



Sanskrit glossary for key concepts

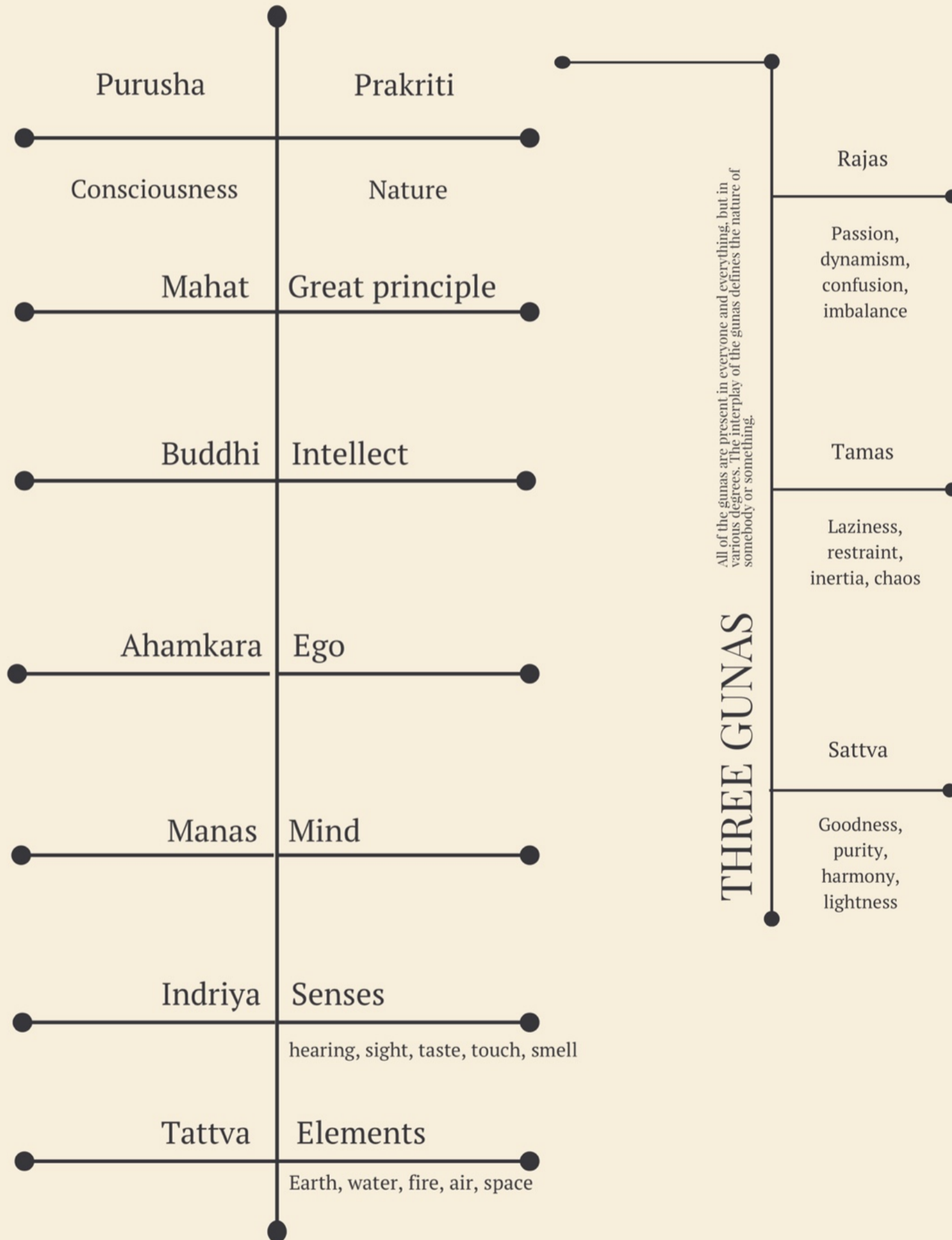
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# Yoga Philosophy

