

Glossary of Sanskrit words in Sahaja Yoga

Aar.ti (<i>Hindi</i>)-	Honouring a person/ image by encircling with a lamp. <i>Original Sanskrit word Ārati. Aarti- means 'hurting'.</i>
Ādi	'First, beginning, original, primordial'.
Ādi Śhañkar'āchārya	see Shankaracharya . Shañkara - <i>'creating happiness'</i> is a name of Shrī Shiva , Achārya – <i>'teacher, Guru'</i> .
Advaita	'Non-dualism', the belief that all is one and the Supreme Spirit and the Creation are not separate. The greatest proponent (before Shri Mataji) was Shri Adi Shankaracharya .
Agni	Fire, God of Fire.
Āgñyā	'Authority, control, command' (<i>spelt ājñā, but pronounced Āgñyā- the palatal ñ is a nasalisation of the g rather than a n sound</i>) Head Chakra.
Ahañkāra	'Ego, illusion of individuality'. Ahañ – <i>'I am'</i> , kāra – <i>'making'</i> .
<i>Or: Ahañkāra</i>	Egotism as a vice is mamatā – <i>'selfishness'</i> .
Amba/Ambikā	Mother
Amṛut	'Immortality, divine nectar'. A – <i>'not'</i> , mṛuta – <i>'death'</i> . Pañch Amṛut – <i>'five-fold nectar'</i> is an offering in Puja made of milk, butter, yoghurt, sugar, honey and saffron.
Anāhata	'Unstruck, without percussion'. Name of Heart Chakra. The unstruck sound is ' Om '. An – <i>'not'</i> āhata – <i>'struck, wounded'</i>
Ānanda	'Joy, bliss, ecstasy'. A quality of the Formless Divine. Ā – <i>'full'</i> , nanda – <i>'pleasure, joy'</i> . See Sat-chit-ānanda (<i>incl.</i>)
Anna Pūrṇā	Form of Shrī Durgā who gives nourishment. Anna – <i>'food, rice'</i> Pūrṇa – <i>'full, complete'</i> .
Asura	Demon, devil, Rakshasa (<i>incl.</i>). A – <i>'not'</i> , sura – <i>'shining'</i>
Ardha Bindu	Half Dot, crescent. Chakra above Sahasrāra .
Ātmā/Ātman	Individual Spirit. Soul, Self,
Avatār	Divine Incarnation come to help humanity. Avātara – <i>'descent'</i>
Baddha	Obstructed, bound by the fetters of existence.
Bandhan	Tying, knot, connection.
Bhairava	Roaring terrifyingly. Bhi – <i>'fear'</i> rava – <i>'roaring'</i> . Form of Shrī Siva .
Bhajan	Devotional song. Bhaj – <i>'to worship'</i>
Bhakti	Devotional love. Quality of the heart essential for spiritual growth.
Bhava-sāgara	Ocean of worldly existence. Ocean of Illusion. Samsāra (<i>incl.</i>) Bhava – <i>'existence'</i> , sāgara – <i>'Ocean'</i>

Bhūmī	Mother Earth, earth as one of the five elements.
Bhūt	Disembodied spirit. Creature.
Bīja –‘seed’	Single-syllable mantra with significance to the Subtle System. (p.266)
Bindu	Dot, spot, drop. Chakra above Sahasrāra
Brahmā/Brahmadeva	The Creator. The God who seeks/knows the Brahman.
Brahman (n.)	Formless All-pervading Divine Consciousness- the Supreme Spirit, Growth, expansion, evolution. (from brimh -‘to expand, pervade’)
Buddha	Awakened, enlightened, intelligent, wise.
Chaitanya	Consciousness, divine vibrations, the Universal Spirit.
Chakra	Wheel, disc, discus as a weapon.
Chamundā	Form of Shrī Durgā who destroyed the demons Chanda -‘anger’ and Munda -‘bald head’.
Chandra	Moon. From Chand -‘to shine’
Chit	Consciousness, attention, soul, spirit.
Chitta	Thought, attention, mind.
Dattātreyā	An incarnation of the Primordial Master with qualities of Vishnu , Brahma and Shiva . Datta –‘given’, atreya –‘to Sage Atri (his father)’. Granting the state beyond the three Gunas.
Deva	God, Divine; the Devas rule the physical aspects of creation. (from div –‘to shine’) There are 33 including the Ādityas, Vasus,
Devī	Goddess. (fem. of Deva)
Dharma	Righteousness, good conduct, morality.
Durgā	Supreme Goddess – Consort of Shrī Sadāśhiva . Carries us over difficulties, hard to attain, living in an inaccessible place. Śhrī Pārvati in the Central Channel (fair/golden form)
Ekādaśha	‘Eleven’. Eka –‘one’, ādaśha -‘with ten’ See Rudra .
Gaṇeśha/Gaṇapati	Chief of Lord Shiva’s attendants/ Lord of all groups and categories/ God of the people. Controller of the Chakras (as a Gana -‘group’) Gaṇa – ‘group, troop, attendant, people’. Īsha –‘God, controller’, pati –‘Lord, protector’
Garuda	Vedic eagle deity which became the vehicle of Shrī Vishnu
Gaurī	Shining, pure, white, golden. Shri Pārvatī has two forms – dark-skinned on the Left Side (Kālī) and fair-skinned in the central channel (Gauri, Durgā)
Gñyāna	Knowledge, especially knowledge of the Absolute. Quality of Central Channel.

