

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.

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

adhika-ari. Worst enemy.

adi-kari. Official, person of authority.

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

a-dwaita-avastha. Abiding in Brahman.

a-dwaita-bavana. Non-dual state.

a-dwaita-sthayi. Staying in Brahman.

ahamkara. Ego, self-love, selfish individuality.

ahimsa. Nonviolence.

a-jnana. Ignorance, stupidity.

alochana. Planning, considering.

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.

a-paroksha. Inner knowledge; direct spiritual knowledge.

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

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

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

Asathya-narayana. Lord of untruth.

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-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.

Ayodhya. City where Rama was born and ruled.

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

bhajans. Congregational chant group worship by devotees with devotional music in which repetition of holy names predominates.

bhakti. Devotion to God.

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

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

Bible. Collection of sacred texts in Judaism and Christianity. There are many different versions with varying contents. The Hebrew Bible includes the Torah (teachings or law). The Christian Bibles generally consist of the Old Testament (including the 24 books of the Hebrew Bible) and the New Testament (including the four Gospels, the Acts of the Apostles, Epistles or letters, and the Book of Revelation), The content varies for the Catholic, Protestant, and Eastern Christian groups.

bimba. Disc of sun or moon; object compared in comparisons.

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.

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-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.

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*.

chaitanya. Consciousness, intelligence, spirit.

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

chit. Consciousness, knowledge, awareness.

chittha. Mind stuff, memory, subconscious mind..

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

Dattatreya. Sage son of Athri and Anasuya.

dhana. Wealth, possessions.

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*.

Dharmavyadha. Hunter who became a sage.

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

dharmic. According to *dharma*, righteous.

Dhritharashtra. Father of Kauravas; holder of ruling power.

dhyana. Meditation

drishti. Vision, seeing, intelligence.

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

Durga. Goddess of the universe; mother earth; daughter of Himaval and wife of Siva.

durmathi. Person with perverted, polluted intelligence.

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

Gandhi, Mohandas Karamachand. Famed for his peaceful opposition to British rule in India and his part in achieving India’s independence.

Gandiva. Arjuna’s bow.

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.

Garuda. Celestial bird, white-crested eagle, king of the feathered race, vehicle for Lord Vishnu.

Gauranga. Name for Chaithanya, a great saint.

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

Gita. See *Bhagavad Gita*.

grantha. Scriptural text or book.

Granth Saheb. Sacred scriptural text of the Sikhs.

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-kula. Spiritual teacher’s house, where pupils were educated.

Harischandra. King of the solar dynasty; very renowned for his unique truthfulness and integrity. Sold himself and family for the sake of truth.

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

hridaya. Heart.

hridaya-kshetra. Heart field.

indriyas. Senses.

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.

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.

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

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.

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.

jivana-paramavadhi. Goal of life.

jivana-upadhi. Means for living.

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.

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 (*vasana*) 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.

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

Koran. Holy text of the Muslims accepted as revelations from the prophet Mohammed; divinely authorized basis for the regulations of the Islamic world.

kosa. Sheath.

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

kshetra. Field or life.

kumbhaka. Retention of air, holding the breath.

Lakshmi. Consort of Vishnu, goddess of wealth.

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

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-purusha. Outstanding sage.

mahatma. Great soul.

Mallamma. Name of a great lady devotee.

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.

manasika-sambhashana. Inner dialogue.

Manmatha. God of love.

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.

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.

mithya. Mixture of truth and falsehood; neither true nor untrue, but something in between. The world is not untrue (*asat*) but *mithya*.

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*).

mukthi. See *moksha*.

mumukshu. One who desires liberation.

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

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

Narayana. The Primal Person, the Lord, Vishnu.

nidi-dhyasana. Inner concentration, profound meditation.

nir-vikalpa. Undifferentiated, without ideation.

nir-vikalpa-samadhi. Undifferentiated deep communion, transcendental absorption.

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*.

Paraath-para. The Omniself, That which is beyond the Beyond.

Para-brahman. Universal Absolute Brahman.

parama-santhi. Highest peace.

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

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

paripur-natha. Self-sufficiency.

paroksha. Unseen, invisible.

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*.

praja. Ruled, people.

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.

pralaya. Dissolution of the world.

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.

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

Prasthan Thraya. The three supreme spiritual texts: the *Upanishads*, *Bhagavad Gita*, and *Brahma Sutra*.

prathi-bimba. Image, that with which an object is compared.

pratyaksha. Direct knowledge, perceptible, before one's eyes.

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

puja. Worship.

pundit. Learned scholar, wise man.

puraka. Inhalation of air.

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*.

purna. Complete, full.

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

Purushothama. The supreme Lord of all.

raja. Ruler, king, member of ruling class.

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.

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

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

rechaka. Exhalation of air.

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*.

Rik. See *Rig-veda*.

rishi. Sage, wise man.

sadbhava. Goodness, good nature.

sadhaka. Spiritual aspirant.

sadhana. Spiritual discipline or exercise; self effort.

sahasra-nama. 1000 names of Siva or Vishnu..

sajjana. Wise, virtuous people.

Sakkubai. A famous Krishna devotee.

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

sakthi-path. Descent of divine energy.

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*.

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.

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*.

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

santham. Equanimity, serenity, tranquility.

santhi. Peace, equanimity, serenity, tranquility.

sanyasa. Renunciation-detachment, mendicancy.

sanyasi. Also *sanyasin*. Renunciant, mendicant.

Saradadevi. The holy mother, wife of Ramakrishna Paramahansa.

Sastras. The Hindu scriptures containing the teachings of the sages. The *Vedas*, the *Upanishads*, the *ithihasas* (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.

sath-sang. Good company.

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.

Sathyanarayana. Sathya Sai Baba, as an incarnation of Narayana, the Primal Person, the Lord, Vishnu.

savam. Corpse.

sayujya. Union, merger with the Divine.

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

sishya. Pupil, student, disciple.

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. Divine, auspicious, gracious, goodness.

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

(the Destroyer).

sivam. Grace, auspiciousness, goodness.

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

sravana. Listening to discourses on the scriptures.

Sravana. Son of hermits; was killed accidentally by Dasaratha, who was cursed by Sravana's parents to die from loss of children.

srishti. Creation.

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.

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.

sumathi. Person with good intelligence.

Sumathi Sathaka. A Telugu poetic work on ethics.

sundaram. Beauty.

sunya. Emptiness; void.

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

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.

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

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.

thri-karanas. Three instruments: thought (mind), word (mouth), and deed (hand).

thwam. Thou, You, This, the individual.

thyaga. Sacrifice, renunciation.

thyagi. Renunciant.

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.

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*.

vahini. Stream, flow.

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

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

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.

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.

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*.

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*.

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

vikasa. Expansion, blooming state; illuminating.

vinasa. Destruction, extinction.

vinaya. Modest conduct, discretion, humility.

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.

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

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).

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

Yama. God of Death; death personified.

yantra. Mechanics; instrument..

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 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.

yogeswara. Master of *yoga*.

yogi. One who practices *yoga*.

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*.

Zend Avesta. Original scriptural work of the Zoroastrians.

Zoroaster. Founder of the ancient Persian religion Zoroastrianism. The sacred text called the *Gathas* were revealed to him while in deep meditation. Ahur Mazda is the name for the Supreme.