

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 texts.

We have not made links to the glossary for *all* the occurrences of the names Rama, Sita, Lakshmana, and Hanuman. They occur so often and are so central to the whole volume that it should not be necessary.

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

a-dharma. Evil, injustice.

Adishesha. Also Sessa. Divine serpent with a thousand heads upon which the earth rests; used by demi-gods and demons together to churn the ocean of milk. Also, reposing bed of Vishnu.

Aditi. Daughter of Dhaksha and wife of Kasyapa; sister of Diti.

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

agneyastra. Rama's fire weapon.

agni. Fire element.

Agni. God of Fire; the fire element; name for fire when it is out of sight range.

agni-astra. Fire missile.

Ahalya. Princess of the Puru dynasty who was turned into a stone by the curse of her husband Gautama for suspected adultery; she regained her form when Rama touched the stone with his divine feet.

Ahi-Ravana. A son of Ravana.

Ajamukhi. A demoness.

Akampa, Akampana. One of Ravana's mighty demon warriors.

akasa. Sky, space, ether.

Akshayakumara. Ravana's son.

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.

Angada. Vali's son, crown-prince.

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

apsaras. Wives of the *gandharvas*, celestial nymphs.

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

Arjuna mountain. White mountain.

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

ashoka. Tree of moderate size belonging to the leguminous class, with magnificent red flowers.

Ashokavana. Grove of ashoka trees.

ashram. Hermitage; residence for saints and spiritual aspirants.

Asitha. Son of King Bharatha; father of Sagara.

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

aswamedha yaga. Horse sacrifice to absolve a king of all sins. A horse is marked with a victory card and allowed to roam about freely. If anyone stops it, the king should go and defeat him in battle and bring it back.

Athri. A sage; father of Dattatreya. Also, one of 10 mental sons of Hiranyagarbha.

Atikaya. One of Ravana's sons, a minister and general.

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

Atmarama. Eternal bliss; Rama in the heart.

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

Atmic. Of or pertaining to the *Atma*.

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-maya. Ignorance-based illusion

Ayodhya. City where Rama was born and ruled.

Bali. Emperor of demons; grandson of Prahlada and son of the demon Virochana. Humiliated by dwarf Vamana, who was an incarnation of Vishnu.

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

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

bhakthi. Devotion to God.

Bharadwaja. Celebrated sage who taught the science of medicine; seer of *Vedic* hymns.

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

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

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

Bhargava. Sage of the Bhrigu dynasty, author of *Vedic* hymns. Also called Vaidarbhi.

Bhrigu. Great sage son of Brahma.

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.

Brahma-muhurtha. Sacred period during early morning.

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.

Brahmic. Of or pertaining to Brahman, the Absolute Supreme Reality.

brahmin. First of four castes of social order, the priestly or teacher caste; a person belonging to this caste.

Brindavan. The forest and pastoral lands where Lord Krishna played in his childhood.

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*.

Chaithra. Second spring month.

chakora. Kind of partridge.

Chandramas. A sage who imparted spiritual knowledge to Sampathi and advised Jatayu to give directions about the way to the monkeys in their search for Sita.

Chitrakethu. One of Lakshmana's two sons.

Chitrakuta Mountain. Renowned in the *Puranas* on the banks of the Mandakini river as a place where Rama and Sita lived for some time. Banda district of Uttar Pradesh State in modern India.

Chitrangada. One of Lakshmana's two sons.

Dadhimukha. Monkey brother-in-law of Sugriva.

Danava. Class of demons (*asuras*); enemies of the Gods (*devas*). Children of Dhanu and Kasyapa.

Danda. The son of Ikshvaku. Ikshvaku gave Danda the country between the Himalaya and Vindhya mountains.

Dandaka Forest. Country between the mountains Himalaya and Vindhya. When King Danda violated a maiden, the country was destroyed by her sage father and was known as Dandaka forest thereafter.

Dandakaranya. The Dandaka forest.

darshan. Sight of a holy person.

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

deva. Deity, celestial being, God.

Devakantaka. Mighty warrior of Ravana.

Dhanvantari. God who was a preceptor in *ayurveda*. Classical Indian medical knowledge is called *ayurveda* (science of health and long life). Its two chief traditions are those of Atreya and Dhanvantari.

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*.

dharmic. According to *dharma*, righteous.

dhyana. Meditation.