Granthi	Knot, joint, doubt or difficulty. <i>The three Granthis separate the three sections of the Subtle System (see page 297).</i>
Guṇa	Quality, attribute, mood, good quality. The Three Guṇas are the qualities of the three channels as Tamas -‘darkness’, Rajas -‘passion’ and Sattva -‘reality’ (incl.)
Guru	Teacher, respectable, heavy.
Gṛuha-lakṣhmī	Goddess of the household. Gṛuha –‘house’
Haṁsa	Swan/ great saint. Chakra of discrimination between eyebrows. Has lots of subtle meanings. Ha -‘Shiva’, m̄ -‘joining’, sa -‘Shakti’
Hanumāna	Having a prominent jaw. Destroyer of ego and pride. Han -‘destroy’, u –‘Right Side, ego’, māna –‘pride’
Havan	Fire ceremony. From Hu –‘worship’.
Hazrat (Arabic)	‘Noble one, your honour,’ – literally ‘presence’.
Hṛidaya	Heart, joy-giving: hṛi -‘joy’, daya -‘giving’
Iccha	Desire, wishes.
Iḍā Nāḍi	Channel of refreshment, comfort and the Spirit. <i>Note: both the d’s are retroflex and have a half r-sound.</i>
Īshwara/Īshwarī (fem)	Supreme, controller, ruler, master, God/Goddess.
Jagad-ambā	Mother of the world. (Jagat -‘world’, ambā -‘Mother’)
Kailāsa	Mountain home of Lord Shiva and Shrī Kubera
Kālī	Black form of Shrī Pārvati, wife of Shiva, ruler of the Left Side.
Kali Yuga	The Age of Vice. Present Age which started in 3120 BCE (Mahabharata war) will be followed by Satya Yuga –‘Golden Age’
Kalki	10th and final incarnation of Vishnu. Destroyer of Kalka – ‘impurities’. Short for Nishkalanka -‘spotless’.
Karma	‘Action’-Belief in the rewards of good and bad actions in this and previous lifetimes. From kṛ -‘to do’.
Kārttikeya	Raised by the Krittikās -‘celestial maidens’/ born in the month Kartika
Kṛiṣṇa-Kṛittika	Dark-skinned, black. Lord of Creation - Kṛ -‘create’ ishana –‘God’ Six celestial maidens/ river nymphs who nursed the six-headed Shrī Kārttikeya . Became the Pleiades star formation.
Kriya	‘Action’ – quality of Right Side.
Kuṇḍalinī-	Coiled Goddess, sleeping in the water-pot. <i>From</i> Kuṇḍala -‘coils’, kuṇḍa -‘pot’, līna -‘sleeping’)Pure Desire for reunion with the Supreme Consciousness.

