

Sanskrit Glossary

A – prefix that negates whichever word comes after it. Eg: Ahimsa = Non Violence

Abhinivesa – fear of death. Fear of letting go of I. Belief in an enduring self.

Abhyasa – spiritual practice as described in patanjali's yoga sutras

Adikara – studentship - a wholehearted, dedicated effort to being a student of yoga

Advaita - non dual/not two

Agni – Fire

Ahimsa – non violence. One of the yamas

Akasha- Ether. (Akashik record believed to be a library of every experience and bit of information ever transpired. A universal memory).

Anatman – no-self

Ananda - Bliss. The experience of our true nature when we transcend the mind into the ultimate reality.

Anjali – offering

Anubhava - Direct Experience

Aparigraha – Moderation. One of the yamas

Asana – Seat or pose in Yoga

Ashtanga yoga - 8 limbs

Asmita – I-ness. Stories contracted from the lens of the ego

Asteya – non-stealing. One of the yamas

Atman – soul

Avidya – ignorance, not seeing things clearly.

Bandha – Lock. A technique used in hatha in order to contain the life force in the central channel of energy.

Bhava – in Bhakti yoga this refers to a state of uplifted emotion

Bhavana – “c

Bhoga – sensory enjoyment

Bodhi – a state of enlightenment or liberation (moksha)

Bodhisattva – one who has transcended their suffering and seek to end suffering in all sentient beings. Cultivating" or "producing" in the sense of using our imagination to call into existence that which we desire.

Brahmacharya – to move closer to brahma. Self control. Traditionally translated as chastity. One of the yamas

Brahman – the supreme, unconditioned absolute. Highest cast in India **Brahman Saguna** – Brahman with qualities

Brahman Nirguna – without qualities

Buddhi – ‘wisdom’ the higher, intuitive mind.

Cakra – ‘wheel’. Pronounced chakra. Energy centre in the body

Chandra – Moon

Cit – ‘awareness ‘consciousness’

Citta – the mind

Deva/i – ‘shining one,’ force of nature, deity.

Dharana - focused concentration

Dharma – cosmic law or order. Our personal role in the evolution of the universe.

Dhyana – the state of meditation, absorption of subject with object of meditation

Drishti - focal point, gazing point.

Dukkha – Suffering

Dvesa – Aversion

Granthi – knots of the mind and body

Gu - Darkness

Guru – remover of darkness. Sheds light on the darkness of avidya

Gunas - forces of nature present in all matter: Tamas, Rajas, Sattva.

Gupta - secret

Ha – sun, solar energy described in Hatha Yoga

Hasta – hand

Hatha – ‘force’. A style of yoga which focuses on merging the energy of the sun and moon channels to awaken kundalini.

Ida – nadi, energy channel originating from the left nostril carrying cooling, lunar, feminine energy.

Ishta devata - worshipping the divine in the form of one’s chosen deity.

Isvara Pranidhana – surrender. Focusing more on our actions than the outcome. One of the Niyamas.

Japa ‘repetition’ – the meditative repetition of mantra

Jivan Mukti – living enlightenment

Jivatman – living self

Jnana - Wisdom

Kaivalya – freedom. A continuous state of Samadhi as described by Patanjali's dualistic model of reality. Name of the final chapter of yoga sutras of Patanjali. **'Kali'** – Dark, one of the shakti goddesses in Hinduism, consort of shiva

Kama – Desire

Karma – action which has an effect. The impact of the actions of an unenlightened being causing the experiences in their lives and their continual rebirth in the cycle of life and death.

Kleisha – 5 kleshas – causes of human suffering due to wrong perception. **Kriya** – action. Flow of energy

Kriya Yoga – Yoga of action – cleansing of blockages and impurities through the combined practice of tapas, svadhyaya, ishvara pranidhana in order to reduce avidya and thus act righteously in the world.

Krodha – Anger

Kula – a community of the heart

Kumbhaka – breath retention

Kundalini – 'coiled one' the serpent power (kundalini-shakti) that lies dormant in the lowest chakra of the body.

Lila – a divine game. The relationship between prakriti and purusha

Lobha – Greed

Mada – Envy

Maha – Great

Manas – The mind

Mantra – 'mind vehicle'. Sacred sound that empowers the mind for concentration and transcendence.

Matsarya - Sloth

Matsya - fish

Maya – force of illusion

Moksha – freedom from the cycle of rebirth

Moha – Delusion

Mudra – seal. A hand gesture or bodily seal believed to conduct life energy in the body.

Muni – one who practice silence (mauna).

