

Glossary

This glossary contains many Sanskrit words, people, places, and literature that Sathya Sai Baba uses in His discourses, especially discourses appearing in this volume. The glossary attempts to provide comprehensive meanings and detailed explanations of the more important Sanskrit words, for the benefit of lay readers who are interested in Hindu religion and philosophy.

In an electronic version of this volume (e.g. an e-book for the Ipad, Kindle, or Nook), you can click on most names, places, people, and Sanskrit words within the text in order to immediately access the word in this glossary. Your device will also have an arrow or other link to press to get back to the text.

achara-dharma. Good behaviour.

acharya. Spiritual teacher, preceptor.

a-dharma. Evil, injustice.

adi-Atma. Pertaining to the individual soul, spirit, or manifestation of supreme Brahman.

adi-atmic. Pertaining to *adi-Atma*.

adwaitha. Nondualism, monism, the doctrine that everything is God, the philosophy of absolute oneness of God, soul, and universe.

Agni. God of Fire; the fire element; name for fire when it is out of sight range.

Aham Brahmasmi. "I am Brahman." One of the great *Vedic* aphorisms (*mahavakyas*).

ahamkara. Ego, self-love, selfish individuality.

ahimsa. Nonviolence.

a-jnana. Ignorance, stupidity.

a-jnani. Ignorant person.

akasa. Space, ether, the subtlest form of matter.

alaya. House, dwelling.

Ambarisha. Pious king of the Ikshvaku dynasty. Son of Prasusruka and father of Nahusha.

a-mritha-dharma. Immortal *dharma*.

a-mritha-putra. Son of eternal Divinity.

Amsumanta. King of the solar dynasty; virtuous son of Aswamanja and grandson of Sagara.

ananda. Divine bliss. The Self is unalloyed, eternal bliss. Pleasures are but its faint and impermanent shadows.

Anasuya. Wife of sage Athri and mother of Dattatreya; an incarnation of the Trinity.

an-atma. Not *Atma*, or not-Self.

anthah-karana. Inner psycho-somatic fourfold instruments of mind, intellect, memory, and ego.

a-nyaya. Injustice.

apana. The downward air, which goes out through the anus.

Aranyakas. Religious or philosophical texts closely connected with the *brahmins*, either composed in the forest or studied there.

Aranyaparva. First section of the third book of the *Mahadhundhumara*; contains predictions of the *Kali yuga*.

archaka. Worshipper.

arishadvarga. Six inner enemies of man, viz. lust, anger, greed, delusion, pride, and hate.

artha. Wealth, prosperity, material object, thing, aim, purpose, desire.

Aryan. (a) Literally noble. (b) Follower of *Vedic* or spiritual path. (c) Ancient dwellers of India who composed the *Rig-veda*; the chief tribe was that of the Bharathas.

Arjuna. Krishna's disciple, in the *Bhagavad Gita*; third of five Pandava brothers. See *Mahabharatha*.

a-sura. Demon; term arose when Diti's sons refused to drink the divine liquor (*suraa*) offered by Varuni, the daughter of Varuna.

asrama. A stage of life, one of: student, householder, hermit, and renunciate.

asthika. Believer; theist; God-revering person.

Aswamanja. King of solar dynasty; wicked son of Sagara and Kesini; driven away by his father because of his cruelty.

Aswapathi. Lord of horses, brother-in-law of Dasaratha, the father of Rama.

Atharva-veda. The fourth *Veda*. *Atharva* means "fourth". Steady, unmoved person, of stable nature.

Athri. A sage; father of Dattatreya.

Atma. Self; Soul. Self, with limitations, is the individual soul. Self, with no limitations, is Brahman, the Supreme Reality.

Atma-dharma. *Atmic* duty, divine duty.

Atma-jnana. Knowledge of Self-realization; awareness of *Atma*.

Atmarama. Eternal bliss; Rama in the heart.

Atma-suddhi. Self-purification.

Atma-swarupa. Embodiment of the all-pervading divine Self.

Atma-thathwa. True nature of *Atma*, the *Atmic* Principle.

Atma-vidya. Knowledge of supreme reality or *Atma*.

Atmic. Of or relating to the *Atma*.

Aum. *Om*; Designation of the Universal Brahman; sacred, primordial sound of the universe.

Avatar. Incarnation of God. Whenever there is a decline of *dharma*, God comes down to the world assuming bodily form to protect the good, punish the wicked and re-establish *dharma*. An *Avatar* is born and lives free and is ever conscious of His mission. By His precept and example, He opens up new paths in spirituality, shedding His grace on all.

a-vidya. Ignorance.

ayurveda. Classical Indian medical knowledge; science of health and long life.

bala. Strength, vigour, power.

bhaarya. Housewife.

bhaavana. Creative thought; creator.

Bhagavad Gita. Literally, Song of God. Portion of the *Mahabharatha* that is a dialogue between Arjuna, one of the Pandava brothers, and Krishna.

Bhagavan. Divinity; term of reverential address; Sathya Sai Baba is called *Bhagavan* by his devotees.

Bhagavatha. A sacred book composed by Sage Vyasa dealing with Vishnu and His incarnations, especially Krishna. It also means those with attachment to God, or the Godly.

bhaktha. Devotee of the Lord.

bhakthi. Devotion to God.

Bharatha-desa. India; region of God-loving people.

Bharatha-varsha. Culture of India.

Bharathiya. Indian, dweller in the country of Bharath (India).

Bhava-roga-vaidya. The Lord; the curer of worldly ills.

bheda. Separation, division.