Lakṣhmaṇa-	Bearing auspicious marks. Brother of Shrī Rāma.
Lakshmī-	Bearing auspicious signs, wealth, good fortune, Fore-bearing Mother Earth – la- ‘earth’, ksham –‘forgive’, ī –‘have qualities of’.
Lalitā-	Charming, beautiful, playful.
Linga	Sign, token. The Shiva Linga is one of the oldest (and best) forms of worship on the planet.
Loka-	World, realm. There are 3, 7 or 14. (see Gayatri mantra, p.33)
Māriā-	Born from the sea.
Mahā-	Great, higher, mighty. The Goddesses Mahā-kālī , Mahā-saraswatī and Mahā-lakshmī are the Powers of the three Channels.
Mahābharāta	Longest poem ever written describing the conflict between cousins, the Pandavas (good guys) and Kauravas (not good guys) and Shrī Krishna’s involvement.
Mahā-kālī-	The Great Black Goddess. Ruler of Time and Death. Power of the Left Side (Existence, desire, destruction)
Mahāvīra	Great warrior, very brave.
Mahat-ahamkāra	–‘The great I am’. Divine I-consciousness into which our limited I-ness (ego) dissolves.
Maṇḍala	Circle, area, zone. Orb of influence. The Mandalas of Fire, Sun and Moon are the divisions of the Subtle System.
Maṇipūra	Nābhi/Navel Chakra, ‘place of the gem’.
Mantra	Sacred speech (from man- ‘to think’ –= ‘instrument of thought’)
Mātājī	‘Holy Mother’ Mātā –‘mother’, -jī –‘respected’ added to names.
Mary/Māriyā	‘Born from the ocean’
Maryādā	Boundary, limit. The bounds of proper behavior.
Māyā	Creative energy, illusory power, magic.
Mokṣha	Liberation, enlightenment. (long o!) Mo –‘illusion’, ksha –‘destroying’
Mūlādhāra	The Support of the Root (<i>mūla-root, foundation ādhāra-support</i>) Name of both the lowest Chakra and the Sacrum ‘home of Kundalini’
Nābhi	Navel, middle. Manipūra Chakra .
Nāḍi	A nerve or channel of the body. Nadi –‘river’ is a different word.
Namo/namaḥ	Namo is namaḥ modified by Sandhi . Namaḥ is an adverb meaning ‘salutations to..’ (from nam-‘to bend, bow’) namaḥ also means ‘not I’ na –‘not’, maḥ –‘I’ (see p.15)
Namas-te, namas-te-stu, namas-kāra	‘Salutations’, ‘bowing’. Te –‘to You’ astu –‘let it be’, kāra –‘making’. Namas is namaḥ modified by Sandhi .

Nārāyaṇa	‘The Refuge of men. Reclining on the waters’. Nāra- ‘man, water’, ayana- ‘refuge, reclining’. Name of Shrī Vishnu .
Nirmala	‘Unsoiled, pure, immaculate’. Nir –‘not, without’, mala –‘dirt’. Shrī Mataji’s name Nirmalā is the feminine ending.
Nirvichara	‘Thoughtless Awareness’. Nir- ‘not, without’ vichara- ‘thought, reflection’
Nirvikalpa	‘Doubtless Awareness’. Nir- ‘without’, vikalpa- ‘imagination, doubt, concept’
Param-chaitanya/Para-Brahma/Param-ātma-	The Supreme All-pervading Formless Consciousness. Attributeless God Almighty.
Pārvatī-	‘Daughter of (Himavat, king of) the Mountains’. (parvat- ‘mountain’) Embodying the Supreme Consciousness. Pāra- ‘Beyond, Supreme’ – vatī –‘having the qualities of’
Piṅgalā	Right Channel. Golden, reddish-brown.
Prakṛiti	‘Nature, Primordial Creative Energy’, Ādi Śhakti (see Purusha)
Pranava	Reverberation, the Om.
Pūjā	Worship, adoration of the Divine.
Purāna	Sacred Hindu books containing stories of the Deities, rules for living, etc. Written after the Vedas and Upanishads , 2000BCE-1800CE. From Purāna- ‘old, ancient’
Puruṣha	Man, Supreme Spirit (in the Vedas and Upanishads) Purusha and Prakṛiti become Shiva and Shakti in later philosophy.
Rādhā	Prosperity, happiness, Support of the Kundalini.
Rāja-lakṣhmī	Well-being of the King/state. Royal dignity
Rajas/rajo guṇa	Right Side quality. The realm of the sky, passions, ‘colouring/darkening the mind’.
Rākṣhasa	Demon, from whom we need protection.(from raksh- ‘to protect’) one whose nature is naturally lustful, avaricious, power-hungry.
Rāma	Pleasing, dark-skinned.
Rāvana	A ten-headed demon who kidnapped Shrī Sītā and was killed by Shrī Rāma . His ten heads represented the ten branches of learning.
Ṛishi	Seer, saint, realized soul. From drish –‘to see’
Rudra	Fierce, wailing (<i>Vedic Name of Lord Shiva</i>) Ekādaśha Rudras - Eleven destructive powers of God.
Rukminī	Radiant, ornamented with gold. Wife of Shrī Krishna.
Sacrum	Triangular bone at base of spine in which the Kundalini sleeps. Mūlādhāra in Sanskrit.
Sadāśhiva	Eternal Formless God. At the time of Pralaya –‘final dissolution’ the