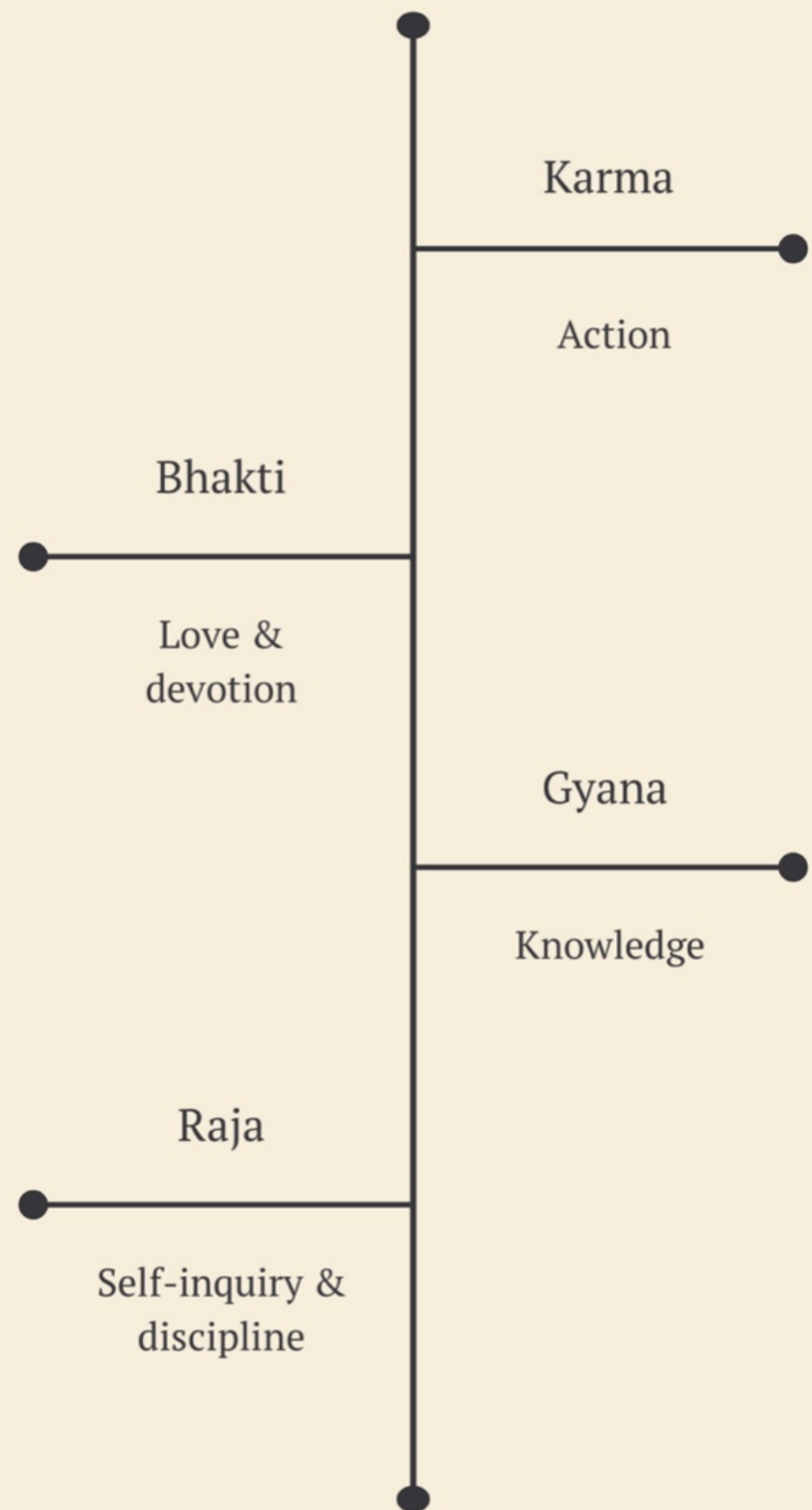
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# SAMKHYA PHILOSOPHY