Bhima. Second of five Pandava brothers; named for his size and strength. See *Mahabharatha*.

Bhishma. The guardian and patriarch of the Kauravas and Pandavas. Son of King Shantanu. Remarkable for his wisdom and unflinching devotion to God. Trapped by his fate to fight on side of evil Kauravas; bled to death on a bed of arrows while thinking of God. See *Mahabharatha*. He also vowed life-long celibacy to ensure that his offspring would not claim the throne.

Bhudevi. The goddess of Earth; wife of Vishnu.

bhutha. Any of the five elementary constituents of the universe; spirit; monster.

Bhuthanatha. Lord of the primordial elements; Lord of beings.

Brahma. The Creator, the First of the Hindu Trinity of Brahma (the Creator), Vishnu (the Preserver), and Siva (the Destroyer).

brahma-charya. Path to knowledge of Brahman; state of an unmarried religious student; first stage of life of a *brahmin*; spiritual studentship.

Brahma-jnana. Knowledge of Brahman.

Brahman. The Supreme Being, the Absolute Reality, Impersonal God with no form or attributes. The uncaused cause of the Universe, Existence, Consciousness-Bliss Absolute (*Sat-Chit-Ananda*); The Eternal Changeless Reality — not conditioned by time, space, and causation.

Brahmana. A section of each of the four *Vedas* dwelling on the meaning and use of mantras and hymns at various sacrifices.

Brahma-nishta. Steady contemplation of Brahman.

brahmarshi. Highest sage; one absorbed in divine consciousness.

Brahma Sutra. Spiritual text of *Vedantic* teachings in short maxims, attributed to Badharayana or Vyasa.

Brahma-thathwa. Formless God, Brahman principle.

Brahma-vadin. One who expounds the Brahman

Brahma-vidya. Spiritual attainment, knowledge of Brahman.

brahmin. First of four castes of social order, the priestly or teacher caste; a person belonging to this caste.

Brihadaranyaka Upanishad. The *Upanishad* that sets forth teachings maintained by Yajnavalkya regarding

Brahman.

buddha. Awakened, enlightened, wise.

Buddha. Prince Gautama, circa 556–480 BC. Founder of Buddhism after attaining enlightenment.

buddhi. Intellect, intelligence, faculty of discrimination.

caste. The four castes of social order are: *brahmin* (priestly or teacher), *kshatriya* (warrior, protector), *vaisya* (trader, merchant, agriculturist), and *sudra* (worker, helper). See *varna dharma*.

chaithanya. Consciousness, intelligence, spirit.

Chaithanya. Fifteenth century Vaishnava mendicant reformer; taught the path of love and devotion to the *Avatar* of Sri Krishna.

chakra. Disk; wheel; a weapon used by Krishna.

Chamaka Hymn of prayer to Siva. Found in the *Yajur-veda*.

chandala. Outcast.

chaya. Shade, shadow.

Chidambaram. Town 122 miles SSW of Chennai, noted for its temple dedicated to Siva in his aspect of “cosmic dancer”, Nataraja.

chit. Consciousness, knowledge, awareness.

chith-swarupa. Embodiment of consciousness.

chittha. Mind stuff, memory, subconscious mind.

Chudala. Sainly wife of King Shikhidwaja. When he renounced his kingdom, she gave him instruction in *Atmic* knowledge and brought him back to the throne.

dama. Control of the outer senses.

Damayanthi. Wife of King Nala of Nishada, who lost his kingdom at dice.

dana, danam. Charity, giving.

danda. Stick, rod of punishment.

Dasaratha. Son of Aja and father of Rama; King of Ayodhya; the name means “ten chariot hero”.

Dattatreya. Sage son of Athri and Anasuya.

daya. Compassion, sympathy.

deha. Body.

deva. Deity, celestial being, God.

Devatha. God.

Devaki. Mother of Krishna.

dhaana. Charity, giving —sometimes with the goal of receiving a particular benefit.

Dhara. Wife of the *vasu* Nandagopa (the *vasus* were a class of gods whose chief was Indra).

dharma. Righteousness, religion, code of conduct, duty, essential nature of a being or thing. It holds together the entire Universe. Man is exhorted to practise *dharma* to achieve material and spiritual welfare. The *Vedas* contain the roots of *dharma*. God is naturally interested in the reign of *dharma*.

dharma-karma. Act of duty, virtuous action.

dharmapathni. Lawful wife

dharmapurusha. Moral individual.

Dharmaraja. Name for Yudhistira, eldest of the five Pandava brothers. Born to Kunthi by the grace of Yama Dharmaraja, Lord of Death. Named for adherence to *dharm*. See *Mahabharatha*.

Dharma Sastras. Codes of law and ethics concerning virtuous living.

dharmasikshana. Instruction in *dharm*.

dharmasutras. Texts consisting of rules on *dharm*.

dharmaic. According to *dharm*, righteous.

dharmya-amritham. *Dharmaic* way to immortality.

Dhritharashtra. Father of Kauravas; holder of ruling power.

dhurbhiksha. Distress, want, dearth, famine.

dhyana. Meditation.

Dilipa. Son of Amsumanta; became king of the solar dynasty; offered his life to a lion who was about to kill the sacred cow Nandini.

Droupadi. Wife of Pandavas. See *Mahabharatha*..

durbhiksha. Distress, want, dearth, famine.

Durvasa. Son of Athri and Anasuya; known for quick temper and severe curses with an eventually constructive effect of driving home hard lessons of discipline and virtuousness. He granted boons to Kunthi, which resulted in the births of Karna and the Pandavas.