Dhumakethu. One of Ravana's messengers.

Dhumraksha. General in Ravana's army.

Dilipa. Son of Amsumanta; became king of the solar dynasty; offered his life to a lion who was about to kill the sacred cow Nandini.

Divyatma. Divine *Atma*; Universal Absolute.

Drona Mountains. Himalaya mountains where Hanuman went, to Sanjivi hill, to get a life-saving drug for Lakshmana.

Dundubhi. A terrible demon, brother of Mayavi.

Durdhara. One of the monkeys who wanted to jump over the ocean to get to Lanka.

Durvasa. Son of Athri and Anasuya; known for quick temper and severe curses with an eventually constructive effect of driving home hard lessons of discipline and virtuousness.

Dushana. A demon chieftain in Ravana's tribe.

Dwaja. A monkey general.

Dwapara. Third of four ages. See *yuga*.

dwipa. Island; one of seven divisions of the terrestrial world.

Dwivida. A monkey general in Rama's army.

gandha. Smell, fragrance.

Gandhamadana mountain range. Holy mountain east of the Himalayas.

Gandharvas. Celestial musicians, a class of demigods; born to the sage Kasyapa and his wife Arishta.

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.

Gauri. Siva's consort Parvathi.

Gautama. Author of *Nyaya* system of philosophy and logical system.

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

Gavaksha. A monkey king and great warrior, who helped Rama.

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

go-hathya. Bovicide.

Govardhana hill. Mountain lifted by Krishna.

Guha. King Nishadas, on the banks of the river Ganga (Ganges).

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.

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

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

Hema. A friend of Swayamprabha.

hemantha. Winter.

Himalayas. Sacred mountains of India.

Hindu. Person who adheres to Hinduism —the religion based on the *Vedas*. Name originally applied by foreign invaders to inhabitants of Indus (Sindhu) river valley.

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.

Hiranyaksha. Wicked brother of Hiranyakasipu; killed by the wild boar *Avatar* of Vishnu.

homa. Ritual oblation to the gods performed, by offering *ghee* (clarified butter) on the sacred fire.

Ikshvaku. Son of Manu and father of Kukshi; first king of Ayodhya and ancestor of Rama's dynasty.

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

Indrajit. Conqueror of Indra; Meghanada.

indriyas. Senses.

Iswara. Lord, God, Supreme Being; a name for Siva.

Jabali. A sage, son of Viswamitra.

jai. Hurrah, victory.

Jambavan. Old monkey leader of extraordinary might; the ruler of the bears.

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

Janaki. Janaka's daughter Sita.

Jatayu. A famous eagle, whose wings were scorched when he flew too close to the sun. He tried to rescue Sita, and played a role in Rama's fight against the demons.

Jayanta. Son of Indra. Transformed himself into a crow and pecked at Sita's feet, incurring Rama's wrath.

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.

jnani. Wise man, realized soul.

Kabanda. A mountain-sized demon who attacked Rama and Lakshmana.

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

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

Kaitabha. Born from ear-wax of Vishnu; brother of Madhu.

Kala. Yama, the God of death, time.

Kalanemi. Demon minister of Ravana who advised him to take refuge in Rama.

Kali-yuga. Fourth in the cycle of four eras, our present age, the dark, evil age; characterized by discord and wrong action. See *yuga*.

Kamada. A goddess, fulfiller of desires.

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.

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.

Karthaviryarjuna. Renowned king of the Hehaya dynasty; brought down by Parasurama because of his pride.

Karthika. October-November.

Kasyapa-prajapathi. Chief of the progenitors; son of Marichi and grandson of Brahma. All living beings took their origin from Kasyapa.

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

Kausalya. Daughter of the King of Kosala, first wife of Dasaratha, and mother of Rama.

Kekaya. Kingdom in ancient India, now Kashmir; birthplace of Kaika, wife of Dasaratha.

Kesari. A monkey-general in Rama's army.

Kesava. "Slayer of the demon Kesi"; a name for Krishna. Also, a name for Vishnu.

Kesini. Daughter of the king of Vidarbha and wife of Sagara.

Kethu. Inauspicious planets; a demon step-brother of Rahu.

Khara. A giant demon chieftain in Ravana's tribe.

Kishkindha. Ancient kingdom of monkeys in Southern India.