Brahman  
Universal  
Consciousness

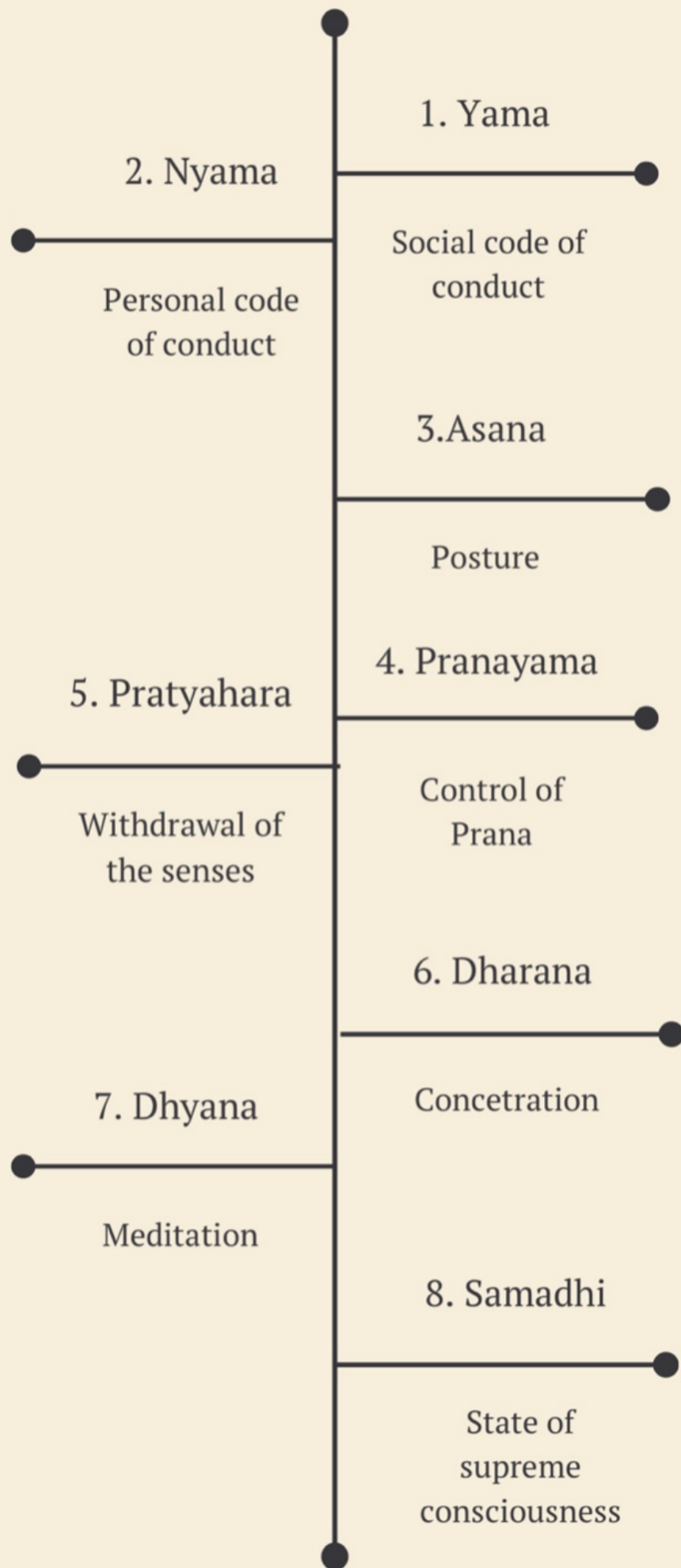


# 4 PATHS OF YOGA



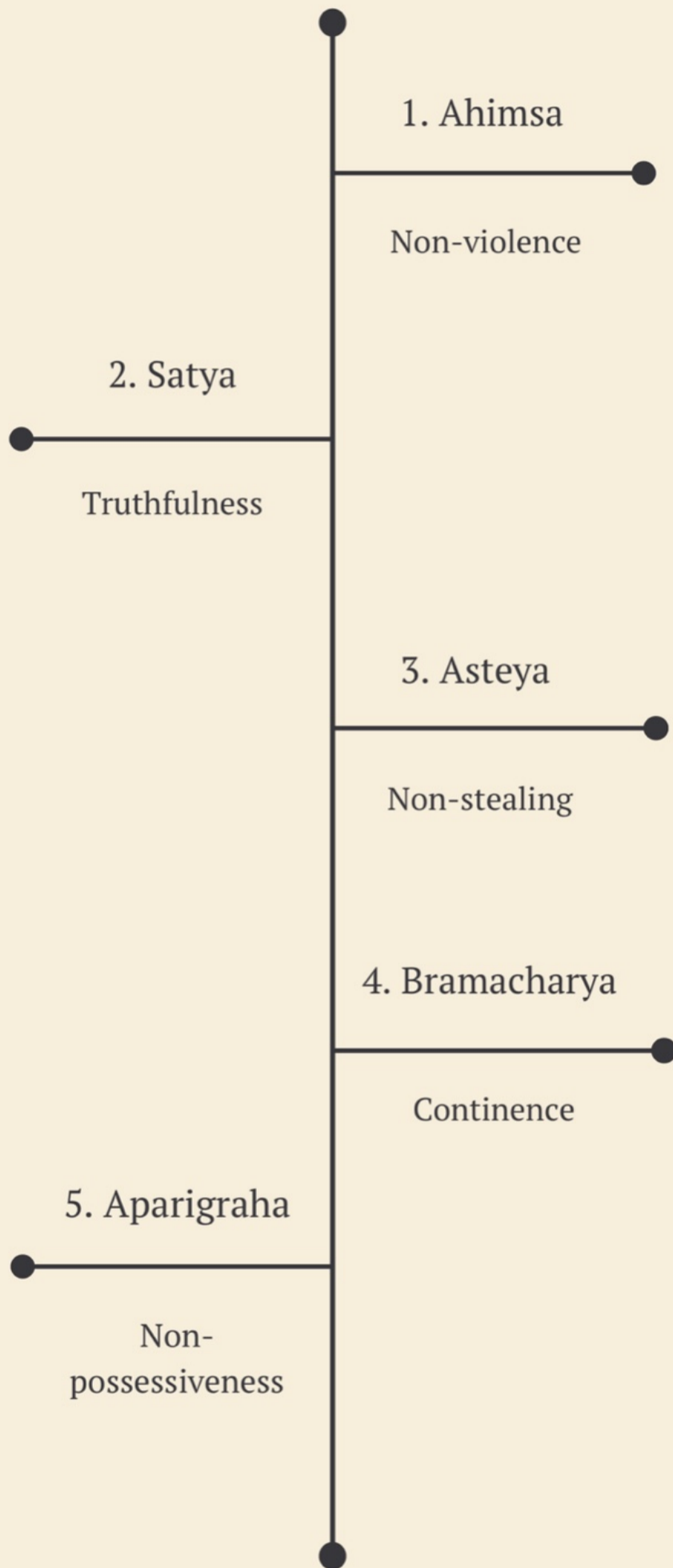
All these paths are not separate, they compliment each other in that they are means to remove the clouds of ignorance and attain self-knowledge.