Duryodhana. Chief (and eldest) of the evil-minded sons of Dhritharashtra.

Dwapara-yuga. Third in the cycle of four ages. See *yuga*.

Easwara (Iswara). The Supreme Lord. Easwara is the Lord of every creature in the universe. Hence, the entire cosmos is reflected as an image in the Lord. Siva is often called Easwara..

Ekadasi. Eleventh day of fortnight of lunar month; considered sacred for fasting..

Ganga. The 1560-mile-long Ganges river; starts in the Himalayas and flows generally east into the Bay of Bengal; the most sacred river of India.

Gargi. Celebrated female sage, born in the family of Garga.

gayas. Vital airs.

Gayatri mantra. A very sacred *Vedic* prayer for self-enlightenment; it is repeated piously at dawn, noon, and twilight devotions.

glaani. Decline, weakening.

Godavari. Sacred river of south India; cuts across central south India, flowing from west to east.

Gopala. Cowherd boy. A name for Lord Krishna.

gopura. Decorated gate to the temple.

Gouranga. Name for Chaithanya, a great saint.

Govinda. Govinda and Gopala are names of Krishna, referring to his occupation as a young boy as a cowherd.

Grihalakshmi. Goddess of the home.

grihastha. Householder, one of the four stages of life.

grihini. Housewife.

guna. Quality, property, trait; one of the three constituents of nature (*sathwa*, *rajas*, and *thamas*). They bind the soul to the body. Man's supreme goal in life is to transcend the *gunas* and attain liberation from the cycle of birth and death.

guru. Spiritual guide; a knower of Brahman, who is calm, desireless, merciful, and ever ready to help and guide spiritual aspirants who approach him.

Guru-gita. Section of the *Skanda Purana*, the epic story of Skanda.

hamsa. Swan.

Hari. God; destroyer of sins; name for Vishnu.

Hindu. Person who adheres to Hinduism —the religion based on the *Vedas*. Name originally applied by foreign invaders to inhabitants of Indus (Sindhu) river valley.

Hiranyagarbha. Cosmic divine mind; cosmic womb; golden egg first created by Brahman from which all creation issued.

Hiranyakasipu. A demonic person who forbade mention of Vishnu's name, wicked father of Prahlada, who was a great devotee of the Lord; killed by the man-lion Narashimha, an *Avatar* of Vishnu.

homa. Oblation to the gods performed, by throwing ghee (clarified butter) on the sacred fire.

hridaya. Heart.

Indra. Lord of the *devas* (celestials). Indra is one of the chief deities in the *Rig veda*.

indriya-moha. Sublimation of the senses.

indriyas. Senses.

Ishta-devatha. Chosen deity.

Iswara (Easwara). The Supreme Ruler, the Personal God. He is Brahman associated with illusion (*maya*) but has it under His control, unlike the individual soul, who is illusion's slave. He has a lovely form, auspicious attributes, and infinite power to create, sustain, and destroy. He dwells in the heart of every being, controlling it from within. He responds positively to true devotion and sincere prayer.

ithihasa. Historical legend, traditional account of former events.

jaagrath. Waking state.

jada. Inert matter.

jagath. Cosmos, world of change, creation.

Janaka. A self-realized king; Sita's father and Rama's father-in-law. His ancestor was Nimi, a great emperor.

japa. Soft prayer or repetition of the name of God.

Jarasandha. King of Magadha and father-in-law of Kamsa; enemy of Krishna.

Jayadeva. Sanskrit poet; wrote the *Gita Govinda*, which describes the early life of Krishna.

Jesus Christ. Founder of Christian religion; death on cross symbolized death of the ego.

jiva. Individual or soul, in a state of non-realisation of its identity with Brahman. It is unaware of its own nature and is subjected to sensations of pain and pleasure, birth and death, etc.

jivan-muktha. One who is liberated in this life.

jivi. Individual or soul.

jnana. Sacred knowledge; knowledge of the spirit, pursued as a means to Self-realisation. It is direct experience of God, as the Soul of the souls. *Jnana* makes a man omniscient, free, fearless, and immortal.

Jnana-kanda. Portion of the *Vedas* that deals with knowledge of Brahman through the path of spiritual wisdom or discriminative knowledge.

jnana-marga. Path of spiritual wisdom.

jnana-yoga. Path of inner contemplation, spiritual wisdom.

jnanen-driyas. Five organs of perception: eye, ear, tongue, nose, and skin.

jnani. Wise man, realized soul.

Kabir. Also **Kabirdas.** 15th century mystic poet; preached equality before God of all creatures and the religion of love/devotion, which was aimed at the union of the soul with God. Born to a Muslim weaver family of Benares.

kali-purusha. Personification of *kali-yuga*, the evil age.

Kali-yuga. Fourth in a cycle of four ages; the evil age; the one we are now in. See *yuga*.

kama. Desire, lust, worldly fulfillment; one of four goals of humans.

Kamsa. Brother of Krishna's mother, Devaki, and killer of her first six sons.

kamya-karma. Acts done to gain fruits thereof.

karma. Action, deed, work, religious rite, the totality of innate tendencies formed as a consequence of acts done in previous lives. Every *karma* produces a lasting impression on the mind of the doer, apart from affecting others. Repetition of a particular *karma* produces a tendency (*vasana*) in the mind. *Karma* is of three kinds: (i) that being exhausted in the present life (*praarabdha*): (ii) being accumulated for the present life (*aagami*), and (iii) that being accumulated or stored to be experienced in future lives (*samchitha*). *Akarma* is action that is done without any intention to gain the consequences; *vikarma* is action that is intentionally done.

karma-deha. Body acquired as a result of action.

