

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.

a-chetana. Non-intelligent, unconscious, inert, senseless.

Adah. That, *Brahman*.

adhyasa. Superimposition.

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”.

ahamkara. Ego, self-love, selfish individuality.

ahimsa. Nonviolence.

a-jnana. Ignorance, stupidity.

a-jnani. Ignorant person.

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

akhanda. Eternal; continuous, indivisible.

a-kshara. Imperishable, indestructible.

ananda. Divine bliss. The Self is unalloyed, eternal bliss. Pleasures are but its faint and impermanent shadows.

a-nithya. Impermanent, transient.

antara-pranacha. Inner world.

anthah-karana. Inner psycho-somatic fourfold instruments of mind, intellect, memory, and ego.

anubhava-jnana. Self-experience; knowledge from personal experience.

anushtana. Undertaking, performance, action.

a-para-prakriti. Lower nature, world.

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

a-sat. Falsehood, unreal, non-existent, bad.

a-sathya. Falsehood.

asrama. A stage of life, one of: student, householder, hermit, and renunciate.

asthi. Being, existence; is-ness; synonym for *sat*.

Asthi-Bhathi-Priya. Being, existence –that which shines, illumines, awareness – love, dearness.

asthika. Believer; theist; God-revering person.

Asthinapura. City of bones.

a-sthira. Unsteady, unstable.

Atma. Self; Soul. Self, with limitations, is the individual soul. Self, with no limitations, is Brahman, the Supreme Reality.

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

Atmarama. Eternal bliss; Rama in the heart.

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

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

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

Atmic. Of or relating to the *Atma*.

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

avarana. Veiling.

avarana-sakthi. Veiling power.

a-vastu. The unreal.

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-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.

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

Bhagavantha. The Lord.

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.

bhaktha. Devotee of the Lord.

bhakthi. Devotion to God.

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

Bhasmasura. Sage who reduced himself to ashes through misuse of boons from Siva.

bhathi. That which shines, illumines; *chit*.

bahya-prapancha. External world.

Bhima. Second of five Pandava brothers; named for his size and strength. See *Mahabharatha*.

bhutha. Any of the five elementary constituents of the universe; spirit; monster.

bhuthakasa. *Atma* conditioned by the mind stuff; elemental ether.

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.

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.

chetana. Super-consciousness, consciousness.

chidabhasa. “I” awareness conditioned by consciousness.

chidakasa. *Atma*.

chidatma. Supreme Consciousness *Atma*.

chinmaya. Consisting of pure consciousness.

chit. Consciousness, knowledge, awareness.

chittha. Mind stuff, memory, subconscious mind.

chitthakasa. The deflect *Atma*, the mind stuff.

dama. Control of the outer senses.

darshan. Sight of a holy person.

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

dasen-driyas. The ten organs (of action and perception).

deha. Body.

deva. Deity, celestial being, God.

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*.

Dharmaraja. Name for Yudhistira, eldest of the five Pandava brothers. Born to Kunthi by the grace of Yama

Dharmaraaja, Lord of Death. Named for adherence to *dharmā*. See *Mahabharatha*.

dharmic. According to *dharmā*, righteous.

Dhritharashtra. Father of Kauravas; holder of ruling power.

dhyana. Meditation.

Dronacharya. Drona, the teacher of archery and war tactics for the Pandavas and Kauravas.

Dwapara-yuga. Third in the cycle of four ages. See *yuga*.

Ekalavya. Son of the king of foresters; refused as a student by Drona because he was a labourer.

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.

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

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.

Hasthinapura. Capital city of the Pandavas (and earlier the Kauravas).

hethu. Origin, cause.

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.

hridaya. Heart.

hridayakasa. Firmament of the heart.

idam. This.

indriyas. Senses.

Iswara. Easwara. The Supreme Ruler, the Personal God. He is Brahman associated with illusion (*maya*) but has it under His control, unlike the individual soul, who is illusion's slave. He has a lovely form, auspicious attributes, and infinite power to create, sustain, and destroy. He dwells in the heart of every being, controlling it from within. He responds positively to true devotion and sincere prayer.

ithihasa. Historical legend, traditional account of former events.

jada. Inert matter.

jagath. Cosmos, world of change, creation.

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.

japa. Soft prayer or repetition of the name of God.

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-mukthi. Liberation while alive.

jivatma. Soul or true Self, at the individual level.

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-kanda. Portion of the *Vedas* that deals with knowledge of Brahman through the path of spiritual wisdom or discriminative knowledge.

jnanen-driyas. Five organs of perception: eye, ear, tongue, nose, and skin.

jnani. Wise man, realized soul.

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

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.

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.

karmen-driyas. Organs of action: larynx, hands, feet, anus, sex organs.

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

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

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

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

krodha. Anger.

kshara. Perishable; the destructible world.

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

Kunthi. Also **Kunthi Devi.** Mother of Pandavas, wife of King Pandu (the younger brother of emperor Dhritharashtra), and sister of Krishna's father (Vasudeva).