# ASHTANGA YOGA: THE EIGHT LIMBS



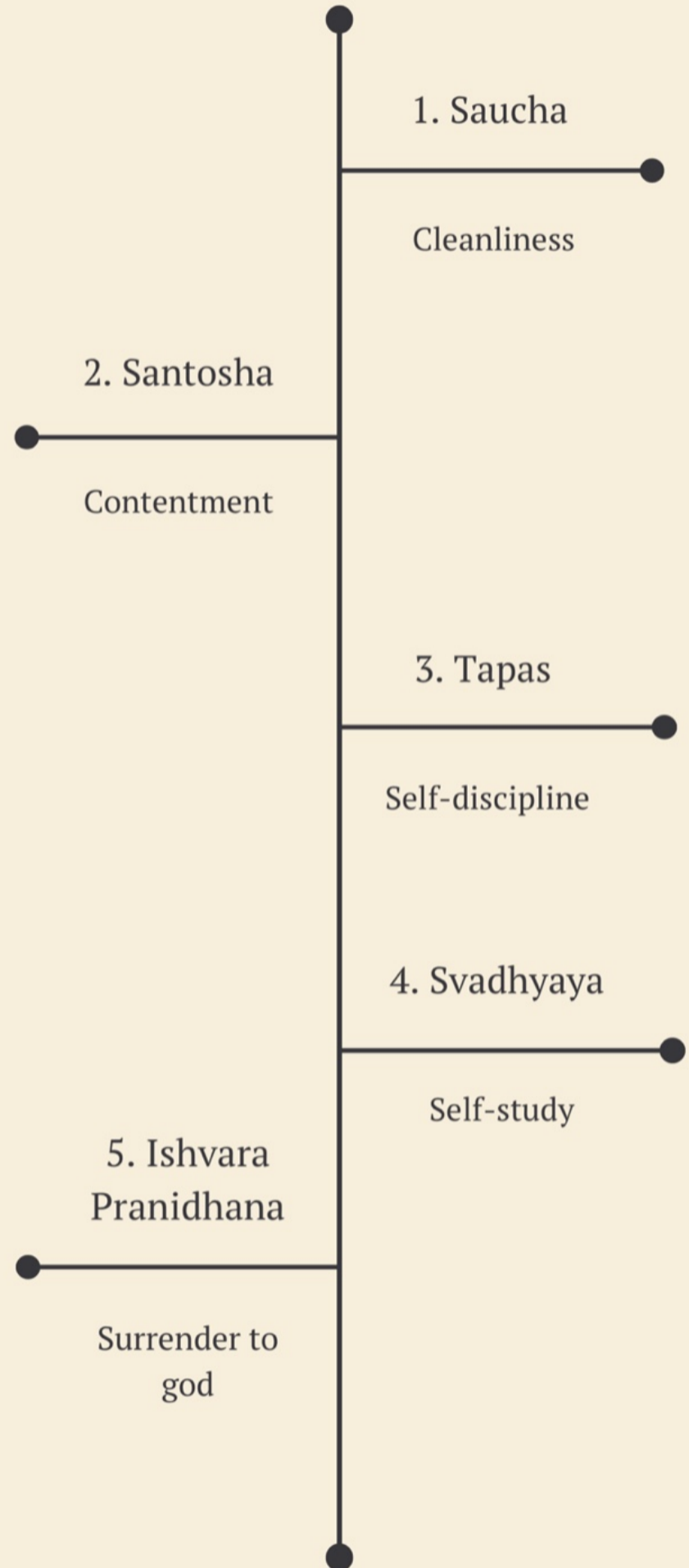
The eight steps of Raja, or Ashtanga, Yoga provide guidelines for how to attain inner peace, clarity, self-control and Realisation.

# YAMA



The Yamas are values we vow to follow at the level of thought, word and deed. They are guidelines for Yoga practitioners as to how to behave and relate to the world around .