Karma-kanda. The section of the *Vedas* dwelling mainly on rituals; the *samhithas* and the *Brahmana* of the *Vedas*.

karmen-driyas. Organs of action: larynx, hands, feet, anus, sex organs.

Karna. Half-brother of the Pandavas. Valiant but unfortunate eldest son of Kunthi by the Sun deity. Ally of the Kauravas in the war with Pandavas.

Kauravas. Family that fought Pandavas. See *Mahabharatha*.

Kausika. Name for Viswamitra, since he was Kusa's son.

Kesini. Daughter of the king of Vidarbha and wife of Sagara.

Krishna. The *Avatar* of Vishnu in the *Dwapara yuga*, prior to the present *Kali yuga*.

kritha-yuga. First age of man, Golden age of truth. See *yuga*.

Krithya. Demoneess or demon to whom sacrifices are offered for destructive purposes. Created by the black arts.

kshatriya. Protector, warrior; see caste.

kumkum. Auspicious mark of vermillion placed on forehead.

Kunthi. Also **Kunthi Devi.** Mother of Pandavas, wife of King Pandu (the younger brother of emperor Dhrithar-

ashtra), and sister of Krishna's father (Vasudeva).

Lakshmana. Brother of Rama and son of Sumitra; represents intellect.

Lakshmi. Consort of Vishnu, goddess of wealth.

leela. Divine sport or play.

lingam. Also *Sivalingam*. Egg-shaped stone; symbol of Siva; the form of the formless; symbolizes merger of the form with the formless.

loka-dharma. Worldly *dharma*.

loka-siksha. Worldly punishment.

maadhyamika. Noontime.

Madalasa. Wife of King Rithadwaja. Once, the demon Patalakethu carried her away to the nether world; Patala and King Rithadwaja rescued her.

Madhava. God (name for Krishna); Master of illusion (*maya*), Lord of Lakshmi.

Madhavathwa. Divinity..

Madhwacharya. 13th cent. exponent of dualist philosophy; lived in the South Indian court of Vijayanagar; author of *Vedantic* works; founder of a sect of Vaishnavas; refuted monism of Sankaracharya.

Mahabharatha. The Hindu epic composed by Sage Vyasa, which deals with the deeds and fortunes of the cousins (the Kauravas and Pandavas) of the Lunar race, with Lord Krishna playing a significant and decisive role in shaping the events. The *Bhagavad Gita* and *Vishnu Sahasranama* occur in this great epic. It is considered to be the Fifth *Veda* by devout Hindus. Of this great epic, it is claimed that "what is not in it is nowhere.

mahavakya. Great aphorism.

Maitreyi. Female consort of Yajnavalkya; one of greatest sage-philosophers in the *Upanishads*. Maitreyi was known for her wisdom. See the *Brihadaranyaka Upanishad*.

manana. Reflection, meditation, understanding.

manas. Mind, the inner organ, which has four aspects: (i) mind (*manas*), which deliberates, desires, and feels; (ii) intellect (*buddhi*), which understands, reasons, and decides; (iii) the 'I' sense, and (iv) memory (*chitha*). The mind, with all its desires and their broods, conceals the Divinity within man. Purification of the mind is essential for realisation of the Self.

manava-thathwa. Humanness, essential nature of human being.

manavathwa. Human value.

mandir. Temple.

Mandodari. Ravana's wife, queen of Lanka.

mantra. A sacred formula, mystic syllable or word symbol uttered during the performance of the rituals or meditation. They represent the spiritual truths directly revealed to the *rishis* (seers). The section of the *Veda* that contains these hymns (*mantras*) is called the *Samhitha*.

mantra-sastra. The science of the *Vedic* sacred formulae.

Manu. The first father of mankind; author of the codes of righteous conduct (*Dharma Sastras*); son of Surya (the sun) and father of Vaivaswatha Manu, the present progenitor of mankind.

Manu-dharma. Code of virtuous conduct presented in the *Dharma Sastras* by Manu.

Manu-smrithi. Laws of Manu.

Mathariswan. God of wind.

maya. Delusion. The mysterious, creative, and delusive power of Brahman through which God projects the appearance of the Universe. *Maya* is the material cause and Brahman is the efficient cause of the Universe. Brahman and *maya* are inextricably associated with each other like fire and its power to heat. *Maya* deludes the individual souls in egoism, making them forget their true spiritual nature..

Meera. Princess of Rajasthan and queen of Chittor; devoted to Krishna; took poison from her husband without any effect; composed devotional songs of exceptional quality.

Mimamsa. Exegetical-expository school of Indian metaphysics, the earlier (*purva*) concerning itself chiefly with interpretation of *Vedic* ritual and the later (*uttara*) with the nature of Brahman.

Mimamsaka. Adherent of philosophical system concerning itself chiefly with correct interpretation of the *Vedic* rituals.

Mohammed. Seventh century Arabic prophet and founder of religion of Islam.

moksha, mukthi. Liberation from all kinds of bondage, especially the one to the cycle of birth and death. It is a state of absolute freedom, peace, and bliss, attained through Self-realisation. This is the supreme goal of human endeavour, the other three being, righteousness (*dharmā*), wealth and power (*artha*), and sense-pleasure (*kama*).

muktha-purusha. Liberated person

Mundaka Upanishad. A *Upanishad* of *Atharva-veda*.

