

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.

aarjava. Honesty.

aasthikya-buddhi. Piety, belief in God.

Abhimanyu. Arjuna's son and Parikshith's father; slain in battle.

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

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

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

a-dwaitha-jyothi. The light without a second.

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

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

Agastya. Sage and author of several *Vedic* hymns. Also the Indian astronomical name of the star of Canopus, since its rising coincides with the calming of the waters of the Indian Ocean.

agni. Fire element.

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

ahamkara. Ego, self-love, selfish individuality.

ahimsa. Nonviolence.

Aithareya Upanishad. One of the ten important *Upanishads*. It deals with the world and the human as the creation of *Atma*, the three-fold birth of *Atma*, and the nature of the *Atma*.

a-jnana. Ignorance, stupidity.

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

a-kshara. Imperishable, indestructible.

akshara. Syllable, letter.

alpa-buddhi. Dull-witted.

a-manaska. Blissful state of realization when seer realizes that entire creation is created by Self; mindless; free from all mental activity.

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

ananda-maya kosa. The sheath of bliss, the innermost sheath of the body.

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

anda-anda. Basic living cell of creation.

anga. Limb, part, fact, feature, “earth bit”.

anna. Food.

anna-maya kosa. Food sheath, the material or gross outer layer of man.

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

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

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.

asana. *Yoga* posture.

asanthi. Lack of peace; agitated mind; restlessness. Opposite of *santhi*.

A-sarira. Bodyless; name for the Godhead.

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

a-stheya. Non-stealing.

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

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

Aswathama. Son of Drona.

athala. Bottomless region; first of the lower worlds beneath the Earth.

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

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-ananda. *Atmic* bliss, bliss of Self-realization.

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

Atma-jnani. Self-knower.

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

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.

avastha. State, condition.

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.

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.

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.

Bhagiratha. King of Solar Dynasty, son of Amsuman. Gave up his kingdom for enlightenment, but eventually returned as king..

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

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

bhava-roga. Disease of worldliness.

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.

bhu-loka. Earth; first of the Upper Worlds.

bhuvan-loka. Atmosphere; second of the Upper Worlds.

bija. Seed, germ, primary cause; mystical letter or syllable that forms the essential part of a *mantra*.

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

Brahma-anda. Collection of inner forces of the five elements; the universe; literally, Brahma’s egg.

brahma-chari. Student, celibate, first stage of life of a *brahmin* in the *brahmin* caste; one who dwells in God consciousness.

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

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.

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

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-Brahma. Universal Soul; Supreme Consciousness.

chit. Consciousness, knowledge, awareness.

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.

dana. Charity, giving.

darshan. Sight of a holy person.

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.

deva-datta. Vital air that causes yawning.

Devatha. God.

Dhadhi. Sea of Buttermilk.

dhananjaya. Vital air that fills the body and causes it to grow fat.

dharana. Concentration, fixed attention, one of eight steps in Patanjali’s *yoga* discipline.

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*.

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

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

dharmic. According to *dharma*, righteous.

Dhritharashtra. Father of Kauravas; holder of ruling power.

dhrithi. Steadfast determination, courage.

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.

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

Droupadi. Wife of Pandavas. See *Mahabharatha*.

Druva. Grandson of Brahma and son of Uttanapadha; as a child, he performed severe penance and attained self-renunciation.

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*.

dwija. Twice born.

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.

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.

Gauri. Siva's consort Parvathi.

Gautama. Father of Nachiketas; also known as Yajnasravas

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.

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

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.

hatha-yoga. The yoga of body postures.

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.

Ikshu. Sea of Sugar Cane.

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

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.

Iswara-sthana. The Changeless Entity.

ithihasa. Historical legend, traditional account of former events.

jaagrath. Waking state.

jagath. Cosmos, world of change, creation.

Jaimini. Author of *Puurva Mimamsa*, or the portion relating to ritual action.

jala. Water.

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

jana-loka. World of good people..

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

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.

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

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.

jnatha. Knower.

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

Kaivalya Upanishad. A *Upanishad*; it portrays the state of consciousness of one's absolute identity with God.

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.

Kapila. Also Kapilamaharshi. Ancient sage-philosopher; prime exponent of the one of the six systems of philosophy known as Sankhya, which emphasizes duality of spirit and nature.

karana. Causal or cause.

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-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.

karuna. Compassion for the distressed.

Katyayani. One of Yajnavalkya's two wives.

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

Kethu. A demon. Along with Rahu, an inauspicious planet.

kosa. Sheath.

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

krodha. Anger.

krukara. Vital air that causes sneezing.

kshama. Patience, fortitude, forgiveness.

kshatriya. Protector, warrior; see caste.

Kshira. Sea of Milk.

kundalini. Spiritual power located at the base of the spine.

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

kurma. Vital air that causes blinking.

lajja. Modesty.

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

Lakshmi. Consort of Vishnu, goddess of wealth.

Lavana. Sea of Salt.

laya. Merging, dissolution, absorption.

linga-deha. Subtle body.

lobha. Greed.

loka. Region, world. Usually refers to the three worlds of earth, atmosphere, and sky, but it can mean 7 or even 14 worlds (7 above and 7 lower).

maathsarya. Envy.

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

mada. Pride.

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.

Maha-Karana. Supreme Cause.

mahar-loka. Great world; fourth of seven Upper Worlds.

maithri. Comradeship with the good; affection for the name of God.

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.

manomaya-kosa. Mental sheath of the body.

manosanyasa. Mental renunciation.

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.