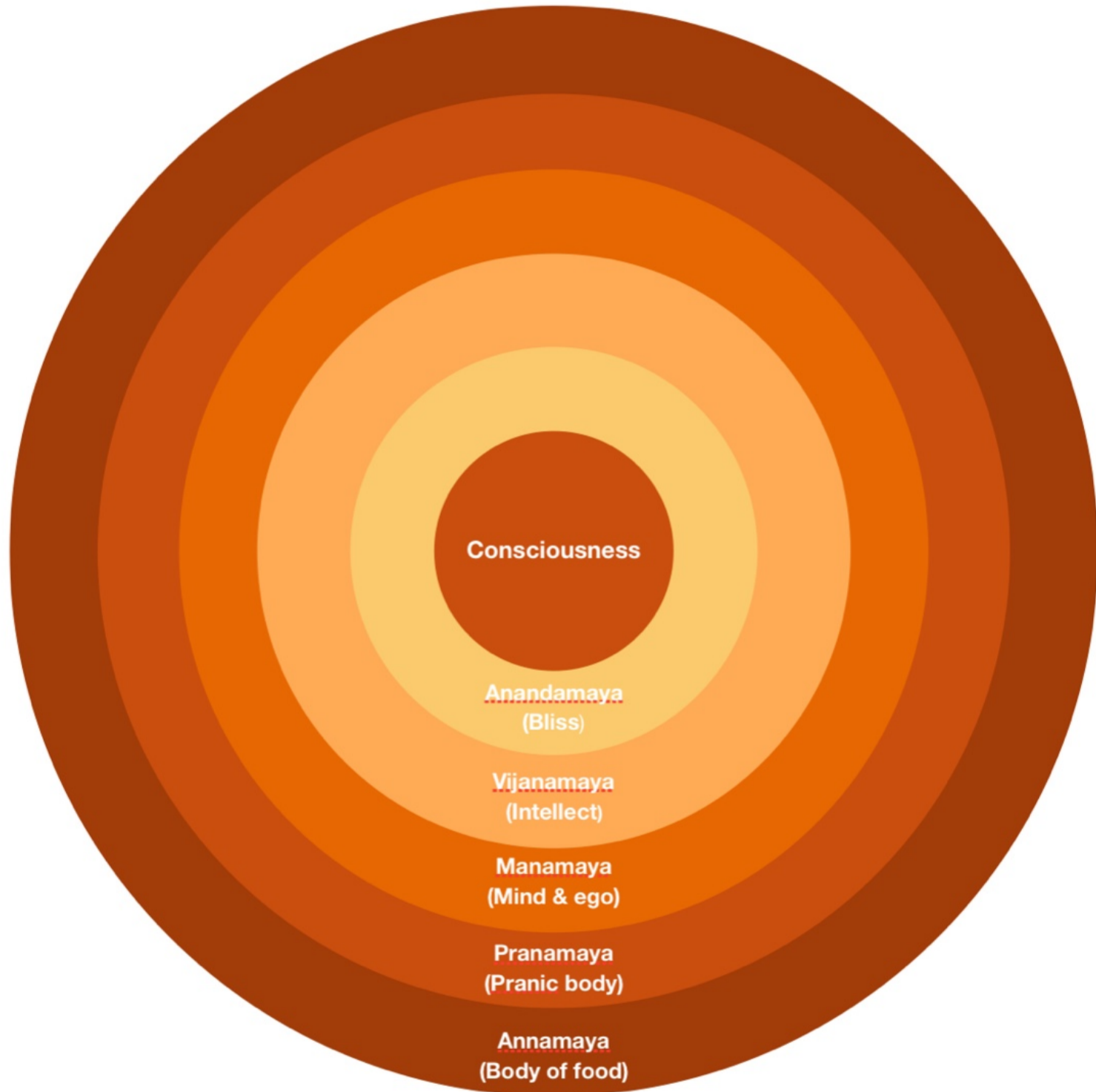
# NIYAMA



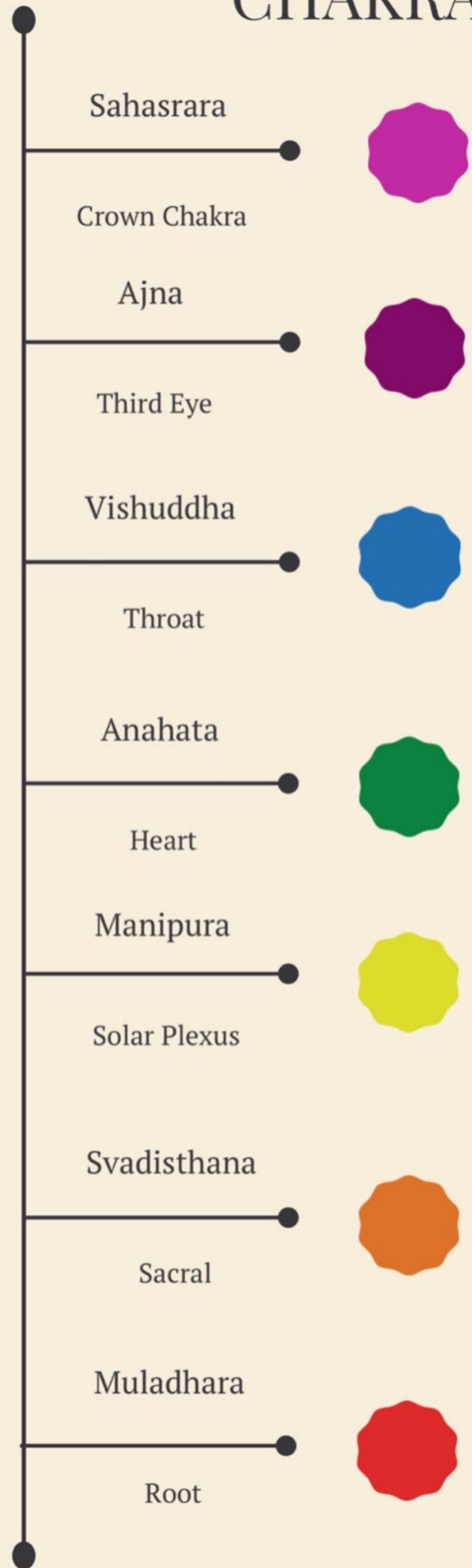
The Niyamas provide the Yogi with inner strength and discipline to create an environment conducive for one's body and mind to grow on the path of Yoga..

