

# 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. When compound words are hyphenated, individual words are given.

**aakaara.** Form.

**abhasa-avarana.** Superimposing the boundaries of individuality on the Universal.

**abhava-pratheethi.** Non-cognition of objects.

**acharya.** Spiritual teacher, preceptor.

**a-chinthya.** Incapable of being conceived.

**a-drisya.** Invisible to the eye.

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

**agni.** Fire element.

**aham.** The knower, the “I”.

**aham Brahmasmi.** I am *Brahman*, or I am divine.

**a-ja.** Birthless.

**a-jara.** Decline, diminution.

**a-jnana.** Ignorance, stupidity.

**a-jnani.** Ignorant person.

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

**a-mala.** Absence of impurity.

**a-mara.** Without death.

**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.

**a-nir-desya.** Incapable of description.

**a-nir-vachaneeya.** Beyond description.

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

**antar-atma.** The *Atma* within; the inner Self.

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

**anushtana.** Spiritual or good disciplined conduct.

**a-parichchinna.** Indivisible. Without parts.

**a-paroksha-brahma-jnana.** Direct perception, knowledge of Brahman.

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

**a-rupa-laya.** Dissolution of the formless.

**a-rupa-naasa.** Destruction of the formless or mental agitations.

**a-samsakthi.** Indifferent, non-attachment.

**Atharva-veda.** The fourth *Veda*. *Atharva* means "fourth".

**Atma.** The real Self, one's divinity, God, the substance of everything, the unseen basis, the spark of God within. The *Atma* is unchanging and immortal; It does not die.

**Atma-abhyasa.** Practice of remembrance of the *Atma*.

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

**Atma-chinthana.** Contemplation on *Atma*.

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

**Atma-sakshatkara.** Direct vision of the *Atma*; Self-realisation.

**Atma-vichara.** Inquiry into the *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.

**a-vinaasi.** Without decline and extinction.

**a-vyavaahaarya.** Without worldly action.

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

**Bhagavan.** Divinity; term of reverential address; Sathya Sai Baba is called *Bhagavan* by his devotees.

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

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

**bhaktha.** Devotee of the Lord.

**bhakthi.** Devotion to God.

**bhuma.** Vast, limitless, the eternal, the changeless.

**bhumika.** Basic step of *yoga*.

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

(the Destroyer).

**Brahma-abhyasa.** Practice of remembering Brahman.

**Brama-ananda.** Bliss of realising Brahman.

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

**Brahma-chinthana.** Ceaseless thought of Brahman.

**Brahma-dhyana.** Meditation on Brahman.

**Brahma-jnana.** Knowledge of Brahman.

**Brahman** or **Brahmam.** Impersonal Supreme Being, primal source and ultimate goal of all beings. Thus, It is identical to the *Atma*.

**Brahma Sutras.** Spiritual text of *Vedantic* teachings in short maxims, attributed to Vyasa.

**Brahma-vid.** Knower of Brahman.

**Brahma-vidvara.** Master knower of Brahman.

**Brahma-vidvariya.** Excellent knower of Brahman.

**Brahma-vidvarishta.** Supreme knower of Brahman.

**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.

**brihath.** Big, enlarged, gross, high.

**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).

**chaithanya.** Consciousness, intelligence, spirit.

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

**chakra.** Disk; wheel; a weapon used by Krishna.

**Chandogya Upanishad.** One of the ten important *Upanishads*; a great collection of theological-philosophical-allegorical utterances. Includes glorification of *Om*, *Gayatri*, and Brahman.

**chit.** Consciousness, knowledge, awareness.

**chittha.** Mind stuff, memory, subconscious mind.

**Chudala.** Sainly wife of King Sikhidwaja. 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.

**deha.** Body.

**deva.** Deity, celestial being, god.

**Devahuthi.** Daughter of Swayambhuva Manu, wife of Kardhama Prajapathi; and mother of sage Kapila.

**dhana.** Wealth, possessions, superior attractions.

***dharma***. Right action, truth in action, righteousness, morality, virtue, duty, the dictates of God, code of conduct.

*Dharma* defies a simple translation into English.

