

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.

Glossary

- a-dwaita***. Nondualism, monism, the doctrine that everything is God, the philosophy of absolute oneness of God, soul, and universe.
- agni***. Fire element.
- Agni**. God of Fire; the fire element; name for fire when it is out of sight range.
- aham***. The knower, the “I”.
- ahamkara***. Ego, self-love, selfish individuality.
- ahimsa***. Nonviolence.
- aikya***. Oneness with God, union of the individual soul (*jiva*) with God.
- a-jnana***. Ignorance, stupidity.
- akasa***. Space, ether, the subtlest form of matter.
- amritha***. Divine nectar (literally, no death or immortal).
- ananda***. Divine bliss. The Self is unalloyed, eternal bliss. Pleasures are but its faint and impermanent shadows.
- an-atma***. Not *Atma*, or not-Self.
- anga***. Limb, part, fact, feature, “earth bit”.
- anritha***. Not true, false.
- anthah-karana***. Inner psycho-somatic fourfold instruments of mind, intellect, memory, and ego.
- a-parigraha***. Non-acceptance of gifts, renunciation.
- Arjuna**. Krishna’s disciple, in the *Bhagavad Gita*; third of five Pandava brothers. See *Mahabharatha*.
- artha***. Wealth, prosperity, material object, thing, aim, purpose, desire.
- Aryan***. (a) Literally noble. (b) Follower of *Vedic* or spiritual path. (c) Ancient dwellers of India who composed the *Rig-veda*; the chief tribe was that of the Bharathas.
- asana***. *Yoga* posture; sitting posture.
- a-santhi***. Lack of peace; agitated mind; restlessness. Opposite of *santhi*.
- a-sat***. Falsehood, unreal, non-existent, bad.
- a-stheya***. Non-stealing.
- asthika***. Believer; theist; God-revering person.
- a-sura***. Demon; term arose when Diti’s sons refused to drink the divine liquor (*suraa*) offered by Varuni, the daughter of Varuna.
- 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-droha***. Self-tormenting, treason to the higher Self.
- Atma-rama***. Eternal bliss; Rama in the heart.
- Atma-santhi***. Individual peace.
- Atma-swarupa***. Embodiment of the all-pervading divine Self.

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.

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.

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.

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

bhakti. Devotion to God.

Bharatha-desa. India; region of God-loving people.

bhashya. Commentaries on spiritual texts by great sages.

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.

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

brahma-charya. Path to knowledge of Brahman; state of an unmarried religious student; first stage of life of a *brahmin*; spiritual studentship.

Brahman. The Supreme Being, the Absolute Reality, Impersonal God with no form or attributes. The uncaused cause of the Universe, Existence, Consciousness-Bliss Absolute (*Sat-Chit-Ananda*); The Eternal Changeless Reality — not conditioned by time, space, and causation.

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

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.

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

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.

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

chinmaya-thathwa. The science of ultra-consciousness, pure intelligence.

chith-sakthi. Power of universal consciousness or intelligence.

chittha. Mind stuff, memory, subconscious mind.

Viveka Chudamani. A spiritual text, “Crest Jewel of Spiritual Wisdom” by Sankara.

dama. Control of the outer senses.

darsana. Any of the six principal systems of ancient Indian philosophy; insight or vision of truth.

Devi Bhagavatham. The story of the glory of Universal Divine Mother. One of the *Puranas*.

dharana. Concentration, fixed attention, support. One of 8 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*.

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

dharmic. According to *dharma*, righteous.

dhyana. Meditation.

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

Droupadi. Wife of Pandavas. See *Mahabharatha*.

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

Gajendra. Elephant. In one discourse, Sai Baba mentions that the Gajendra or elephant (man) who was caught by the alligator (egotism) while frolicking in the lake (the objective world) was saved by the Lord (spiritual practices).

Ganga. The 1560-mile-long Ganges river; starts in the Himalayas and flows generally east into the Bay of Bengal; the most sacred river of India.

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

Gita. See *Bhagavad Gita*.

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

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.

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

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.

iccha-sakthi. Will power.

idam. This.

Iswara-pranidhana. Surrender to the Lord.

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.

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.

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-yoga. Path of inner contemplation, spiritual wisdom.

jnani. Wise man, realized soul.

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.

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-yoga. Yoga of action.

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

kaya. Body, feeling, temperament.

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

Krishna. A holy river.

krodha. Anger.

kuru-kshetra. Field of battle or action.

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).

loka-santhi. World peace.

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.

mahatma. Great soul.

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

mama-kara. Mine-ness.

manas. Mind, the inner organ, which has four aspects: (i) mind (*manas*), which deliberates, desires, and feels; (ii) intellect (*buddhi*), which understands, reasons, and decides; (iii) the 'I' sense, and (iv) memory (*chitha*). The mind, with all its desires and their broods, conceals the Divinity within man. Purification of the mind is essential for realisation of the Self.

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.

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*.

