

Quiz: Self and Atman Answers

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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. _____ **False** _____ Our personality is the same as Atman.
2. _____ **False** _____ Our soul or Big Self is individually different in everyone.
3. _____ **False** _____ Our superego or conscience is one sub-part of Atman.
4. _____ **True** _____ Our hobbies, career, and interests are part of the empirical self.
5. _____ **True** _____ What we are essentially, apart from everyday activities, is part of the Big Self.
6. _____ **False** _____ The empirical or everyday self is realized through meditation.
7. _____ **True** _____ The essence of what we are apart from our manifestation in the world is essentially Atman.
8. _____ **True** _____ The empirical ego or the everyday self is shaped by heredity and environment.
9. _____ **False** _____ Atman is the verifiable or falsifiable aspects of abstract thought.
10. _____ **True** _____ Atman is one’s authentic or one’s true self.

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