other manifestations of God are absorbed into **Sadāshiva** who then remanifests the next creation. **Sadā**-‘eternal, always’.

Sādhu

‘noble, virtuous’. Seeker of Truth. One who performs Sādhanā-‘worship, realisation’

Sahaja

In-born, natural, spontaneous, simple. **Saha** –‘with’, **ja** –‘born’.

Guru Nanak, Shirdi Sai Baba, Kabir and Ramana Maharshi all spoke of Realisation as Sahaja.

Sahasrāra

Thousand-petalled. (**Sahasra**-‘thousand’, **ara**-‘spokes’) Crown Chakra

Sākshāt

‘really, perceptible, in physical form’. **Sa**-‘with’ ‘**akshāt** –‘with the eyes or senses in general’

Samādhi

Deep contemplation, profound meditation, joining with (Yoga)

Samsāra

Worldly life, illusory existence. Cycle of birth and death.

Sandhi

Euphonic combination – the modifying of word endings to blend into the next word. Eg. **namaḥ namaḥ** becomes **namo namaḥ**, etc.

Sanskṛit

‘Elaborate, refined’. Written **Samskṛit** properly.

Saraswatī

‘Being like a lake, power of speech’. Goddess of Speech and music.

Sat-chit-ānanda

(**Sach-chid-ānanda** with **Sandhi**) Qualities of the Formless Divine – **Sat**-‘existence’, **Chit**-‘consciousness’, **Ānanda**-‘joy, bliss’ which give rise to the three Gunas (*incl.*)

Sattva

Central Channel quality. Truth, reality, goodness. (from **as** –‘to be’)

Satya Yuga

‘Age of truth’ (aka **Krita Yuga**) The age following the present Kali Yuga – ‘Age of Vice’. Estimates of time vary widely.

Śhakti-

Energy, power.

Śhaṅkarāchārya-

Saint from Kerala who revitalized Hinduism. Dated some time between the time of Christ and 800 CE. Wrote books, commentaries and many great praises of all the Deities. He is known as **Ādi** –‘the first’ **Shankaracharya**, as the heads of the monasteries he founded have been called **Shankaracharya** since.

Śhastra

Sacred Hindu texts including the **Vedas**, **Purānas**, etc.

Śheśha

Seven-headed snake on which **Shrī Vishnu** reclines. Considered as the power of the attention, incarnated to assist **Shrī Vishnu**’s work as **Lakshman** and **Balarama**.

Śhiva-

‘Happy, auspicious, fortunate, benevolent, bliss’. Also called **Mahādeva**-‘Great God’, the Embodiment of the **Ātmā**-‘Spirit’

Śhraddha

Faith, trust, belief.

Śhrī

‘Holy, auspicious, revered, glorious, splendid. Prosperity’ (Name of Shri Lakshmi).