Kodanda. Bow. Particular kind of bow; Rama's bow.

Kosala. Wealthy country on the banks of the river Sarayu and the people inhabiting it; Dasaratha's wife, Kausalya, came from Kosala.

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

kshatriya. Protector, warrior; see caste.

Kubera. God of riches; father was Vishravas and younger half-brother was Ravana.

Kumbha. Kumbhakarna's son.

Kumbhakarna. Younger brother of Ravana, who slept for six months at a time.

Kumbhinasa. Demonic mother of Lavana.

Kumuda. A monkey-general in Rama's army

Kusa. Son of Brahma and father of Kusamba, Kusanabha, Asurtharajasa, and Vasu. Also, twin son of Rama and Sita.

Kusamba. Son of Kusa and grandson of Brahma.

Kusanabha. Son of Kusa and grandson of Brahma.

Kushadwaja. Brother of King Janaka; King of Sankasya.

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

Lakshmi. Consort of Vishnu, goddess of wealth.

Lanka. Capital city in Sri Lanka (Ceylon) of the demon Ravana.

Lankini. Demoness guard of Lanka.

Lava. Twin son of Rama and Sita.

Lavana. Terrible demon child of Vibhishana and Madhu; given trident of Siva for penance; killed by Satrugna with Rama's help.

Lavapura. City given to Lava, the modern Lahore.

leela. Divine sport or play.

lingam. Egg-shaped stone; symbol of Siva; the form of the formless; symbolizes the merger of the form with the formless.

Lokamatha. Mother of all beings.

Madhu. One of the demons born from the ear-wax of Vishnu; brother of Kaitabha and father of Lavana.

Madhu-vana. Honey forest.

Magha. January-February —month associated with constellation Magha.

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-raja. Great king.

maharshi. Great sage.

mahatma. Great soul.

Mahodara. One of Ravana's army chiefs.

Mainaka Peak. Holy mountain north of Kailasa. Bhagiratha did penance to bring the Ganga to the earth on this mountain.

Mainda. Monkey hero warrior.

Makaraksha. Great warrior for Ravana.

Makaradwaja. Guard in Ahi-Ravana's city.

Malyavantha. One of Ravana's ministers and father of Ravana's mother.

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.

Mandara Mountain. Holy mountain that served as the churning stick at the churning of the ocean for nectar (*amritha*).

Mandava. A monkey under Sugriva's command.

Mandodari. Ravana's wife, queen of Lanka.

Mangala Day. Tuesday; lucky or auspicious day.

Manthara. Hunchbacked maid of Queen Kaika.

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).

mantric. Of or pertaining to a *mantra*.

Maricha. Demon son of Thataki, uncle of Ravana.

Marichi. Great sage born from Brahma's mind. The ancestral line of Dasaratha is traced back to Marichi.

Margasira. A month during the November-December period.

mathana. Churning.

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.

Maya. Consort of Vishnu; mother of Mayavi and Dundubhi.

Mayavi. A demon, who was killed by Vali.

Meghanada. Ravana's son and a general.

Mithila. Country of ancient Bharatha, ruled by King Janaka, on the northeastern side of India; Sita's childhood home.

mohana mantra. Bewildering *mantra*.

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*).

muni. Sage.

naaka. Heaven; nose.

nagas. Class of serpents.

Nala. Monkey-architect of Rama's bridge of monkeys across the ocean and commander in the army.

Nandigrama. Bharatha's residence during Rama's exile, about 14 miles from Ayodhya.

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

Nara. One of Dharma's twin sons Nara and Narayana, two incarnations of Vishnu.

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*.

Narantaka. Demon son of Ravana.

Narayana. The Primal Person, the Lord, Vishnu.

Nikumbala. Garden where many demons did penance.

Nikumbha. A very powerful demon, Kumbhakarna's son.

Nila. A monkey-chief, the son of Agni; he wanted to jump over the ocean to get to Lanka.

Nilagiri Mountains. Mountains in the region called Ilavrita of Jambu Island.

Nishada. Country near the Himalayas.

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

padma. 1,000 billion.

Pampa. Lake in Kishkindha near which Sugriva stayed.

Panchavati. A place on the southern bank of the Godavari river where Rama, Sita, and Lakshmana lived for some time while in exile. It got its name because of the five banyan trees that stood there in a circle.

