

Indian Philosophy

Author: Dr. Satya Sundar Sethy, HSS, IIT Madras, Chennai-600036

Lecture - 14

Self Assessment Questions & Possible Answers

1. Briefly explain about sasmit samādhi.

Ans.: Sasmit samādhi is a part of conscious samādhi. In this stage, the citta is concentrated on the ego-substance, which is identified with the self. Hence, individuality becomes an existent.

2. What are the 'asta aisvaryas'.

Ans.: Animā, Laghimā, Mahimā Prāpti, Prakamya, Vasitva, Esitva, Yatrakamavasayitva

3. What is esitva?

Ans.: It is a power by which one attains absolute mastery over all the physical objects.

4. What is savitarka samādhi?

Ans.: In this stage, the citta is concentrated on a gross object and clearly identify it through meditation. For example, meditating to see the top of a nose.