Manu Dharma Sastra. Codes of righteous conduct written by Manu.

Manu-smrithi. Laws of Manu.

mahathala. The great pit; sixth lower world.

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.

mithaahaara. Moderate food.

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*).

muditha. Joy in the company of those who serve others.

mukthi. See *moksha*.

Mundaka Upanishad. One of the ten most important *Upanishads*, of *Artharva-veda*; it presents the *Vedantic* doctrine of knowledge of Brahman.

Nachiketas. Son of sage Vajasravas; given to Yama, the Lord of death, for questioning his father's mean gift of old and useless cows to pious people.

naga. Vital air that causes belching.

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*.

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

Narayana. The Primal Person, the Lord, Vishnu.

nir-guna. Without qualities, attributeless.

nir-gunopasana. Contemplation on the formless Supreme.

nir-mala. Without blemish, pure.

nirvana. Freedom, liberation from the cycle of birth and death.

nishkama-karma. Renunciation of the fruit of action.

nithya. Eternal, permanent.

niyama. Control of the outer senses.

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

Omkara. The form of AUM, or Om.

pancha-bhuuthas. Five basic elements.

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

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

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

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

Parameswara. Supreme Lord, highest Godhead, Siva.

paripurna. Full, complete, entire.

Parikshith. Emperor of Kuru dynasty; grandson of Arjuna and son of Abhimanyu.

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

patala. Deepest hell; one of the seven regions under the earth; the abode of serpents and demons.

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

pindanda. Inner principle of all the duality; microcosmos.

Pippalada. Ancient sage and preceptor of spiritual knowledge.

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.

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).

prana-maya kosa. The second, subtle sheath of man, consisting of the vital airs and the nervous system.

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.

pranayama. Breath control.

prasanthi. Supreme peace, equanimity.

prasna. Question.

prathyagatma. The inner "I".

pratyahara. Control of mind; withdrawing senses from the external world and turning them toward a higher consciousness.

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

prithvi. Earth, world.

puja. Worship.

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*.

Puranic. Relating to Purana.

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

purusha-arthas. Goals of human life.

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

raga. Sense of attachment, passion, affection.

Rahu. A demon (a-sura), step-brother of Kethu. Both are also inauspicious planets; An eclipse is the phenomenon of Rahu 'swallowing the moon'..

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".

Ramakrishna Paramahansa. (1836–1886) 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 *dharm*a in the world. The *Ramayana* has played an important role in influencing and shaping the Hindu ethos over the centuries.

rasathala. A nether region; one of the lower worlds.

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.

roga. Disease.

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.

saakaara. With form.

sagara. Ocean.

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

sa-gunopasana. Worship of the qualified divinity.

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

sahasra-nama. 1000 names of Siva or Vishnu.

Saibya. Also named Sathyakama.

Sakkubai. A famous Krishna devotee.

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.

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.

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.

Sanaka. A *rishi*, one of four mental sons of the Creator, Brahma.

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.

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. 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.

sanyasi. Also *sanyasin*. Renunciant, mendicant.

Sarangi. A female adept who was well versed in *Brahmic* wisdom.

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.

Sarpi. Sea of Ghee.

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.

Sathyakama. Also named Saibya; noble hermit son of Sibi and disciple of Pippalada.

sathya-loka. Realm of truth.

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

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

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.

sneha. Affection, tenderness, love.

soham. I am God.

soucha. Also *soucham*. Purity, cleanliness.

Sounaka. Renowned sage; teacher of Aswalayana and author of *Brihad Devatha* and *Rig-veda Pratishakhya*.

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.

sthula. Gross, material, superficial.

Subha Yogini. Female *yogi* in the *Mahabharatha*.

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

Suka. Divine son of author of the *Mahabharatha*, Vyasa. Visited King Janaka, who instructed him in the path to liberation. Also, a messenger of Ravana was named Suka.

sukshma. Subtle.

Sulabha Yogini. Female mendicant in *Mahabharatha*.

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

Suraa. Sea of Wine

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.

Sutha. Disciple of the great sage Vyasa.

suthala. Region of great depth; third region under the earth.

swapna. Dream state.

swarga. Heaven.

swar-loka. Celestial plane, heaven.

taijasa. Entity associated with dream state composed of mind, intellect, five vital airs, five senses of perception, and the five elements; the experiencer of the dream or subconscious state, “light” of the subconscious.

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

taptha. Hot.

thalaathala. Bottomless pit; fourth region under the earth.

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*.

than-maathra. Atomic, subtleness.

thapo-loka. World of virtue; sixth of the Upper Worlds.

Thath. That, the Godhead.

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

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.

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

thuriya. “Beyond” stage in *samadhi*; fourth stage beyond waking, dream, and deep sleep. Superconscious state.

thwam. Thou, You, This, the individual.

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*.

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*.

upa-prana. Subsidiary vital air, belonging to the body..

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.

upeksha. Detachment; non involvement.

uttara. Later.

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.

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 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.

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.

vayu. Wind, air.

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.

Vedanta vaakya-sravana. Listening to spiritual texts.

Vedantic. Of or pertaining to *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*.

Vedic. Of your relating to the *Vedas*.

vidithatma. Knower of the *Atma*.

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-jnana-maya kosa. Body sheath of intellect, intuition.

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

Siva (the Destroyer).

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

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.

Viswavara. Female sage.

vithala. Depth of hell; second of the lower worlds.

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.

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*.

yaga. Oblation, sacrifice, ceremony in which oblations are presented.

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. Control of inner senses.

Yama. God of Death; death personified.

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

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

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

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*.