



Daily Article (Bharath's Reading list) - Answers and Explanations 27.09.2023

Article link : [Link](#) (Why seek self-realisation?)

1. Which of the following is not in line with Næss's views?

- A. Each and every thing strives to persevere in its being, as far as it can by its own power
- B. Nature as a whole expresses its power in each thing but it does not have a higher overall purpose
- C. To actualise ourselves, we need to understand what our 'self' is but we overestimate ourselves and this prevents us from acting well
- D. Our conception of self is expansive; this can be realised by considering our relation to place

Explanation : C

Refer to the line, ' Næss thinks that we underestimate ourselves, writing in 1987: 'We tend to confuse it [the self] with the narrow ego.'

2. All the following are insights from Lorde, Næss and Spinoza that help us reason that climate crisis seriously hampers our ability for self-expression, except:

- A. Climate crisis degrades our sense of place and belonging, making it difficult for us to realise ourselves as human beings
- B. By unselfishly sacrificing desires that can lead to the climate crisis in order to show love for nature, we can achieve blessedness
- C. Pushed to settle for safety from immediate threats posed by the degradation of the environment, we cannot even begin to think about how to preserve ourselves in all the diverse aspects of our existence, and therefore cannot really survive
- D. Self-realisation implies a unity of acting and knowing; you need to know yourself accurately as part of a vast, interconnected nature, and as more than a narrow ego

Explanation: B

All options except B are insights from Lorde, Næss and Spinoza.

According to the article, Næss believes that 'when people feel they unselfishly give up, even sacrifice, their interest in order to show love for Nature, this is probably in the long run a treacherous basis for conservation.' Also, according to Spinoza, it is blessedness that helps us restrain desires, not the other way round.

3. 'Blessedness', according to Spinoza, is:

- A. A repose of the soul that is the reward of virtue
- B. Something that can be achieved in this life
- C. Achieved by restraining our lusts
- D. All the above

Explanation: B

Refer to the lines, 'In the 17th century, people commonly believed that you could achieve blessedness after you died if you followed the moral norms and willingly abstained from certain pleasures during your lifetime. However, Spinoza's radical insight is that you can achieve blessedness in this life. As he writes: Blessedness is not the reward of virtue, but virtue itself; nor do we enjoy it because we restrain our lusts; on the contrary, because we enjoy it, we are able to restrain them.'