

1. Why is self-awareness important in learning the Science of Living?
2. Explain how the Mental Aspect helps in learning new skills in everyday life.
3. How does practicing concentration improve mental abilities?
4. In what ways does expanding your mental capacity lead to greater creativity?
5. In the context of the hospitality industry, describe a situation where you apply the four aspects of being (physical, mental, emotional, and spiritual).
6. How would you explain the concept of Science of Living to a kid, using practical examples?
7. Summarize the major events in The Mother's life before meeting Sri Aurobindo.
8. Describe Sri Aurobindo's early life and education in detail.
9. List 12 core values given by The Mother.
10. How does self-awareness contribute to personal development and growth?
11. Describe the four aspects of being (physical, mental, emotional, and spiritual) and their key attributes.
12. Explain the concept of 'knowing oneself' in the context of thoughts, emotions, and body movements.