



## Glossary

*adi-murthi*. Primordial force.

*aham*. The knower, 'I'.

*aham-kara*. Ego, self-love, selfish individuality.

*a-jnana*. Ignorance, stupidity.

*a-jnani*. Ignorant person.

*a-mritha*. Divine nectar (literally, no death or immortal).

*ananda*. Supreme bliss, unending joy.

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

*antar (anthar)*. Inner.

*antar vimarsha*. Inner quest.

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

*apsaras*. Wives of the *Gandharvas*, celestial nymphs.

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

- asana (asana).** *Yoga* posture or sitting posture.
- a-santhi (a-shanthi).** Lack of peace; agitated mind; restlessness.
- a-sura.** Demon; term arose when Diti's sons refused to drink the liquor (*sura*) offered by Varuni, daughter of Varuna.
- Atma (Athma).** The real Self, one's divinity, God, the substance of everything, the unseen basis, the spark of God within. The *Atma* is unchanging and immortal; It does not die.
- Atma-ananda. (Athma-anandha)** *Atmic* bliss, bliss of Self-realization.
- Atma-anubhava. (Athma-anubhava)** *Atmic* experience.
- Atma-sakshatkara.** Direct vision of *Atma*.
- Atmic.** Of or pertaining to the *Atma*.
- avadhana.** Concentration.
- Avatar.** An incarnation of God, taking a form according to the age in which the incarnation occurs. Special manifestation of God on Earth. Baba. Sathya Sai Baba.
- Bhagavad Gita.** Literally, Song of God. Portion of the *Mahabharatha* that is a dialogue between Arjuna, one of the Pandavas, and Krishna. See *Mahabharatha*.
- bhajan.** Devotional song(s) to God; community singing of spirituals.
- bhaktha.** Devotee of the Lord. *bhakthi.* Devotion to God.
- Bharadwaja.** Celebrated sage who taught the science of medicine; seer of *Vedic* hymns.
- bhava-nasana.** The end of ideation.
- bhava-roga.** Disease of worldliness.
- bikshu.** Religious mendicant, who lives on alms.
- Brahma.** The Creator in the trinity of Brahma, Vishnu (the Preserver), and Siva (the Destroyer).

- Brahmaikyatha.** The Godhead.
- Brahma-jnana.** Knowledge of Brahman.
- Brahman or Brahmam.** Primal source and ultimate goal of all beings; Impersonal Supreme Being. It is identical to *Atma*.
- Brahma-vidya.** Spiritual attainment, knowledge of Brahman.
- buddhi.** Intellect.
- chaithanya.** Consciousness, intelligence, spirit.
- Chaithanya.** 15th cent. *Vaishnava* mendicant reformer; taught path of love and devotion to the *Avatar* of Sri Krishna.
- chit.** Consciousness, knowledge, awareness.
- Daivam.** Godhead.
- dharana.** Concentration, fixed attention, one of 8 steps in Patanjali's *yoga* discipline.
- dharma.** Right action, truth in action, righteousness, morality, virtue, duty, the dictates of God, code of conduct.
- Dharma.** defies a simple translation into English.
- dharmic.** According to *dharma*, righteous.
- dhyana.** Meditation.
- dhyana-marga.** Path of meditation.
- dhyani.** Meditator.
- Druva (Dhruva).** Grandson of Brahma and son of Uttanapadha; as a child, Druva performed severe penance and attained self-renunciation.
- 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.

**dussanga.** Company of the wicked.

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

**ekagratha.** One-pointedness of mind.

**Gauranga.** Name for Chaithanya, a great saint.

**Gita.** Literally, song. Short for *Bhagavad Gita*, the Song of God.

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

**guna.** Quality, characteristic. The qualities of *sathwa*, *rajas*, and *thamas* (serenity, passion, ignorance) are general universal characteristics of all kinds of mental tendencies and actions/ thoughts, which are prompted by specific kinds and mixtures of these three qualities. For example, *sathwic* food is health-giving, strength-giving and delightful; *rajasic* food is spicy, sour, or salty and brings on diseases; and *thamasic* food is impure, old, stale, tasteless, or rotten. See *thamas*, *rajas*, *sathwa*.