# PANCHA KOSHA

## LAYERS OF EXISTENCE

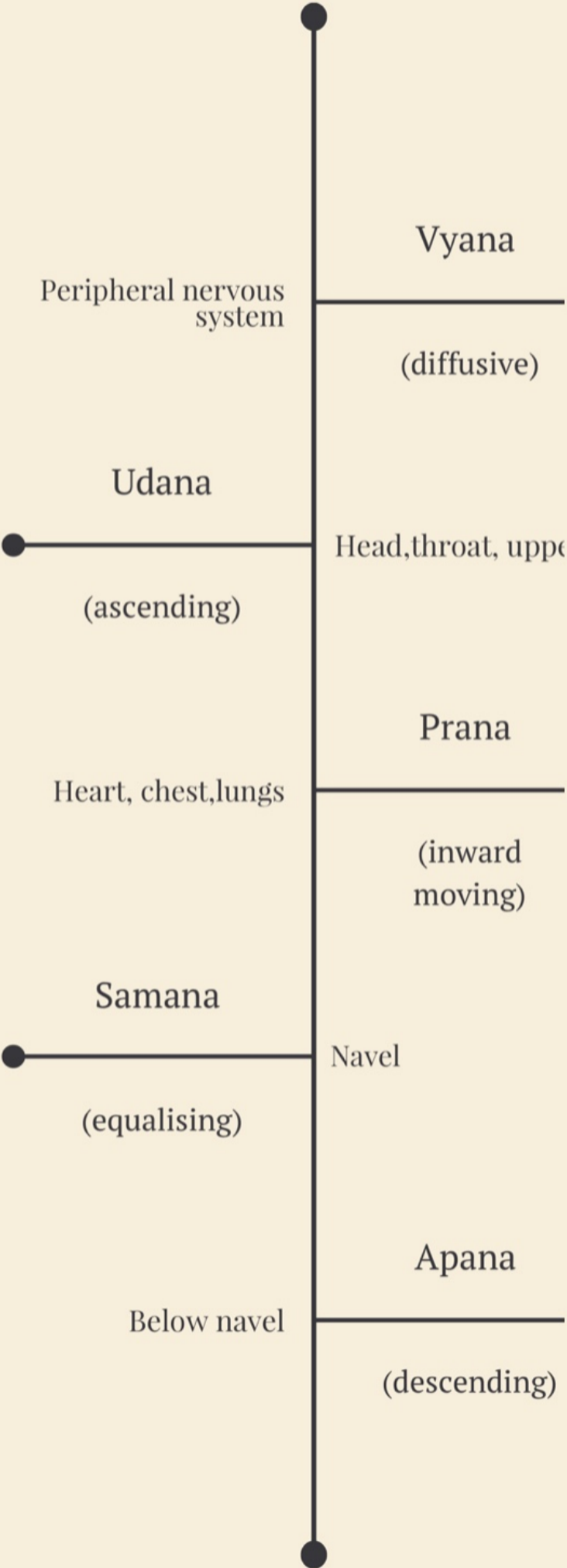


# CHAKRAS





# FIVE PRANAS



# LIST OF TERMS

*Adapted from Glossary of Sanskrit Terms by Swami Vivekananda*

## A

Adi-tattva: The first principle; Brahman; Mula Prakriti; the first element (of matter) next but one above Akasa in the gradation of subtlety.

Aditya: Sun-god; Sun; a class of celestial beings.

Advaita: Non-duality; monism.

Agni: Fire.

Aguna: Without Guna or quality.

Aham: I; the ego.

Ahamkara: Egoism or self-conceit; the self-arrogating principle 'I', 'I am'-ness; self-consciousness. Rajasika ahamkara: Dynamic egoism with passion and pride. Sattvika ahamkara: Egoism composed in the sense of goodness and virtue. Tamasika ahamkara: Egoism as expressed in ignorance and inertia.

Ahimsa: Non-injury in thought, word and deed.