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-atma. Supreme Self, Supreme *Atma*.

Parasurama. An incarnation of Vishnu as man, born to destroy the arrogance of the wicked *Kshatriya* kings.

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

parnasala. Leaf-hut, arbor.

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

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

patalahoma. Ritual to ensure victory.

patali. A tree with blossoms that don't turn into fruit.

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

Prahastha. Son and minister of Ravana.

Prahlada. Son of the demon king Hiranyakasipu. As a boy, he was beaten, trampled, and cast into fire and water. But he saw only God everywhere, and repetition of the Name of God saved him. Once, Prahlada asserted that God was everywhere, and Narayana appeared in his man-lion form from within a pillar to destroy the king.

prakriti. Nature, the Divine Power of Becoming. Also known as *maya*, *avidya*, and *sakthi*; the world of matter and mind as opposed to the spirit. *Prakriti* has three dispositions or *gunas* (*sathwa*, *rajas*, and *thamas*), which go into the make-up of all living and non-living beings in the Universe, in varying proportions leading to the appearance of infinite multiplicity in form, nature, and behaviour.

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

Prayag. Holy place at the meeting point of Ganga (Ganges), Yamuna, and the underground Saraswathi rivers. Modern Allahabad in the State of Uttar Pradesh. Bathing here would give great spiritual blessing.

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

Pulastya. Son of Brahma, father of Vishravas, and grandfather of Ravana.

pundit. Learned scholar, wise man.

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*.

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

purusha-arthas. Goals of human life.

Pushkara. Bharatha's second son.

Pushpaka. Chariot; Kubera's car, used by Rama to go home.

raga. Sense of attachment, passion, affection; tune.

Raghu. Dilipa's son; famous king of the Solar dynasty.

Rahu. A demon (a-sura). An eclipse is the phenomenon of Rahu 'swallowing the moon'.

raja-dharma. Rules relating to a king.

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.

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

rakshasa. Demon, ogre.

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".

Ramachandra. Another name for Rama.

Ramakatha. Story of Rama.

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.

rasa. Taste, sweetness, essence of enjoyment. .

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

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

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

rishi. Sage, wise man.

Rishyamuka hills. Mountain where Rama and Lakshmana met the sage Markandeya.

Rudra. *Vedic* God of dissolution of the cosmos; named Siva in his auspicious or benevolent form; one of the Trinity of Brahma, Vishnu, and Rudra/Siva.

Ruksharaja. A monkey form created by Brahma. Was changed into a female, mothered Sugriva (through Surya) and Vali (through Indra), and then changed back into a male.

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

sabda. Sound.

sadhaka. Spiritual aspirant.

sadhana. Spiritual discipline or exercise; self effort.

Sagara. Ancient emperor of Ayodhya; son of Asitha and father of Aswamanja.

sakthi. Great universal power, divine energy, strength.

Sakthi. Female consort of Siva. Also, weapon given by Brahma to Meghanada, who used it on Lakshmana

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*.

sambhasan. Speech, conversation, dialogue.

samdhanakarini. Healing mixture used for Lakshmana.

Sammohana. Rama's arrow that deluded the enemy.

Sampathi. Huge, aged eagle brother of Jatayu.

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

sanathana. Ancient and also eternal.

sanjivakarini. Antidote, potion causing life.

Sanjivi Hill. Hill containing life-giving herbs for healing located in the Drona Mountains.

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

Sankasya. Kingdom of ancient India; capital city of Kushadwaja, who was Sita's uncle.

sanyasin. Renunciant, mendicant.

Sarabhang. A sage blessed with immolation in Rama's presence.

saradkala. Autumn.

Sarama. Wife of Vibhishana.

Saraswathi. An underground river, originating in the upper Indus river basin and joining the Ganga (Ganges) and Yamuna rivers at Prayag or Allahabad.

Sarayu. Stream flowing by Ayodhya, Rama's city of birth.

Sarpastra. Serpent arrow.

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.

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

Sathananda. Son of Gautama and Ahalya; high priest of Janaka who officiated at Rama and Sita's wedding.

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.

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

sauvarnakarini. The golden remedy for disease.

sesha. Divine serpent.

Sesha-Naga. See *Adishesha*.

Sibi. Emperor of India, noted for generosity; offered pound of own flesh to save Agni in the form of a dove from Indra in the form of a hawk.