Nada - Sound

Nadi – Channel through which energy flows

Namaste – the light in me sees and honours the light in you. Indian greeting. **Nirodha** – the process of stopping or blocking. As in blocking the vrttis in the chitta from Patanjali's yoga sutras.

Nirvana – 'blown out' Buddhist term for liberation from samsara

OM – the vibration, sound of the universe. Pronounced AUM

Pada Foot or chapter

Pancha – Five

Paramatman – highest or supreme Self

Pat – fallen

Patangali – Sage believed to have written the yoga sutras.

Pingala – nadi, energy channel originating from the right nostril carrying heating, solar, masculine energy.

Pradipika – That which sheds light

Prakrati – matter, that which is manifest and finite, created nature and cosmos including mind and matter

Prana – life force energy

Pranayama – restriction or control of the breath.

Pratyahara – withdrawal of the sense.

Purusha – infinite, unbounded consciousness, the witness and the source of all existence

Raja – Royal

Rajas – the quality of activity, dynamism that is one of the three primary constitutes (guna) of nature (prakriti)

Raga – attachment

Rishi – 'seer' the seer of sound. A type of ancient sage who sees the hymns of The Vedas

Ru – Remover

Sadhana – spiritual practice

Samadhi – state of unified consciousness. Patanjali's 8th limb of ashtanga yoga **Samsara** – the finite world of change as opposed to the infinite world of nirvana.

Samskara - the sum total of our actions that conditions us to act in a certain way. Habitual grooves that guide our actions unconsciously.

Samyama – "together" the state of: dharana, dhyana and Samadhi

Sangha – spiritual community

Santosha – Contentment. One the niyamas

Sattva – the principle of pure being, purity that is the highest guna, type of nature (prakriti)

Satya – Truthfulness. One of the yamas

Saucha – Cleanliness, purity. One the niyamas

Shakti – power

Shakti-pata – ‘descent of power’ - the process of initiation, usually in tantric contexts where a guru will empower a disciples spiritual practice.

Shanti – peace

Shashumna – central energy channel that runs concurrent with the spine. **Shraddha** – deep trust, faith

Shruti – ‘revelation’ the Vedic revelation comprising the 4 Vedas, the Brahmanas and the Upanishads.

Siddha - ‘accomplished’ a Self-realized being who has reached perfection (*siddhi*)

Siddhi – perfection or power (supernatural power)

Siddha - a person who has realized siddhis

Spanda – the expansion and contraction of the universe described in tantra **Sukha** – ‘pleasure’ sweetness. The opposite of dukkha (suffering) and described by Patanjali when referencing asana, meaning that poses should be both steady *sthira* and comfortable.

Surya – Sun

Surya Namaskar – salute to the sun

Svadyaya – Self study, self reflection. One of the Niyamas.

Tamas – The principle of inertia. One of the three primary constitutes (guna) of nature (prakriti)

Tan – extend, spreads, shine

Tantra – ‘loom’, ‘weave’. Non-dualistic philosophical tradition primarily dealing with the worship of the divine feminine, Shakti.

Tapas – heat. The inner fire that cleanses the body of blockages. Effort/commitment needed for our practice. One of the Niyamas.

Tattva – ‘reality’

Tha – Moon, lunar energy described in hatha yoga

Upadesa – lesson or chapter

Upanishad – ‘to sit near’ Hindu scripture that shares the metaphysic of non- dualism (*advaita Vedanta*) and is considered the last phase in Vedic revelation (shruti)

Vairagya – detachment, letting go

Vasana – subtle deposits in the mind that create vrittis and keep us trapped in samskara

Veda = knowledge

Vedas = indian texts that are the basis of all of yoga, Hinduism and ayurveda. **Vedanta** = end to the vedas. India's dominant non dualistic philosophical tradition.

Vidya – wisdom, knowledge, vision (to see clearly)

Vijnana – Knowledge

Vinyasa krama - nyasa = to place vi = in a special way. The particular sequencing of a yoga practice.

Viveka – discernment. The ability to distinguish between prakriti and purusha. **Vritti** – to ‘spin’ or ‘whirl’ – mental fluctuations in sutra 1.2 of yoga sutras. **Vyasa** – the legendary composer of the Mahabharata, categoriser of The Vedas and commentator on Patanjali's yoga sutras.

Yajna – The practice of ritual sacrifice

Yagya – Ritual fire ceremony

Yama – ‘discipline’ to restrict. The first limb of patanjali's yoga sutras.

Yantra – ‘instrument’ A geometric design in Hinduism representing the body of one's chosen deity (*ishta-devata*) for external worship and meditation.