Nakula. One of the Pandava brothers. See *Mahabharatha*.

namasmarana. Remembering God through His Name — one of the important steps of spiritual discipline to obtain God's grace and to make progress in the spiritual journey.

Nala. King of Nishada and husband of Damayanthi; lost his kingdom at dice.

Nalayani. Previous birth of Droupadi, who was married to the aged, leprosy-ridden, sage Maudhgalya.

nama. name.

Namadev. Hindu saint-poet in 13th and 14th centuries.

nama-smarana. Remembrance of God's name.

nama-yajna. Sacrifice only in name.

Nanak. 15th century founder of Sikh religion.

Nandanar. Great 13th century devotee of Siva, born in the labourer (*sudra*) caste. Through devotion, he overcame all obstacles and merged with God in the temple in Chidambaram.

Nandi. Siva's bull.

Nandini. Fabulous cow of sage Vasishtha bestowing all desires.

Nandiswara. God, Lord of all creatures; Siva.

Narada. Sage-bard; traveled the world chanting Narayana. Famous for creating disputes, resulting in solutions for the spiritual advancement or victory of the virtuous. Expert in law and author of texts on *dharmā*.

Narada-parivrajaka Upanishad. The sage-mendicant Narada's *Upanishad*.

naraka. Hell.

Narasimha. Man-lion. One of the ten *Avatars* of Vishnu.

Narayana. The Primal Person, the Lord, Vishnu.

nasthika. Atheist.

neem. The margosa tree, which exudes a tenacious gum and has a bitter bark used as a tonic; its fruit and seeds have medicinal properties.

nethi. Not this.

nethra. Eye.

nir-guna. Without qualities, attributeless.

nir-gunopasana. Contemplation on the formless Supreme.

nishchitha-jnana. Incontrovertible wisdom.

nithya. Eternal, permanent.

nithya-anushtana. Rites and vows prescribed for daily adherence.

nivritti. Withdrawal, detachment, renunciation.

ojas. Heroism, power.

Om. Designation of the Universal Brahman; sacred, primordial sound of the Universe.

Omkara. The form of AUM, or Om.

paaramaaritha. Fool's goal.

Pandavas. Sons of Pandu; family of 5 brothers that fought the Kauravas: Dharmaraja, Bhima, Arjuna, Nakula, and Sahadeva. See *Mahabharatha*.

Parabrahman. Universal Absolute Brahman.

Param-aaritha. Highest good; highest goal beyond and above this material world.

parama-hamsa. Realized sage.

parama-padha. Highest stage of spirituality; final emancipation.

Param-atma. Supreme Self, Supreme *Atma*.

Parameswara. Supreme Lord, highest Godhead, Siva.

para-sakthi. Universal cosmic energy; supreme energy.

Parivrajaka Upanishad. See *Narada-parivrajaka Upanishad*.

Parvathi. Siva's consort. Also known as Gauri (fair complexioned) and by other names.

pasu. Animal, bull.

Pasupathi. Lord of animals or individualized souls; another name for Siva.

Patanjali. Author of the *Yoga Sutras*, which form the foundation of the *yoga* system of Indian philosophy. See *raja-yoga*.

pathi-vratha. Chaste and loyal to the husband.

pathi-vratha-dharma. Duty of a chaste wife to husband.

pathni. Housewife.

praathah-sandhya. Dawn worship of the Lord.

Prahlada. Son of the demon king Hiranyakasipu. As a boy, he was beaten, trampled, and cast into fire and water. But he saw only God everywhere, and repetition of the Name of God saved him. Once, Prahlada asserted that God was everywhere, and Narayana appeared in his man-lion form from within a pillar to destroy the king.

Prajapathi. Creator of this world; God presiding over creation. Also called Manu, Surya's son.

prakriti. Nature, the Divine Power of Becoming. Also known as *maya*, *avidya*, and *sakthi*; the world of matter and mind as opposed to the spirit. *Prakriti* has three dispositions or *gunas* (*sathwa*, *rajas*, and *thamas*), which go into the make-up of all living and non-living beings in the Universe, in varying proportions leading to the appearance of infinite multiplicity in form, nature, and behaviour.

prana. Life-breath, life force, vital energy, the five vital airs of the body. English doesn't seem to have names for these vital airs, so we list them with their Sanskrit names: *prana* (located in lungs), *apana* (flatus, which moves downward through the rectum), *vyana* (diffused throughout the whole body), *samana* (navel; essential to digestion), and *udana* (rises through throat to head).

pranayama. Breath control.

Pranava. *Om*; the sacred seed-sound and symbol of Brahman. "The most exalted syllable in *Vedas*". It is used in meditation on God. It is uttered first before a *Vedic mantra* is chanted.

prasanthi. Supreme peace, equanimity.

prema. Ecstatic love of God; divine love of the most intense kind.

prithvi. Earth, world.

puja. Worship.

pundit. Learned scholar, wise man.

Purana. Any of a number of collections of ancient legends and lore embodying the principles of the universal, eternal religion and ethics. There are 18 *Puranas*, the most famous being the *Mahabhagavatham* and the *Devi Bhagavatham*.

Puranic. Relating to Purana.

Purusha. Primeval Person, Supreme Spirit, Lord, God.

purusha-arthas. Goals of human life.

purusha-dharma. *Dharma* for man (for the male).

Purushothama. The supreme Lord of all.