***dhyana***. Meditation.

***divya-chakshu***. Divine eye.

***drishti***. Vision, seeing, intelligence.

***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*.

***gada***. Mace.

**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.

**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***. Literally, song. Short for *Bhagavad Gita*.

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

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

***guna-saamya-avastha***. State of perfect balance of qualities.

***guru***. Preceptor, teacher, guide to spiritual liberation.

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

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

***idam***. This.

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

***jaagrath***. Waking state.

***jaagrath-swapna***. Wakeful-dreamy.

***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.

***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.

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

***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-abhyasa***. Cultivation of spiritual wisdom.

***jnana-drishhti***. Wisdom eye.

***jnana-swarupa***. The embodiment of spiritual wisdom.

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

***jyothi-swarupa***. Illumination itself.

**Kailas**. Siva's mountain abode; Bhagiratha performed penance here to bring down the river Ganga.

***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, Kapilamaharshi**. Ancient sage-philosopher; prime exponent of 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.

***kataka***. Tree whose nut purifies water.

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

***kosa***. Sheath.

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

***kritha-yuga***. First age of man, Golden age of truth. See *yuga*.

***kshatriya***. Soldier, protector, warrior; see *caste*.

***kshaya***. Decline, loss, inertia; go to destruction.

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

***leela***. Divine sport or play.

**Leela**. Woman who attained heaven through her devotion.

**Madhwacharya**. 13th cent. exponent of dualist philosophy; lived in the South Indian court of Vijayanagar; author of *Vedantic* works; founder of a sect of *Vaishnavas*; refuted monism of Sankaracharya.

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

***mahavakya***. Great aphorism.

**Maitreyi**. Female consort of Yajnavalkya; one of the greatest sage-philosophers in the *Upanishads*. Maitreyi was known for her wisdom. See *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.

**Mathanga.** A great sage; it is he who cursed Vali.

**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.

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

**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*).

**muktha.** Free, liberated.

**muktha-thrishna.** Yearning for liberation.

**mukthi.** Liberation; final release or emancipation from the cycle of birth and death. See *moksha*.

**mula-prakriti.** Causal substance; basic nature.

**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*.

**Narayana.** The Primal Person, the Lord, Vishnu.

**nir-aakaara.** The state of formlessness.

**nir-dheshya.** To be described.

**nir-guna.** Without qualities, attributeless.

**nir-mala.** Without blemish, pure.

**nir-vikalpa.** Undifferentiated, without ideation.

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

**nir-vikara.** Changless, without transformation.

**nish-kala.** Having no parts.

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

**nish-kriya.** Without activity.

**nishhta.** State, condition, steadiness, regulated behaviour, excellence.

**nithya.** Eternal, permanent

**nithya-ananda.** Eternal bliss.

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

***padartha-bhavana***. Non-cognition of material objects.

***padma***. Lotus.

***Panchadasī***. Work on *Vedānta*, by Madhwacharya.

***pancha-kosas***. Five sheaths of the individual: food, air, mind, intellect, bliss.

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

***Para-brahman***. Universal Absolute Brahman.

***param***. Beyond.

***Param-ananda***. Highest bliss, union with Brahman.

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

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

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

***pathya-pathi***. Master of the path.

***Prajapathi***. Creator of this world; God presiding over creation. Also called Manu, Surya's son.

***prajnana***. Highest wisdom.

***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).

***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.

***prasanthi***. Supreme peace, equanimity.

***pratyagatma***. The inner 'I'.

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

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

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

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

***Purusha***. Primeval male, Supreme Spirit.

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

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

***rajoguna***. Quality of active nature, passion, restlessness, aggressiveness. Associated with colour red. See *guna*.

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

**Ramana Maharshi.** Indian sage, 1879–1950, who taught the path of Self-inquiry.

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

**rasa.** Taste, sweetness, essence of enjoyment.

**rasa-aswadana.** Enjoyment of bliss.

**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

**rishi.** Sage, wise man.

**rupa.** Form, figure, appearance.

**rupa-laya.** Dissolution of form.

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

**sadguru.** True teacher to be followed.

**sadhaka.** Spiritual aspirant.

**sadhana.** Spiritual discipline or exercise; self effort.

**sakshat-kara.** Divine spiritual experience or vision; direct experience of the Lord.

**sakshi.** Witness.

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

**sama.** Control of the senses, peace, equanimity, tranquility. Also, quiet persuasion, good counsel.

**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*.

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

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

**samskara.** Inborn desire, mental impression of acts done in former state of existence. Purificatory ceremony or sacrament.

