**Hindu Temple of Central Illinois**

**Isvara Group**

**Homework 003**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Note: Record your answers to the following questions. One or two lines should be sufficient.

1. What is Īśvara?
2. Can you recognize Īśvara in everyday life? Be clear and list the ways Īśvara is present in your interaction with your family, your friends, at school, and other places.
3. Why should we undertake any project or study (including spiritual study)? What are the essential elements of why we should take up any work, according to our Vedas?
4. Why should one surrender to Īśvara? What is the benefit?
5. Who is Lord Dakṣināmurti?
6. What is the value of meditation? What are the benefits of practicing meditation regularly?