Radha. Cowherd maid, a chief devotee of Krishna; one of Lakshmi's forms.

rajarshi. Royal sage.

rajas. One of the three *gunas* (qualities or dispositions) of *maya* or *prakriti*. Passion, restlessness, aggressiveness, emotions such as anger, greed, grief. Associated with colour red. See *guna*.

rajasic. Adjective form of *rajas*, passionate, emotional.

raja-yoga. Royal *yoga* of meditation, detachment, and desirelessness. Eight-fold path of *yoga* developed by Patanjali, which includes control of the mind and withdrawal of the senses from the external world.

rajoguna. Quality of passion, restlessness, aggressiveness. Associated with colour red. See *guna*.

raksha. Saviour, protection.

Rama. *Avatar* of the *Thretha yuga*. Hero of the *Ramayana*; killed the wicked Ravana to rescue his wife Sita,

who had been kidnapped. “Rama” means “he who pleases”.

Ramachandra. Another name for Rama.

Ramakrishna Paramahansa (1836 to 1886). Celebrated mystic; mastered all types of *yoga* and also Christian and Islamic practices. Swami Vivekananda took his message of universal religion to the West. Married to Saradadevi.

Ramayana. This sacred epic, composed by Sage Valmiki, deals with the incarnation of Vishnu as Sri Rama, who strove all his life to reestablish the reign of *dharmā* in the world. The *Ramayana* has played an important role in influencing and shaping the Hindu ethos over the centuries.

Ramanuja. Eleventh century teacher and interpreter of the *Brahma-sutra*; proponent of the ultimate oneness of the differentiated (*visishṭa-adwaitha*). Believed in a personal God reached by devotion and faith and the everlasting self-identity of the individual soul in communion with God as the goal of life.

Ramdas. Maratha 17th century saint; author of work on religious duty; guru of the great King Sivaji.

rasa. Taste, sweetness, essence of enjoyment.

Rasmani, Rani. Devotee of Ramakrishna; constructed a Kali Temple in Kolkata.

rathi. Attachment.

Ravana. Lord of demons and king of Lanka, who abducted Sita (Rama’s wife).

Rig-veda. First *Veda* composed by the sages, consisting of 1028 hymns. Oldest religious text in world.

Rig-vedic. Of or relating to the *Rig-veda*.

rishi. Sage, wise man.

Rudra. Vedic God of dissolution of the cosmos; named Siva in his auspicious or benevolent form; one of the Trinity of Brahma, Vishnu, and Rudra/Siva.

rupa. Form, figure, appearance.

sadguna. Good character, virtue.

sadhaka. Spiritual aspirant.

sadhana. Spiritual discipline or exercise; self effort.

sadhu. Virtuous, wise aspirant; pious or righteous person.

Sagara. Ancient emperor of Ayodhya; son of Asitha and father of Aswamanja.

sa-guna. With qualities, with form, materialized.

Sahadeva. One of the Pandava brothers. See *Mahabharatha*.

sahana. Tolerance, fortitude.

sahasra-nama. 1000 names of Siva or Vishnu.

Sakkubai. A famous Krishna devotee.

sakshatkara. Divine spiritual experience or vision; direct experience of the Lord.

sakthi. Great universal power, divine energy, strength. *Maha* means *Great*, so *Mahasakthi* is great *sakthi*.

Sakthi. Female consort of Siva.

sama. Control of the senses, peace, equanimity, tranquility.

samadhi. Literally, total absorption. The state of super consciousness resulting in union with or absorption in

the ultimate reality, the *Atma*; perfect equanimity. The state that transcends the body, mind, and intellect. In that state of consciousness, the objective world and the ego vanish and Reality is perceived or communed with, in utter peace and bliss. When people realise in this state their oneness with God, it is called *nirvikalpa samadhi*.

samhitha. Collection of methodically arranged verses or text; continuous text of the *Vedas* as formed out of the separate words by proper phonetic changes.

samana. Digestive air; even breath.

samsara. Worldly life; life of the individual soul through repeated births and deaths. Liberation means getting freed from this cycle.

Sananda. A *rishi*, one of four mental sons of the Creator, Brahma, (the others are Sanathana, Sanatkumara, and Sanaka).

sanathana. Ancient and also eternal.

Sanathana Dharma. Eternal religion. A descriptive term for what has come to be called Hinduism. It has no single founder or text of its own. It is more a commonwealth of religious faiths and a way of life.

sandhya. Early morning, noon, evening; conjunction of time periods.

sandhya-vandana. Morning, noon, or evening prayers.

Sankara. Another name for Siva (means beneficent, conferring happiness).

Sankara. Also **Sankaracharya.** Celebrated philosopher, preceptor of non-dualistic *Vedanta*. Defeated all religious opponents in debates throughout India.

santhi. Peace, equanimity, serenity, tranquility.

santhosha. Peace, contentment, happiness.

sanyasa. Renunciation-detachment, mendicancy.

Saraswathi. Goddess of learning and eloquence, a daughter of Brahma. Also, an underground river, originating in the upper Indus river basin and joining the Ganga and Yamuna rivers at Prayag or Allahabad.

sarira. Body.

sarva-loka-hitha. Universal good; benefit of whole world.