**halahala.** A deadly poison, produced by gods and demons at the churning of the ocean.

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

**iccha-shakthi (iccha-shakthi).** Will power.

**Indra.** Lord of the *devas* (celestials).

**Iswara.** Lord, God, Supreme Being; another name for Siva.

**iswarya.** Fullest splendour of power.

**jada.** Inert matter.

**jagath.** Cosmos, world of change, creation.

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

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

**jiva.** Individual soul with ego.

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

**jivi.** Individual or soul.

**jnana.** Spiritual knowledge, wisdom.

**jnanen-driyas.** Five organs of perception: eye, ear, tongue, nose, and skin; associated with five senses of perception: sight, hearing, taste, smell, and touch.

**jnani.** Wise man, realized soul.

**Kali yuga.** Fourth in the cycle of four eras, our present age, the dark, evil age; characterized by discord and wrong action. See *yuga*.

**Kalpataru.** Heavenly wish-fulfilling tree in Indra's paradise.

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

**Kamadhenu.** Divine cow granting all wishes.

**karma.** (a) Activity, action, work, duty; (b) Fate; the consequences of acts done in this life and past lives. Krishna. The *Avatar* of Vishnu in the *Dwapara yuga*, prior to the present *Kali yuga*.

**Lakshmi.** Consort of Vishnu, goddess of wealth.

**laya.** Merging, dissolution, absorption.

**lobha.** Greed.

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

**Mahabharatha.** Ancient epic in poetic form, by sage Vyasa; describes conflict between the Pandava brothers and their cousins, the 100 Kaurava brothers. Arjuna is one of the Pandava brothers. It contains the *Bhagavad Gita*.

**mahatma.** Great soul.

**malina.** Impure.

**manas.** Feeling, mind.

**mangala.** Auspicious, fortunate

**mantra (manthra).** Sacred syllable or word(s) to be repeated (often silently) for attaining perfection or self-realization; a mystic formula for spiritual enlightenment.

**Manu.** 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-smrithi.** Laws of Manu.

**marga.** Path.

**Markandeya.** As a boy, he knew all the *Vedas* and *Sastras*; at 16, he started meditating on Siva so steadfastly that the day of his death passed him by, and he remained 16 for the next 10 million years.

**markata.** Monkey.

**maya.** Wordly illusion, mistaking the transient for the real; non-awareness of actuality, appearances masquerading as reality.

**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.

**moksha.** Stage of liberation, devoid of delusion. Freedom from bondage.

**nama.** Name.

**nama-sadhana.** The practice of repeating God's name.

**nama-smarana.** Remembrance of God's name.

**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 *dharma*.

**nir-vichara.** Not amenable to intellectual analysis.

**nir-vitharka.** Not amenable to arguments or logic; transcends such logics.

**Nish-kama-karma.** Renunciation of the fruit of action.

**niyama.** Control of the outer senses.

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

**padmasana.** Lotus-like posture.

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

**Param-jyothi.** Highest revelation, supreme light, divine intelligence.

**Patanjali.** Ancient author of *Yoga Sutras*, the foundation of the *yoga* system of Indian philosophy.

**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 manlion form from within a pillar to destroy the king.

**prakriti.** Causal matter, creation, nature.

**prana .**Life-breath, life force, vital energy, the five vital airs.

**pranayama.** Breath control.

**prathyahara.** Control of mind; withdrawing senses from the external world and turning them towards a higher consciousness.

**prema.** Divine or supreme love.

**puja.** Worship.

**pundit.** Learned scholar, wise man.

**purusha.** Perfect person, supreme lord, soul.

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

**raga.** Sense of attachment, passion, affection.

**rajas.** Passion, activity, restlessness, aggressiveness. Associated with colour red. See *guna*.

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

**rajasika-marga.** Path of passionate action.

**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, activity restlessness, aggressiveness. Associated with colour red. See *guna*.

**Rama.** Avatar of the *Thretha* era. Hero of the *Ramayana*; killed the wicked Ravana to rescue his wife Sita, who had been kidnapped. "Rama" means "he who pleases".

**rishi.** Sage, wise man.

**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.

**sakshathkara.** Direct experience of the Lord.

**sakthi.** Great universal power, divine energy, strength.

**samadhi.** Literally, total absorption. State of super consciousness resulting in union with or absorption in the ultimate reality, the *Atma*. Perfect equanimity.