Śhuddha Siddhi	‘Pure’. Śhuddha Vidyā is the highest knowledge of the Divine. ‘Success, fulfillment, Self-realisation’. Eight magical powers possessed by Shrī Hanuman. A Siddha is a realized soul.
Sītā	‘A furrow’. (Found in the Earth by Raja Janaka while ploughing)
Sudarśhana	‘good-looking’- Name of the discus weapon wielded by Shri Vishnu and Shri Krishna
Sugrīva	Rightful king of the monkey tribe to which Shrī Hanuman belonged. His throne was usurped by Vali and Shrī Rāma helped him regain it.
Suśhumna	‘Very kind and gracious’. Central Channel.
Swādhiṣṭhāna	‘Standing in its own place’ (<i>swa-own, adhi-place, ṣṭhāna-standing</i>) The basis of the Self- (<i>Swa-‘self’, adhi-ṣṭhāna-‘basis, abode’</i>) often shortened in Sahaja Yoga to Swadistan, Swadhistan, Swadisthan, etc. Name of Third Chakra - the Kundalini rises first to Nābhi from which Swādhiṣṭhāna emerges
Swāmī/Swāminī (f.)	‘Owner, master’. (<i>Swa –‘self’</i>)
Swayambhū	‘Self-existent’, Brahman, the Supreme Spirit. A Swayambhu is a naturally occurring rock formation which emits vibrations.
Tamas/tamo	‘Darkness, ignorance, sleep, lethargy’. Quality of Left Side.
Tantra	Technique, especially ‘the technique’ of raising the Kundalini.
Tapas	‘Austerity, renunciation’, the quality of Agnya Chakra
Tattwa	‘Principle, quality’. Guru Tattwa is the Quality of being a guru. Tattwa also means ‘truth, Supreme Spirit’
Trimurti	‘The three forms’ of God as Brahma the Creator, Vishnu the Sustainer and Śhiva the Destroyer. Tri-‘three’, murti-‘form’ .
Tripūra	A three-fold fort of the demons constructed on Earth, Sky and Heaven. It was destroyed by Śhrī Shiva who is called Tripūrā .
Twam	‘You’, ‘You are’ nom. (<i>acc.-twām, gen.-tava, dat.-te, loc.-twayi</i>)
Twameva	‘You are indeed’. twam-‘you’, eva –‘indeed, verily’
Upanishads	Short treatises crystallising Vedic thought, which forms the basis of Vedānta religion (eg. Ādi Shankaracharya). Upanishad literally means ‘drawing near’, like a pupil to a teacher.
Vaikuntha	Heavenly abode of Shrī Vishnu.
Veda	Four ancient sacred texts of India. The oldest, Rig Veda , is at least 10,000 years old in parts. Transmitted orally, they are still widely recited in India today. (from vid-‘know’)
Vedānta	Religion based on the teachings of the Vedas and Upanishads.

Adi Shankaracharya (*incl.*) proposed Advaita–‘non-dualistic’ Vedānta

Vibhīṣhaṇa (or Bibhīshana)	Brother of the demon Rāvana (<i>incl.</i>). He was a devotee of Shrī Rāma and advised Rāvan to surrender to Him. Vibhishana became king of Lanka after Rāvana’s death.
Vidyā	‘Knowledge, learning’. (vidy’ālaya is ‘a school’ in Hindi)specifically knowledge of mantras and techniques.
Viṣṇu	‘All-pervading’. The Supreme Being who takes incarnation to direct humanity towards the ultimate goal. (<i>10 incarnations –p.92</i>)
Virāta	Vast Cosmic form of God. Material Creation. From virāj –‘splendid, ruler’
Virāt-aṅgana	Feminine Power of the Virāta .
Viṣṇu-māyā	The Illusory Creative Power of Shri Vishnu . Embodies the qualities of chastity and sisterly love. Governs the Left Vishuddhi.
Viśuddhi	Complete purification (<i>vi-complete, śhuddhi-purity</i>) Name of throat Chakra
Viṣhwa	The Universe, universal, everything.
Viśhwa Nirmala Dharma	– ‘Universal Pure Religion’. Organisation founded by Shri Mataji in 1987 to spread Sahaja Yoga.
Viṭṭhala	The One standing on a brick.(vit -‘brick’ in Marathi)
Viveka	Discrimination. Ability to tell right from wrong, etc.
Yagñya	Sacrifice, Havan, worship.
Yantra	Sacred diagram, technique, machine. (<i>From Yam-‘control’</i>)
Yaśhodā	Conferring fame, giving glory. Foster-mother of Shrī Krishna.
Yeśhu/Jesu/Jesus	Who knows/is with God.(<i>Sanskrit</i>) Ja –‘know’, Īśha –‘God’. Saviour from God (<i>Hebrew</i>) The One who knows auspiciousness.
Yoga	Connection, union. Being with/approaching God (yo = yaḥ = Brahman , God, ga = going, abiding)