Kurma. Second incarnation of Vishnu, as a Tortoise.

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

Lakshmi. Consort of Vishnu, goddess of wealth.

laya. Merging, dissolution, absorption.

leela. Divine sport or play.

lobha. Greed.

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

Mahabharatha. The Hindu epic composed by Sage Vyasa, which deals with the deeds and fortunes of the cousins (the Kauravas and Pandavas) of the Lunar race, with Lord Krishna playing a significant and decisive role in shaping the events. The *Bhagavad Gita* and *Vishnu Sahasranama* occur in this great epic. It is considered to be the Fifth *Veda* by devout Hindus. Of this great epic, it is claimed that “what is not in it is nowhere.

maha-maya. Great illusion.

maha-pralaya. Final dissolution.

Maheswara. Name for Siva; the great Lord.

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.

manava. Human being.

manonasanam. Destruction of the mind.

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*.

marga. Path.

Matsya. First and foremost incarnation of Vishnu.

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*).

mouna. Silence.

mukthi. See *moksha*.

naasa. Destruction.

Nakula. One of the Pandava brothers. See *Mahabharatha*.

nama. name.

nama-skaram. Respectful salutation.

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.

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

Narayana. The Primal Person, the Lord, Vishnu.

nasthika. Atheist.

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

nithya. Eternal, permanent.

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

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

Para-brahman. Universal Absolute Brahman.

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

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

para-prakriti. Higher world, nature.

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

pradhana. Primordial matter; source of material world according to *sankhya*.

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.

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.

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

pratyogatma. The inner 'I'.

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

prema-swarupa. Embodiment of love.

priya. Also *priyam*. Love, dearness.

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*.

purna. Complete, full, the Full.

purusha. Perfect person, supreme lord, soul, self, indweller.

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

Purushothama. The supreme Lord of all.

rajas. One of the three *gunas* (qualities or dispositions) of *maya* or *prakriti*. Passion, restlessness, aggressive-

ness, 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*.

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”.

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

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.

sadasat. Existent-nonexistent.

sadguru. True teacher to be followed.

sadhaka. Spiritual aspirant.

sadhana. Spiritual discipline or exercise; self effort.

Sahadeva. One of the Pandava brothers. See *Mahabharatha*..

sakshatkara. Divine spiritual experience or vision; direct experience of the Lord.

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

Sakthi. Female consort of Siva..

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*..

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

sam-yoga. Union.

sankalpa. Will, resolve.

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 sage Kapila. Its chief object is the emancipation of the soul from the bonds of worldly existence.

santhi. Peace, equanimity, serenity, tranquility.

sanyasi. Counterfeit.

sanyasin. Renunciant, mendicant.

sarathi. Charioteer.

Sastras. The Hindu scriptures containing the teachings of the sages. The *Vedas*, the *Upanishads*, the *ithihasas* (epics), the *Puranas*, the *Smrithis* (codes of conduct), etc., form the *Sastras* of the Hindus. They teach us how to live wisely and well with all the tenderness and concern of the Mother.

sat. Existence, being, good, real.

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

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".

sayujya. Union, merger with the Divine.

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

sishya. Pupil, student, disciple.

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

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

smarana. Remembering the name of the Lord.

sraddha. Faith..

sthira. Steady, firm, fixed, permanent.

sthula. Gross, material, superficial.

subha. Good, beautiful, auspicious.

suddha. Pure.

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

sukshma. Subtle.

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

sushupti. Deep sleep state.

swa-bhava. Essential nature, essence, reality, truth.

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

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*.

thithiksha. Fortitude, forbearance.

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

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

upadesa. Teaching; advice; initiation; communication of an initiatory mantra or formula..

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*.

uparathi. Control of mind by withdrawal from senses.

Vaasudeva. Son of Vasudeva. Name for Krishna.

vahini. Stream or flow.

vairagya. Detachment, renunciation.

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

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

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

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

Varaha. Boar incarnation of Vishnu.

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.

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

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.

Vasudeva. Father of Krishna.

Veda. Knowledge, wisdom. This knowledge is generally viewed as being given in the *Vedas*.

Vedanta. Means “the end of the *Vedas*”. It is the essence of the *Vedas* enshrined in the *Upanishads*. The philosophy of non-dualism, or qualified non-dualism, or dualism based on the *Upanishadic* teachings, is denoted by this term.

Vedantic. Of or pertaining to *Vedanta*.

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

Vedic. Of your relating to the *Vedas*.

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

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

videha-mukthi. Transcorporeal liberation.

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

vidya-maya. Knowledge-based illusion.

vi-jnana. Highest wisdom; discriminating faculty of the intellect; spiritual wisdom beyond the material plane.

vi-kara. Modification, adaptation, change.

vi-kriti. Changed, transformed.

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

vi-kshepa-sakthi. Projecting power.

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

viveka. Discrimination.

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

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.

Yama. God of Death; death personified.

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..

yogi. One who practices *yoga*.

Yudhistira. Eldest Pandava brother; also called Dharmaraja.

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*.