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*).

mounam. Silence.

mukthi. See *moksha*.

nama-smarana. Remembrance of God's name — one of the important steps of spiritual discipline to obtain God's grace and to make progress in the spiritual journey.

Nandanar. Great 13th century devotee of Siva, born in the labourer (*sudra*) caste. Through devotion, he overcame all obstacles and merged with God in the temple in Chidambaram.

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 Bhakthi Sutra. A text of aphorisms on devotion; attributed to Narada, the celestial sage who traveled the world chanting Narayana.

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

Narayana. The Primal Person, the Lord, Vishnu.

nethi. Not this.

nir-vikalpa-mounam. Silence without agitation or ideation.

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

nir-vishaya. Contentless objectless.

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*.

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-ananda. Highest bliss.

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

Param- jyothi. Highest revelation, supreme light, divine intelligence.

Para-thathwa. Absolute supreme principle.

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

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.

prakanthi. Radiance, spiritual effulgence.

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).

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.

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

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

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*.

raga. Sense of attachment, passion, affection.

rajas. One of the three *gunas* (qualities or dispositions) of *maya* or *prakriti*. Passion, restlessness, aggressiveness, emotions such as anger, greed, grief. Associated with colour red. See *guna*.

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

raja-yoga. Royal *yoga* of meditation, detachment, and desirelessness. Eight-fold path of *yoga* developed by Patanjali, which includes control of the mind and withdrawal of the senses from the external world.

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

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

Ramanuja. Eleventh century teacher and interpreter of the *Brahma-sutra*; proponent of the ultimate oneness of the differentiated (*visishtha-adwaita*). Believed in a personal God reached by devotion and faith and the everlasting self-identity of the individual soul in communion with God as the goal of life.

Ramayana. This sacred epic, composed by Sage Valmiki, deals with the incarnation of Vishnu as Sri Rama, who strove all his life to reestablish the reign of *dharma* in the world. The *Ramayana* has played an important role in influencing and shaping the Hindu ethos over the centuries.

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

rasa. Taste, sweetness, essence of enjoyment.

Rig-veda. First *Veda* composed by the sages, consisting of 1028 hymns. Oldest religious text in world.

rishi. Sage, wise man.

sadhaka. Spiritual aspirant.

sahana. Tolerance, fortitude.

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

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

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-rasa. Enjoyment in equanimity.

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 a former state of existence. Also, purificatory ceremony or sacrament.

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

Sananda. A *rishi*, one of four mental sons of the Creator, Brahma, (the others are Sanathana, Sanatkumara, and Sanaka).

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.

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.

sankhya. One of six leading systems of spiritual *Vedic* philosophy, attributed to Kapila. Chief object: the emancipation of soul from the bonds of worldly existence. Measurement, calculation, number.

santha-bhakthi. Peaceful devotion.

santhi. Peace, equanimity, serenity, tranquility.

santhosha. Peace, contentment, happiness.

sanyasa. Renunciation-detachment, mendicancy.

sanyasi. Also *sanyasin*. Renunciant, mendicant.

sat. Existence, being, good, real.

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

sat-guna. Virtuous quality.

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.

savam. Corpse.

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

siva. Also *sivam*. Temple, the divine; refers to Siva. Also, grace, auspiciousness, goodness.

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

Sivam. The divine —Siva. Also temple; see *siva*.

Sivanandalahari. Spiritual poetic work in adoration of Siva by Sankaracharya.

soucha. Purity, cleanliness.

sraddha. Faith.

sthula. Gross, material, superficial.

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.

sukshma. Subtle.

surya. The sun.

Surya. The sun god, the father of time. A name for the sun. Also, son of Kasyapa and father of Manu.**swadhyaya.** Study of religious scriptures, especially the *Vedas*.

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

tejas. Spiritual power, splendour.

thamas. One of the *gunas* (qualities and dispositions) of *maya* or *prakriti*. It is the quality of dullness, inertia, darkness and tendency to evil. It results in ignorance.

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

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

Thath. That, the Godhead.

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

thwam. Thou, You, This, the individual.

Thyagaraja. 18th and 19th century mystic singer/ composer. Leader in Karnatak tradition of classical Indian music. Born in Thanjavur District of south India.

Tukaram. Well-known Maratha 17th century writer. He abandoned the world and became a wandering ascetic.

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*.

vaak. Vocal organs, word, word of mouth.

vahini. Stream or flow.

vairagya. Detachment, renunciation.

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.

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*.

vedanthin. Knower of *Vedanta*.

Vedas. The oldest and the holiest of the Hindu scriptures, the primary source of authority in Hindu religion and philosophy. They are four in number: the *Rig-Veda*, *Sama-Veda*, *Yajur-Veda*, and *Atharva-Veda*.

Vedic. Of your relating to the *Vedas*.

vichakshana. Discriminating intellect.

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

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

vikasa. Expansion, blooming state.

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.

viveka. Discrimination.

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*.

yama. Control of inner senses.

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.

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*.