

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.

a-bheda. Integral; non-differentiating.

abhisheka. Ablution, bathing..

adhara. Basis.

a-dharma. Evil, injustice.

adheya. Being based, contained, sustained.

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

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

adi-bhauthika. Pertaining to the physical or material world; the fine spiritual aspect of material objects.

adi-butha. Whole perishable creation; the primordial form of matter; everything that has name and form.

adi-daiva. Divinity or fate, the spiritual substratum of the cosmos.

adi-daivika. Pertaining to divinity or fate, e.g. natural disasters.

adi-kavi. First among poets.

Aditya. Son of Aditi; there were twelve of them, one of them being Surya, the sun, so Surya is sometimes called Aditya.

adi-yajna. Pertaining to sacrificial aspects.

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

a-dwaithic. Of or pertaining to nondualism (*a-dwaitha*).

a-dwaithin. One who propounds nondualism (*a-dwaitha*).

aham. The knower, the “I”.

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

ahamkara. Ego, self-love, selfish individuality.

ahara. Food.

ahimsa. Nonviolence.

a-jnana. Ignorance, stupidity.

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

a-keerthi-karam. Quality that causes disgrace or decline of reputation.

a-kshara. Imperishable, indestructible.

an-aahatha-dhwani. Unstruck, primeval sound; *Om*; mystic sound heard by *yogis*.

an-aarya-jushtam. Ignoble nature or behaviour.

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

an-anya-chintha. Undivided contemplation (of God).

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

anithya. Impermanent, transient.

anna. Food.

antar-yamin. Inner ruler or Being that guides all creatures.

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

anusaasitha. Independent master, one who directs.

archi. Fire.

archi-radi-marga. Path of Gods, beginning with fire or the Sun's rays, taken by spiritual souls after death.

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

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

artha-arthi. One who longs for wealth; the poor.

a-sahaja. Assumed, unnatural.

ashvattha. Banyan tree, impermanent.

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

asthi. Being, existence; is-ness; synonym for *sat*.

Asthi-Bhathi-Priya. Being, existence –that which shines, illumines, awareness – love, dearness.

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

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

a-swargyam. Quality that destroys the divine in man.

Aswathama. Son of Drona..

Athri. A sage; father of Dattatreya. Also, one of 10 mental sons of Hiranyagarbha.

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*.

Atma-jnani. Self-knower.

Atma-linga. Oval stone symbolizing the divine *Atma*.

Atmarama. Eternal bliss; Rama in the heart.

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

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 *dharmā*, God comes down to the world assuming bodily form to protect the good, punish the wicked and re-establish *dharmā*. 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.

Ayodhya. City where Rama was born and ruled.

Bali. Emperor of demons; grandson of Prahlada and son of the demon Virochana. Humiliated by dwarf Vamana, who was an incarnation of Vishnu.

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.

bhakthi. Devotion to God.

bhakthi-maan. A person full of devotion.

Bharath. India; Indian; descendent of King Bharath, first emperor of India.

Bharatha. Son of Dasaratha and Kaika; brother of Rama. “Bharatha” means “he who rules”.

bhathi. That which shines, illumines; *chit*.

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.

bhoga. Catering to the senses, eating, enjoyment.

bhrama. Delusion.

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

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

Brahma-jnana. Knowledge of Brahman.

Brahma-jnani. Knower 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.

Brahma-nishta. Steady contemplation of Brahman.

Brahma-thathwa. Formless God, Brahman principle.

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.

Brindavan. Forest and pastoral lands where Krishna played in his childhood.

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*.

chaitanya. Consciousness, intelligence, spirit.

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

chinmaya. Consisting of pure consciousness.

chit. Consciousness, knowledge, awareness.

chittha. Mind stuff, memory, subconscious mind.

Daiva. Divinity, God.

dakshina-ayana. Southward path of the sun.

dama. Control of the outer senses.

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

dana. Charity, giving.

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

Dasarathi. Son of Dasaratha: Rama.

Dattatreya. Sage son of Athri and Anasuya.

daya. Compassion, sympathy.

deha. Body.

dehi. One who has a body; conscious embodied Self.

desa. Region, space, country.

deva. Deity, celestial being, God.

Devaki. Mother of Krishna.

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.

dharma-kshetra. Abode or field of righteousness.

dharma-rakshana. Protection of *dharma*.

Dharmaraja. Also Dharmaja. 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 *dharma*. See *Mahabharatha*.

dharma-samsthapana. Firm establishment of *dharma*.

