the Atma”.

13) [Shloka 16](#)

14) Upasana ([shloka 12](#)) and Nidhidhyasanam ([shloka 18](#))

15) [Difference between Upasana and Nidhidhyasanam](#)

16) [Answer](#)

17) [Answer](#)

18) Practice, dispassion and self-control in [shloka 35](#) and [shloka 36](#)

19) Shlokas [40](#) -[46](#)