**samatha.** Equal-mindedness, harmony, agreement.

**samsara.** The objective world; sea of change; cycle of birth and death; transmigration.

**sanmarga** Good conduct.

**santhi** Peace, equanimity, serenity, tranquility.

**santhosha** Peace, contentment, happiness.

**sanyasin.** Renunciant, mendicant.

**sastra** Holy scripture; sacred text; that which commands, orders, directs with authority.

**sat** Existence, being, good.

**satchidananda** Existence-knowledge-bliss, or being-awareness-bliss.

**sath-sang** Good company.

**sathwa** Purity, calmness, serenity, joy, strength, goodness. Associated with colour white. See *guna*.

**sathwa-guna** Quality of purity, calmness, serenity, joy, strength, goodness. Associated with colour white. See *guna*.

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

**sathwic marga** Path of serenity, purity, balance, goodness.

**sathya** Truth.

**sa-vichara** With deliberation and reasoning or enquiry.

**sa-vikalpa** With differentiated ideation, thoughts of difference.

**sa-vitharka** With logical argumentation.

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

**seva.** Selfless service; service to others while trying to serve the God within them.

**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.

**siddhantha** Authoritative texts; established tenet or doctrine.

**siddhi.** Perfection; *yogic* power.

**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.** Destroyer in the trinity of Brahma (the Creator), Vishnu (the Preserver), and Siva. The embodiment of spiritual wisdom and God of Gods, *Mahadeva*.

**Sivoham** I am Siva, or Divine.

**smarana** Remembering the name of the Lord.

**sree** Success, good fortune, welfare.

**sreyo-karma** Actions that liberate.

**Sri** Honorific prefix to the name of deities; respectful title of venerated persons and celebrated works.

**subha** Good, auspicious.

**su-jnana** Good knowledge, ability to distinguish right from wrong.

**swa-rupa** Form, essential nature, true nature of being.

**swayam-jyothi** Self-illuminating.

**Swethakethu** A great sage; the first person to argue against the evils of drinking and adultery by the *brahmins*; son of Uddalaka.

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

**thamas.** Dullness, ignorance, delusion, inactivity, passivity, inertia, sloth. Associated with colour black. See *guna*.

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

**thamasika-marga** Path of ignorance and passivity.

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

**thrupthi** Contentment.

**Uddalaka** Hermit-sage father of Swethakethu.

**Upanishad** Any of a set of most ancient treatises constituting primary source of *Vedanta* metaphysics. Principle message is nondualism: unity of Brahman and *Atma*.

**vairagya.** Detachment, renunciation.

**Vamana** Dwarf incarnation of Vishnu; asked for 3 feet of land from Emperor Bali and humbled Bali's pride.

**vasana** Inclination, impression of any thing remaining in the subconscious mind from past action.

**Vedanta** The doctrine of either pure non-dualism, i.e. the identity of Brahman and the *Atma*, or conditioned non-dualism; the end or bottom line of the *Vedas*, which declares this doctrine.

**Vedantic** Of or pertaining to *Vedanta*.

**Vedas** Entire body of ancient sacred revelations of truth, chief among which are four books: the *Rig-veda*, the *Yajur-veda*, the *Sama-veda*, and the *Atharvana-veda*.

**vichara** Inquiry, analysis and reflection of the nature of the Self or truth.

**vicharana** Enquiry, analysis.

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

**vimarsha** Quest.

**visha** Poison.

**vishaya** Object of perception.

**vishaya-karma** Acts that bind, sensory acts. Vishnu. The Preserver in the trinity Brahma (the Creator), Vishnu, and Siva (the Destroyer).

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

**viveka.** Discrimination.

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

**yama** Control of inner senses.

**yoga.** (a) Union of individual self or *Atma* with the Supreme Being or Universal Self; act of yoking. (b) Spiritual discipline or exercise aimed at control of the senses. (c) Science of divine communion. (d) self control. No single definition of *yoga* suffices. Patanjali's *Yoga-sutras* define *yoga* as a series of eight spiritual steps leading to union with God.

**yogi** One who practices *yoga*.

**yogic** Of or pertaining to *yoga*.

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

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