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

dharmic. According to *dharma*, righteous.

dharmodधारana. The raising of *dharma*.

dheera. Steadfast, courageous, wise person.

dhrik. Vision, seer or perception.

Dhrishtadyumna. Droupadi's brother.

Dhritharashtra. Father of Kauravas; holder of ruling power.

dhuma. Smoke.

dhuma-adi-marga. Smoke-filled path of the manes; the opaque path, as distinguished from the path of light.

dhyana. Meditation.

drisya. That which is perceived by the senses; the seen.

Dronacharya. Drona, the teacher of archery and war tactics for the Pandavas and Kauravas.

Droupadi. Wife of Pandavas. See *Mahabharatha*.

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

dwaitha. Dualism, the doctrine that the individual and the Supreme Soul are two different principles or entities.

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

ekantha-vasam. Dwelling in solitude.

gandha. Smell, fragrance.

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.

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

Gita. See *Bhagavad Gita*.

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

Gopala. Cowherd boy. A name for Lord Krishna.

grantha. Scriptural text or book.

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.

Hanuman. Son of the Wind God and a great "devotee servant" of Rama. He was part man, part monkey.

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

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.

idam. This.

ida-naadi-marga. Path of the psychic nerve; current flowing through the left nostril; the cooling lunar nerve, as compared to the heating solar nerve, *naadi*.

Ikshvaku. Son of Manu and father of Kukshi; first king of Ayodhya and ancestor of Rama's dynasty.

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

indriyas. Senses.

ithihasa. Historical legend, traditional account of former events.

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.

Jatayu. A famous eagle, whose wings were scorched when he flew too close to the sun. He tried to rescue Sita, and he played a role in Rama's fight against the demons.

jijnasu. Seeker of wisdom, inquirer.

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.

jivan-mukthi. Liberation while alive.

jivatma. Soul or true Self, at the individual level.

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-bhaskara. Sun of spiritual knowledge, spiritual wisdom.

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

jnana-nethra. Eye of spiritual wisdom.

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

jnani. Wise man, realized soul.

jneya. That which is known, the object of knowledge..

Kaikayi. Also **Kaika.** A princess of Kekaya (Kashmir), third wife of Dasaratha, and mother of Bharatha..

kaivalya. Absolute oneness, final beatitude.

kaivalya-mukthi. Absolute unity with the Supreme; final emancipation.

kala. Time, death (yama).

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.

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 (*vasanas*) in the mind. *Karma* is of three kinds: (i) *praarabdha*, which is being exhausted in the present life: (ii) *aagami*, which is being accumulated in the present life, and (iii) *samchitha*, which is being accumulated or stored to be experienced in future lives. *Akarma* is action that is done without any intention to gain the consequences; *vikarma* is action that is intentionally done.

karma-atheetha. Beyond *karma*.

karma-brashtha. Action without restraint or control; fallen or sinful person.

karma-kshetra. Field of activity.

karma-yoga. Yoga of action.

karma-yogi. Yogi who dedicates his actions to God.

karmic. Of or pertaining to *karma*.

kartha. Doer, subject of action.

kasmalam. Faintheartedness, impurity.

Kauntheya. Son of Kunthi (who is Arjuna's mother).

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

kavi. Poet; seer of the future.

Kesava. "Slayer of the demon Kesi"; a name for Krishna.

krama-mukthi. Liberation in stages, progressive emancipation.

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

Krishna. A holy river.

krishna-paksha. Dark half of the month, when the moon is diminishing.

krodha. Anger.

kshama. Patience, fortitude, forgiveness.

kshatriya. Protector, warrior; see caste.

kshaya. Decline, loss, inertia; destruction.

kshema. Welfare, happiness.

kshetra. Field or life.

kshetra-jna. Knower of the truth of life.

Kubera. God of riches; father was Vishravas and younger half-brother was Ravana.

Kuchela. A poor *brahmin* classmate of Krishna.

Kumbhakarna. Younger brother of Ravana, who slept for six months at a time.

Kunthi. Also **Kunthi Devi**. Mother of Pandavas, wife of King Pandu (the younger brother of emperor Dhritharashtra), and sister of Krishna's father (Vasudeva).

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

laya. Merging, dissolution, absorption.

leela. Divine sport or play.

lobha. Greed.

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

Madhavathathwa. Divinity.

Madhusudana. "Killer of the Madhu demon". Name for Krishna.

Mahabharatha. The Hindu epic composed by Sage Vyasa, which deals with the deeds and fortunes of the cousins.

ins (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.