Sastras. The Hindu scriptures containing the teachings of the sages. The *Vedas*, the *Upanishads*, the *itihisas* (epics), the *Puranas*, the *Smrithis* (codes of conduct), etc., form the *Sastras* of the Hindus. They teach us how to live wisely and well with all the tenderness and concern of the Mother.

sat. Existence, being, good, real.

sat-chit-ananda. Existence-knowledge-bliss, or being-awareness-bliss.

sathwa. One of the three *gunas* (qualities and dispositions) of *maya* or *prakriti*. It is the quality of purity, brightness, peace, and harmony. It leads to knowledge. Man is exhorted to overcome *thamas* by *rajas* and *rajas* by *sathwa* and finally to go beyond *sathwa* itself to attain liberation.

sathwic. Adjective form of *sathwa*; serene, pure, good, balanced.

sathya. Truth.

sathya-dharma. Law of truth, practice of truth.

Sathyantarayana. Sathy Sai Baba, as an incarnation of Narayana, the Primal Person, the Lord, Vishnu.

Savithri. Brought husband back to life by outwitting Yama, the Lord of Death, by her power of purity and chastity.

Shantanu. A Kuru king, descendant of the Bharata race, of the lunar dynasty and the ancestor of the Pandavas and the Kauravas. Bhishma was his son.

Shirdi. Town in which Shirdi Sai Baba had his ashram, about 250 km ENE of Mumbai, India.

Shirdi Sai Baba. First of the triple incarnation consisting of Shirdi Sai Baba, Sathya Sai Baba, and Prema Sai Baba. He passed away in 1918.

Sisupala. Demon who merged with the Lord when slain by Krishna.

Sita. Wife of Rama; brought up by King Janaka who found her in a box in the earth. Also, a tributary of the Ganga, flowing westward.

siva. Also *sivam*. Temple, the divine; refers to Siva. Also, grace, auspiciousness, goodness.

Siva. The Destroyer, the Third of the Hindu Trinity of Brahma (the Creator), Vishnu (the Preserver), and Siva (the Destroyer).

Sivarathri. The fourteenth day of the lunar fortnight, when the moon is waning. *Mahasivarathri* is the *Sivarathri* when the sun is in the sign of Aquarius, generally February or March. *Siva-rathri* means “Auspicious darkness”. In His discourse of 7 March 1978, Sai Baba explained, “The waned moon may be taken to stand for the mind with all its wild fancies and waywardness reduced after it has been conquered by spiritual discipline. On this night, there is just a minute part more to be conquered, and that can be done by keeping vigil and dwelling on the glory of God.” That is the reason for night-long devotional singing on *Mahasivarathri*.

Skanda. Siva’s son Subrahmanya.

Skanda Purana. One of the eighteen *Puranas*, the epic story of Skanda.

smarana. Remembering the name of the Lord.

smrithi. Code of law; traditional law delivered by human authors.

sraddha. Faith.

sruthi. Sacred revelations orally transmitted by brahmins from generation to generation, differing from traditional law codes (*smrithi*). Divinely sourced scripture; *Veda*; divine words known by revelation; that which was heard or listened to.

sthitha-prajna. Person of steady integral spiritual wisdom.

stotra. Hymn of praise of God.

stri-dharma. *Dharma* for women.

suddha. Pure.

suddhi. Purity.

sudra. Labourer, the fourth caste of workers. See Caste.

sukta. Hymn.

Sulabha. Female mendicant in *Mahabharatha*.

Sumitra. Second wife of Dasaratha and mother of Lakshmana and Satrugna.

Surdas. A great blind devotee of Krishna.

surya. The sun.

Surya. The sun god, the father of time. A name for the sun. Also, son of Kasyapa and father of Manu.

sushupti. Deep sleep state.

sutra. Concise rule or aphorism; that which, through a few words only, reveals vast meanings; text consisting of aphorisms or maxims; a thread; something, like a thread, that runs through and holds everything together.

swa-dharma. One's own *dharma* or duty.

swapna. Dream state.

swarupa. Form, essential nature, true nature of Being, embodiment.

swayam-jyothi. Self-illuminating.

Taithiriya Upanishad. One of the ten most important *Upanishads*; it is the philosophical portion of the *Black Yajur-veda*; the other part is called the *White Yajur-veda*.

tapas. Concentrated spiritual exercises to attain God, penance, severe austerities.

tapasvi. Ascetic.

tarika. Philosophical system based on reasoning or logic.

tejas. Spiritual power, splendour.

thamoguna. Quality of dullness, ignorance, delusion, inactivity, inertia, sloth. Associated with colour black. See *guna*.

thamas. One of the *gunas* (qualities and dispositions) of *maya* or *prakriti*. It is the quality of dullness, inertia, darkness and tendency to evil. It results in ignorance.

thamasic. Adjective form of *thamas*, dull, ignorant, passive.

thapovana. Sacred grove in which religious austerities are practised, hermitage.

Thath. That, the Godhead.

Thathwa. Principle, truth, essence. That-this entity. *Thathwa* is regarded as made up of That (*Thath*) and you (*thwam*).

Thretha-yuga. The second in the cycle of four eras. See *yuga*.

thwam. Thou, You, This, the individual.

Thyagaraja. 18th and 19th century mystic singer/ composer. Leader in Karnatak tradition of classical Indian music. Born in Thanjavur District of south India.

Tukaram. Well-known Maratha 17th century writer. He abandoned the world and became a wandering ascetic.

Tulsidas. Author of the greatest medieval devotional poetical work concerning the acts of Rama.

udana. Breath that moves upward from the throat.

Uddhava. Friend and messenger of Krishna.

upanayana. Sacred thread ceremony in which a boy is initiated with a sacred thread and is then qualified to learn *Vedas*.