**Sanatkumara.** One of four sons of Brahma.

**sankalpa.** Will, resolve.

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

**sankha.** Conch.

**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.

**santhi-swarupa.** Embodiment of peace.

**sanyasin.** Renunciant, mendicant.

**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.

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

**sat.** Existence, being, good, real.

**sat-chit-ananda.** Existence-knowledge-bliss, or being-awareness-bliss

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

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

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

**sathya.** Truth.

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

**sa-vikalpa-ananda.** Bliss of the highest subject-object contact.

**sa-vikalpa-samadhi.** Subject-object type of superconscious state.

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

**sevak.** One who engages in service; server; worshipper.

**shadbhaava.** Six-fold.

**Sita.** Wife of Rama; brought up by King Janaka who found her in a box in the earth. Also, a tributary of the Ganga, flowing westward.

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

**soham.** I am God.

**sraddha.** Faith.

**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.

**subhecha.** Yearning for one's spiritual welfare; the first stage of higher knowledge (*jnana bhumika*).

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

**Sugriva.** Monkey-king, brother of Vali; with his army of monkeys headed by Hanuman, assisted Rama in defeating Ravana.

**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.

**Sureswaracharya.** One of the foremost disciples of Sankaracharya.

**sushupti.** Deep sleep state.

**swapna.** Dream state.

**swa-rajya.** Self-rule.

**swarga.** Heaven.

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

**swa-rupa-naasa.** Destruction of the agitations, including their shapes and forms.

**taijas.** Splendid, luminous (from *tejas*).

**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.

**Taithiriya Upanishad.** One of the ten most important *Upanishads*; it is the philosophical portion of the *Black Yajur-veda*; the other part is called the *White Yajur-veda*.

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

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

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

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

**thanumanasi.** State of attenuated body consciousness.

**Thath.** That, the Godhead.

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

**thithiksha.** Fortitude, forbearance.

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

**thrishna.** Thirst, desire, and associated activity to fulfill desire.

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

**triveni.** triumvirate (three things).

**Triveni.** Confluence of the three rivers Ganga, Yamuna, and the subterranean Saraswathi at Prayag. (Allahabad).

**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*. Principle message is nondualism: unity of Brahman and *Atma*.

**uparathi.** Control of mind by withdrawal from senses.

**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.

**vaishamya.** Unbalanced.

**vaisya.** Business person, trader, merchant. See *Caste*.

**Vali.** A great monkey-king; brother and enemy of Sugriva.

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

**vanaprastha.** Forest-dweller, hermit; third of the four stages of life.

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

**Vasishta.** One of the greatest sages (*rishis*) of ancient times; priest of the solar race of kings; revealer of several *Vedic* hymns. Had sacred, wishfulfilling cow called Nandini.

**Vasishta-smrithi.** Law book written by Vasishta.

**vasthu.** Thing, object.

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

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

**Vedas.** 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*.

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

**vicharana.** Enquiry, analysis.

**videha.** Deceased, free from body.

**videha-muktha.** One liberated when deceased.

**vidwan.** Wise person.

**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-ghana.** Sum and substance of spiritual wisdom.

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

**vi-kalpa.** Negativity, indecisiveness.

**vi-kara.** Modification, adaptation, change

**vikari.** A mutable entity.

**vi-karma.** Wrong action.

**vi-kshepa.** Waywardness; distracted or diffused mind that obstructs concentration.

**vilasa.** Play, manifestation; diversionary activity.

**vimala.** Having all impurity destroyed.

**vinasa.** Destruction, extinction.

**Virat-purusha.** First incarnation of Brahma; Cosmic Divinity; Lord in His form as the physical manifested cosmos.

**Vishnu.** The Preserver in the trinity of Brahma (the Creator), Vishnu, and Siva (the Destroyer).

**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.** Totality, whole creation; also a name of the individual soul in the waking state.

**viveka.** Discrimination.

**vrittis.** Agitations of the mind, consciousness.

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

**Yajnavalkya.** Great *Upanishadic* personage. Priest and guru of King Janaka. Taught the monistic doctrine (*adwaitha*) of the identity of *Atma* and Brahman in the *Brihadaranyaka Upanishad*.

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

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

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

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