.maha-thathwa. Supreme Principle; cosmic intellect.

mahatma. Great soul.

mama-kara. Mine-ness.

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. Human being.

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

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*.

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.

masthaka. Brain.

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.

maya-sakthi. Power of illusion, the veiling and projecting power of God.

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.

mithra. Friend.

moha. Delusion caused by false identification, infatuation.

moksha. 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 (*dharma*), wealth and power (*artha*), and sense-pleasure (*kama*).

mrinmaya. Consisting of earthly material..

mumukshu. One who desires liberation.

naadi. Nerve.

naasa. Destruction.

naashtha. Food.

Nanda. King who adopted Krishna as infant.

Nandakumara. “(Adopted) son of Nanda”, a name for Krishna.

Nandanar. Great 13th century devotee of Siva, born in the labourer (*sudra*) caste. Through devotion, he over-

came all obstacles and merged with God in the temple in Chidambaram.

nara. Man; divine man; primeval man, human being.

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*.

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

Narayana. The Primal Person, the Lord, Vishnu.

nidi-dhyasana. Inner concentration, profound meditation.

nidra. Sleep.

nidra-jith. Enslaved by sleep.

nir-aakaara. The state of formlessness.

nir-guna. Without qualities, attributeless.

nir-mala. Without blemish, pure.

nir-vishaya. Contentless objectless.

nish-kama-karma. Renunciation of the fruit of action.

nishtha. State, condition, steadiness, regulated behaviour, excellence.

nithya. Eternal, permanent.

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

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

para. Higher, beyond, transcendent, supreme, best.

Para-brahman. Universal Absolute Brahman.

parama-hamsa. Realized sage.

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

Parameswara. Supreme Lord, highest Godhead, Siva.

Parasurama. An incarnation of Vishnu as man, born to destroy the arrogance of the wicked *Kshatriya* kings.

parigraha. Accepting help from others.

paroksha. Unseen, invisible.

paroksha-jnana. Indirect or mediate spiritual wisdom.

Partha. “Son of Earth (Prithvi)”. Name for Arjuna.

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

pingala-naadi-marga. Path of the psychic nerve current terminating in the right nostril; solar path.

pourusha. Vitality, valour.

prabha. Brilliance.

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.

prakasa. Effulgence, luminosity.

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.

prakriti-sakthi. Power of nature.

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).

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.

prapancha. Cosmos; created world composed of the five elements.

prapanna. One who surrenders to the Lord.

prapatthi. Surrender to the Lord, unflinching devotion.

prarabdha-karma. Karma from previous births that determines the present life.

prasadha. Consecrated food. Anything, usually edible, given by a saint or the *Avatar* to their followers or that is first offered to a deity, saint, or the *Avatar* and then distributed in Their name.

prasanthi. Supreme peace, equanimity..

preyas. Pleasing, pleasurable sensation, worldly joy.

prithvi. Earth, world.

priya. Also *priyam*. Love, dearness.

pundit. Learned scholar, wise man.

purana. Ancient.

Puranas. 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*.

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

purusha-arthas. Goals of human life.

Purushothama. The supreme Lord of all.

Purva Mimamsa. A text by Jaimini on the early school of *Mimamsa* philosophy.

pusthaka. Book.

raga. Sense of attachment, passion, affection.

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*.

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”.

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 *dharma* in the world. The *Ramayana* has played an important role in influencing and shaping the Hindu ethos over the centuries.

ranjana. Pleasing, delighting.

rasa. Taste, sweetness, essence of enjoyment.

Rathnakara. The wayside robber who, because of the teaching of sages, repented and became Valmiki, the author of the *Ramayana*.

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.

sa-akaara. With form.

Sabari. A woman ascetic living in the hermitage of her teacher, Sage Mathanga; Rama gave her salvation.

sabda. Sound.

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

sadyomukthi. Instantaneous liberation.

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

sahaja. Innate, inborn, natural.

sahana. Tolerance, fortitude.

sahasra-nama. 1000 names of Siva or Vishnu.

sakama-karma. Karma with expectation to reap fruit for oneself.

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

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

Sama, Sama-veda. Collection of certain verses of the *Rig-veda* arranged for liturgical purposes.

sama-buddhi. Equal-mindedness.

sama-dhana. Mind control by equanimity.

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*.

samana. Digestive air; even breath.

sama-thwam. Equanimity of outlook.

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

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

sam-thusti. Total contentment.

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.

sanga-buddhi. Mind with strong attachments.