Upanishads. The very sacred portions of the *Vedas* that deal with God, humanity, and universe, their nature and interrelationships. Spiritual knowledge (*jnana*) is their content, so they form the *Jnana-kanda* of the *Vedas*.

upasana. Worship, devotion, meditation practice, acquisition of the presence of the Lord, a method for approaching or getting close to a deity or God, the act of being near or at hand.

Uttara Mimamsa. Later *Mimamsa Vedantic* philosophy, as distinguished from earlier *Mimamsa*, which concerned itself with rituals. By Veda Vyasa.

vaak. Vocal organs, word, word of mouth.

Vaikunta. Vishnu's heaven.

Vaishnavite. A person belonging to *Vaishnavism*, one of the major branches of Hinduism. It focuses on worshipping Vishnu and his ten incarnations.

vaisya. Business person, trader, merchant. See caste.

vairagya. Detachment, renunciation.

Vallabhacharya. Fifteenth century *Vaishnava* teacher; advocated non-mortification of the body. Wrote many spiritual texts including commentaries on the *Vedanta-sutras*.

Valmiki. The saint-poet who wrote the *Ramayana*.

vanaprastha. Forest-dweller, hermit; third of the four stages of life.

varna. Caste.

varna dharma. The Hindu community is divided into four social groups, or castes (*varnas*), based on *gunas* and vocations: (1) *Brahmana* (the *brahmins*, the custodian of spiritual and moral role), (2) *kshatriya*, the warrior group, which rules and defends the land), (3) *vaisya*, the group dealing with commerce, business, and trade, and (4) *sudra*, the group devoted to labour and service to the community. Each caste has its own *dharmic* restrictions and regulations that strive to canalise impulses and instinct into fields that are special to their place in society, controls pertaining to the duties of the caste.

Varuna. Chief *Rig-vedic* god associated with Mitra; god of rain, water, the ocean, night; a great sage.

vasana. Inclination, impression of anything remaining in the subconscious mind from past action.

Vasishtha. One of the greatest *rishis* (sages) of ancient times; priest of the solar race of kings; revealer of several *Vedic* hymns. Had sacred, wishfulfilling cow called Nandini.

Vasudeva. Father of Krishna.

Veda. Knowledge, wisdom. This knowledge is generally viewed as being given in the *Vedas*.

Veda-matha. The mother that is the *Veda*.

Vedas. The oldest and the holiest of the Hindu scriptures, the primary source of authority in Hindu religion and philosophy. They are four in number: the *Rig-Veda*, *Sama-Veda*, *Yajur-Veda*, and *Atharva-Veda*.

Vedic. Of your relating to the *Vedas*.

Vedanta. Means "the end of the *Vedas*". It is the essence of the *Vedas* enshrined in the *Upanishads*. The philosophy of non-dualism, or qualified non-dualism, or dualism based on the *Upanishadic* teachings, is denoted by this term.

Vedantic. Of or pertaining to *Vedanta*.

Veda-vidya. Knowledge of the *Vedas*.

Vidarbha. An ancient country in India.

vidwan. Wise person.

vidya. Spiritual education, spiritual knowledge, learning, that which illumines, that which gives light, supreme teaching.

vi-jnana. Highest wisdom; discriminating faculty of the intellect; spiritual wisdom beyond the material plane.

vi-jnani. Scientist; wise person; one who has developed and correctly applied spiritual power.

Vishnu. The Preserver, the Second of the Hindu Trinity of Brahma (the Creator), Vishnu (the Preserver), and Siva (the Destroyer).

visishtha-adwaitha. Qualified nondualism. The doctrine that men's spirits of have a qualified or partial identity with God.

Viswa-karma. Architect of the Gods.

Viswamitra. Sage; known for his efforts to equal Vasishta. Born as warrior Kausika who by the power of the *Gayatri* transformed himself spiritually. Early counselor of the young Rama.

viveka. Discrimination.

Vivekananda. Disciple of Ramakrishna; one of the founders of the Ramakrishna order. He taught *Vedantic* philosophy in Europe, America, and India.

vratha. Oath; discipline of worship.

vritti. Occupation, activity.

vyana. One of five vital airs; that which is diffused throughout the whole body.

Vyasa. Compiler of *Vedas* and author of the *Mahabharatha*, *Mahabhagavatham*, and *Brahma Sutra*.

yajna. Holy ritual, sacrifice, or rite. Also, personification of rite (when capitalized)

Yajnavalkya. Great *Upanishadic* person. Priest and guru of King Janaka. Taught monistic *adwaithic* doctrine of identity of *Atma* and Brahman in Brihadaranyaka Upanishad.

Yajur-veda. Second *Veda*, consisting of a collection of sacred texts in prose relating to sacrifices.

Yama. God of Death; death personified.

yoga. Union with God. Also the path by which this union of the soul with God is achieved. The four important paths of *yoga* are knowledge, action, meditation, and devotion.

Yoga-sastra. Scripture or science that deals with *yoga*, esp. by Patanjali.

Yoga Sutras. An aphoristic treatise on *yoga* by Patanjali.

Yoga-vasishtha. Sacred work in the form of dialogue between Vasishta and his pupil Rama, teaching the way to eternal bliss.

yogini. Female ascetic or *yogi*.

Yogini. Female *yogi* in *Mahabharatha*.

Yudhistira. Eldest Pandava brother; also called Dharmaraja.

yuga. Era or age. There is a cycle of four *yugas*: the *Kritha yuga*, *Thretha yuga*, *Dwapara yuga*, and *Kali yuga*. The present age is the *Kali yuga*.