Simhika. A giant ogress, who tried to stop Hanuman on his jump to Lanka.

Sindhuranatha. Minister of Ravana.

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

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

sparshan. Also *sparshana*. Touch, contact.

Sri. Honorific prefix to the name of deities; respectful title of venerated persons and celebrated works.

sruthi. Sacred revelations orally transmitted by *brahmins* from generation to generation, differing from traditional law codes (*smrithi*). Divinely sourced scripture; divine words known by revelation; that which was heard or listened to.

Subahu. A demon (*rakshasa*). One of two sons of the demoness Thataki, the other being Maricha.

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.

Sukethu. *Yaksha* father of Thataki. Son of the *gandharva* King Surakshaka.

Sulochana. Wife of Meghanada.

Sumanthra. Court priest and prime minister of Dasaratha.

Sumeru Peak. Also Mahaameru. The golden-coloured peak of the Himalayas; the seat of Siva.

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

Sunda. Very cruel asura or demon; brother of Upasunda and husband of Thataki.

Sunila. A mountain where Rama camped in Lanka.

Suparna. Son of the eagle Sampathi.

Surasa. Mother of *naga* (serpents).

Surya. The sun god, the father of time. A name for the sun.

Surya-naryana-murthi. The sun-god personified.

Sushena. A monkey under Sugriva's command, Also a physician of Lanka.

Surpanakha. Ravana's wicked sister.

Sutheekshna. A hermit whom Rama and Sita visited in the forest; brother of Agastya.

swa-dharma. One's own dharma or duty.

Swayam-prabha. Celibate daughter of Maya, a demoness.

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

Tara. Vali's wife.

Thaksha. Bharatha's son.

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.

Thataki. Fierce demoness mother of Maricha and Subahu; wife of Sunda.

thithiri. Partridge.

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

Thrijata. A demoness devoted to God and warden of Sita during her imprisonment in Lanka.

Thrisira. A demon, younger brother of Khara and Dushana.

Trinity. Brahma (the Creator), Vishnu (the Preserver), and Siva (the Destroyer).

Trivikrama. Three steps.

tulsi. Sacred medicinal plant.

upadhi. Container, disguise, encasement, limitation.

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*..

Urmila. Wife of Lakshmana, daughter of Kushadwaja, and brother of Janaka.

Vaikunta. Vishnu's heaven.

vairagi. Monk; renunciant.

Vaisakh. One of the 12 months constituting the Hindu lunar year (April-May).

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

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

Vamadeva. Ancient hermit. Friend of Vasishta and a priest of Dasaratha; he composed *Rig-vedic* hymns

Vamana. Dwarf incarnation of Vishnu, who asked for three feet of land from Emperor Bali and humbled Bali's pride.

vanara. Monkey.

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.

Varuni. Daughter of Varuna, who was married by *devas* (gods).

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.

vayu. Wind, air.

Vayu. The God of wind.

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*.

Vibhishana. Brother of Ravana; Demon chief who represented pure mindedness and sided with Rama. .

vibhushana. Ornament, shining jewel.

vidya-maya. Knowledge-based illusion.

Vidyujjihva. Demonic follower of Ravana who practiced sorcery and withcraft.

Vikata. One of the monkeys who wanted to jump over the ocean to get to Lanka.

Vindhya mountain range. One of seven chief holy mountain ranges. Separates South India from North India and faces the Himalayas.

Viradha. Fierce ogre; killed by Rama in the Dandaka forest.

visalyakarini. A drug for a particular disease.

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

Vishravas. Son of Pulastya and father of Ravana.

Viswamitra. Sage; known for his efforts to equal Vasishtha. Born as warrior Kausika who by the power of the *Gayatri* transformed himself spiritually. Early counselor of the young Rama.

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).

Yaksha. Class of semi-celestials; brothers of the demons (*rakshasas*).

Yakshini. Women folk of the *Yakshas*, a class of semi-gods. Goddess.

Yama. God of Death; death personified.

Yamuna. Holy river rising in the Himalaya mountains at an elevation of 10,849 feet and flowing for 860 miles before joining the Ganga (Ganges).

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.

yogic. Of or pertaining to *yoga*.

yojana. Distance of about 9 miles or 14.4 kilometers. (Some calculations say 2.5 miles, 4 miles, or 5 miles.

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