Sanjaya. An advisor to the blind King Dhritharashtra. Sanjaya had the gift granted by sage Vyasa of seeing events at a distance, and he tells Dhritharashtra what is happening in the battle. See *Mahabharatha*.

sankalpa. Will, resolve.

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

sankhya. One of six leading systems of spiritual Vedic philosophy, attributed to sage Kapila. Its chief object is the emancipation of the soul from the bonds of worldly existence..

santham. Equanimity, serenity, tranquility.

santhi. Peace, equanimity, serenity, tranquility.

sanyasa. Renunciation-detachment, mendicancy.

sanyasi. Also *sanyasin*. Renunciant, mendicant.

saranagathi. Absolute self-surrender.

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-adhara. Basis of all.

sarva-jna. Omniscient.

Sarveswara. The Lord of all.

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.

Satrughna. Sumitra's son, twin of Lakshmana and brother of Rama. The name means "slayer of enemies".

savam. Corpse.

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.

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).

Sivam. The divine —Siva.

Skanda. Siva's son Subrahmanya.

soham. I am God.

soucha, soucham. Purity, cleanliness.

sraddha. Faith.

sreyas. Blessedness, ultimate good.

srishti. Creation.

sthairyam. Steadfastness.

sthitha-prajna. Person of steady integral spiritual wisdom.

sthithi. Preservation, staying, abiding.; a state, position, condition.

sthula. Gross, material, superficial.

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

sukla-paksha. The bright fortnight.

sukshma. Subtle.

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.

swa-bhava. Essential nature, essence, reality, truth.

swa-rupa. Form, essential nature, true nature of Being.

swa-rupa. Form, essential nature, true nature of Being, embodiment.

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

tapoyajna. Ascetic sacrifice.

tejas. Spiritual power, splendour.

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.

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

Thath. That, the Godhead.

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

Thathwa-branthi. Identification with the That-this entity.

That twam asi. You are That. One of four great *Vedantic* statements expressing the non-difference of individual soul and *Brahman*, the supreme absolute Self.

thithiksha. Fortitude, forbearance.

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

thwam. Thou, You, This, the individual.

thyaga. Sacrifice, renunciation.

thyaga-kshetra. Abode of sacrifice.

Thrisanku. King for whom Sage Viswamitra created another heaven.

Triveni. Confluence of the three rivers Ganga, Yamuna, and the subterranean Saraswathi at Prayag.

Upanishadic. Relating to the Upanishads.

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*.

uparathi. Control of mind by withdrawal from senses.

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..

Urvasi. One of 4 celestial dancers in the court of Indra.

uttarayana. Northward path of the sun.

Vaasudeva. Son of Vasudeva. Name for Krishna.

vahini. Stream or flow.

vairagya. Detachment, renunciation.

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.

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

Vamana. Dwarf incarnation of Vishnu, who asked for three feet of land from Emperor Bali and humbled Bali's pride.

varna. Caste.

varna dharma. The Hindu community is divided into four social groups, or castes (*varnas*), based on qualities (*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 *varna* 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.

Vasishta. 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*.

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*.

vedantin. Knower of *Vedanta*.

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*.

veda-vid. One who has mastered the *Vedas*.

Vedic. Of your relating to the *Vedas*.

Venkata. Name for Vishnu. He is installed in Tirupati.

Vibhishana. Brother of Ravana; Demon chief who represented pure mindedness and sided with Rama.

Vidura. Brother and chief minister of King Dhritharashtra, the father of the Kauravas. See *Mahabharatha*.

vihara. Activity, recreation.

Vijaya. Conqueror, or Victory (name for Arjuna).

vikalpa. Negativity, indecisiveness.

vi-kara. Modification, adaptation, change.

vi-karma. Wrong action.

vishada. Despondency.

vishaya. Object and perception.

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

Vishnu-maya. Illusory power of God.

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

viswa. Waking state, gross body.

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.

Viswa-rupa. Cosmic form, form of creation, name for the sun.

Visweswara. God.

viveka. Discrimination.

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

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

Yama. God of Death; death personified.

Yamuna. Holy river rising in the Himalaya mountains at an elevation of 10,849 feet and flowing for 860 miles before joining the Ganga.

yoga. (a) Union of individual self or *Atma* with 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. Patanjali's Yoga-sutras define *yoga* as a series of 8 steps leading to union with God.

yoga-buddhi. *Yoga* of intelligence, purified intellect.

yoga-kshema. Welfare, well-being, happiness.

yoga-kshetra. Abode or state or field of yoga.

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

yogi. One who practices *yoga*.

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*. Present age is the *Kali yuga*.