Quiz: Self and Atman

Directions: Carefully study statements 1-10. Decide whether each statement is true or false for many kinds of Hinduism, and in the spaces provided write the word “true” or the word “false” in accordance with your decision.

1. ________________ Our personality is the same as Atman.

2. ________________ Our soul or Big Self is individually different in everyone.

3. ________________ Our superego or conscience is one sub-part of Atman.

4. ________________ Our hobbies, career, and interests are part of the empirical self.

5. ________________ What we are essentially, apart from everyday activities, is part of the Big Self.

6. ________________ The empirical or everyday self is actualized through meditation.

7. ________________ The essence of what we are apart from our manifestation in the world is essentially Atman.

8. ________________ The empirical ego or the everyday self is shaped by heredity and environment.

9. Atman is the verifiable or falsifiable aspects of abstract thought.

10. ________________ Atman is one’s authentic or one true self.

NAME ______________________