

## PERIODIC TEST 1

CLASS – VII  
SUBJECT – ENGLISH

TIME – 1 Hour 30 Minutes  
MARKS – 40

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### SECTION A (READING)

1. Read the following passage carefully. (8 Marks)

Watching is meditation. What you watch is irrelevant. You can watch the trees, the river, the clouds, children playing around. Watching is meditation. What you watch is not the point; the object is not the point. The quality of observation, the quality of being aware and alert – that's what meditation is. Remember one thing; meditation means awareness. Whatsoever you do with awareness is meditation. Action is not the question, but the quality that you bring to your action is. Walking can be a meditation if you walk alert. Sitting can be a meditation if you sit alert. Listening to the birds can be a meditation if you listen with awareness. Just listening to the inner voice of your mind can be a meditation if you remain alert and watchful. The whole point is one should not move in sleep. Then whatever you do is meditation. The first step of awareness is to be very watchful of your body. Slowly, one becomes alert about each gesture, and each movement. And as you become aware, a miracle starts happening; many things that you used to do before simply disappear; your body becomes more relaxed, your body becomes more attuned. A deep peace starts prevailing even in your body; subtle music pulsates in your body. Then, start becoming aware of your thoughts; the same has to be done with emotions; you will be surprised at what goes on inside you. If you write down whatever is going on at any moment. You will not believe that this is what is going on inside you. And ten minutes later, read it – you will see a mad mind inside! Because we are not aware, this whole madness goes on running like an undercurrent. It affects whatsoever you are doing; it affects everything. And the sum total of it is going to be your life! So this madman has to be changed. And the miracle of awareness is that you need not do anything except just become aware. The very phenomenon of watching it changes it. Slowly the madman disappears, and slowly the thoughts start falling into a certain pattern; their chaos is no more; they become more of the cosmos. And then again, a deeper peace prevails. And when your body and your mind are at peace, you will see that they are attuned to each other, too; there is a bridge. Now they are not running in different directions; they are not riding different horses. For the first time, there is an accord, and that accord helps immensely to work on the third step, which is becoming aware of your feelings, emotions, and moods. That is the subtlest layer and the most difficult, but if you can be aware of the thoughts, then it is just one more step. A little more intense awareness is needed, and you start reflecting on your moods, your emotions and your feelings. Once you are aware of all these three, they all become joined into one phenomenon. And when all these three are one, functioning together perfectly, humming together, you can feel the music of all the three; they have become an orchestra – then the fourth happens, which you cannot do. It happens on accord. It is a gift from the whole; it is a reward for those who have done these three. And the fourth is the ultimate awareness that makes one awakened. One becomes aware of one's awareness – that is the fourth. That makes a Buddha awakened. And only in that awakening does one come to know what bliss is. The body knows pleasure, the mind knows happiness, the heart knows joy, and the fourth knows bliss. Bliss is the goal of sanyas, of being a seeker, and awareness is the path towards it.

The important thing is that you are watchful, that you have not forgotten to watch, that you are watching.....watching.....watching. Slowly as the watcher becomes more and more solid, stable, and unwavering, a transformation happens. The things that you were watching disappeared. For the first time, the watcher itself becomes watched, and the observer itself becomes observed. You have come home.

Answer the following questions based on the passage:

Q1) Meditation is (1 Mark)

i. Watching ii. Object of watching iii. Awareness iv. Walking

Q2) The first step of awareness is (1 Mark)

i. To be aware of your body ii. To be aware of your thoughts  
iii. To be aware of your mood iv. To be aware of your emotions

Q3) The fourth is the ultimate awareness that makes one awakened, it (1 Mark)

i. Happens automatically ii. is gift a gift from the whole  
iii. is a reward for those who have done all the three iv. all of the above

Q4) The whole journey of watching follows a particular order. Arrange the following options in their correct order. (1 Mark)

i. Awareness of thoughts. ii. Awareness of moods  
iii. Awareness of one's awareness. iv. Awareness of the body

A. iv, iii, ii, i. B. iv, ii, i, iii C. iv, i, ii, iii. D. i, iii, ii, iv

Q5) From the passage, which of the following statements are true in respect of ultimate awareness? (1 Mark)

i. Constant practice helps us to achieve ultimate awareness.  
ii. All those who can watch their moods can attain ultimate awareness.  
iii. It is a conscious outcome of our practice of watching  
iv. Ultimate awareness is bliss.

A. All four statements are correct. B. Only three statements are correct.  
C. Only two statements are correct. D. Only one statement is correct.

Q6) The author in the passage talks about a mad mind. Which of the following assumptions is made by the author? (1 Mark)

A. Minds of all men are mad. B. A mad mind cannot be cured.  
C. Not all minds are mad. D. A mad mind can be cured.

Q7) Which of the following titles is definitely true about meditation? (1 Mark)

A. Watching is meditation. B. Meditation is watching.  
C. Awareness is meditation. D. Awakening is meditation.

Q8) "Bliss" in the above passage mean? (1 Mark)

i. Awareness of the external environment.  
ii. Awareness of the inner self.  
A. Statement i is true. B. Statement ii is true.

C. Both statements are true. D. None of the statements is true.

### SECTION B ( WRITING)

2. Write a paragraph on any one of the following topics. (4 Marks)

Honesty is the best policy

OR

Environment

### SECTION C ( GRAMMAR)

3. Each of the following sentences has two blanks. Fill in the blanks with appropriate forms (Noun/Verb) of the word given in brackets: (4 Marks)

Eg: He has \_\_\_\_\_ to help me. Do you think he will remember his \_\_\_\_\_?  
(promise)

He has promised to help me. Do you think he will remember his promise?

- I. It isn't \_\_\_\_\_ that \_\_\_\_\_ should always be the mother of invention.  
(necessary)
- II. Hermits are \_\_\_\_\_ men. How they acquire their \_\_\_\_\_ no one can tell. (wise)
- III. The committee has \_\_\_\_\_ to make Jagdish captain of the team. The \_\_\_\_\_ is likely to please everyone. (decide)
- IV. Asking for \_\_\_\_\_ is as noble as willingness to \_\_\_\_\_. (forgive)