Ajna-chakra: The sixth lotus of the Yogis, opposite the junction of the eye-brows; this is the seat of the mind; has two 'petals'.

Anaham: 'Not-I'; non-ego.

Anahata: The fourth lotus of the Yogis, opposite the heart; mystic sounds heard by the Yogis.

Ananda: Bliss; happiness; joy.

Anandamaya Kosa: Blissful sheath or Karana Sarira, the seed body which contains Mula Ajnana or the potentialities.

Anandamaya: Full of bliss.

Anatma: Not-Self; insentient.

Annam: Matter; food.

Annamaya kosa: Food-sheath; gross physical body.

Anubhava: Direct perception; experience; intuitive consciousness (Self-realisation); identity of the Jiva with Brahman; personal spiritual experience.

Apana: The nerve-current which governs the abdominal region, which has its centre in the anus; it does excretory function of the faecal matter; it works for ejection; the down-going breath.

Aparigraha: Freedom from covetousness; non-receiving of gifts conducive to luxury; one of the five canons of Yama, the preliminary discipline of Yoga.

Asana: Posture; seat.

Ashtanga Yoga: Yoga with eight limbs; Raja Yoga of Patanjali Maharshi.

Asmi: I am; I exist.

Asmita: Egoism; I-ness; "am"-ness.

Asteya: Non-stealing; one of the five items of Yama in Ashtanga Yoga.

Asthira: Wavering and unsteady.

Atma (also, Atman): The Self.

Avidya: Ignorance; nescience; a Sakti or illusive power in Brahman which is sometimes regarded as one with Maya and sometimes as different from it. It forms the condition of the individual soul and is otherwise called Ainana or Asuddha-maya. It forms the Karana Sarira of Jiva. It is Malina or impure Sattva.

## B

Baddha: Bound; one who is in a state of bondage.

Bahya: External.

Bandha: Bondage; tie or knot; a certain class of exercise in Hatha Yoga.

Bhakti: Devotion; love.

Brahma: God as creator; the first of the created beings. Hiranyagarbha or cosmic intelligence.

Brahmacharya: The first stage of the Hindu's life, viz., celibate student's life.

Brahman: The Akhandakarasa Satchidananda, the Absolute Reality; the Truth proclaimed in the Upanishads; the Supreme Reality that is one and indivisible, infinite, and eternal; all-pervading, changeless Existence; Existence knowledge-bliss Absolute; the substratum of Jiva, Isvara and Maya; Absolute Consciousness; it is not only all-powerful but all-power itself; not only all-knowing and blissful, but all-knowledge and bliss itself.

Buddha: The enlightened one; full of knowledge.

Buddhi: Intellect; understanding; reason.

## C

Chakra: Plexus; centre of psychic energy in the human system.

Chandranadi: Ida; the lunar psychic current that flows through the left nostril.

Chit: The principle of universal intelligence or consciousness.

Chitta: Mind-stuff; subconscious mind.

## D

Darsana: Insight; way of seeing; vision; system of philosophy; making visible.

Dharana: Concentration of mind.

Dharma: Righteous way of living, as enjoined by the sacred scriptures; characteristics; virtue.

Dhyana: Meditation; contemplation.

Gayatri: One of the most sacred Vedic Mantras or texts of the Hindus.

Gita: Song; conventionally refers to the renowned sacred text "Bhagavad Gita"; a philosophical text.

Guna: Quality born of nature.

Guru: Teacher; preceptor.

## E

Hathayoga: A system of Yoga, for gaining control over the physical body and Prana; system of Asanas, Pranayama Bandhas, Mudras and Kriyas.

Himsa: Injury.

## I

Ida: The psychic nerve-current flowing through the left nostril; it is the cooling lunar Nadi as distinguished from Pingala, the heating solar Nadi.

Indra: The mind or the soul; the lord of the senses; a Hindu deity; chief of the celestials; the ruler of heaven; the raingod.

Isvara: god

## J

Jiva: Individual soul with ego.

Jivatma: Individual soul.

Jnana: Knowledge; wisdom of the Reality or Brahman, Absolute.

Jnanayoga: The path of knowledge; meditation through wisdom; constantly and seriously thinking on the true nature of the Self as taught by the Guru.

Jyotih: Illumination; luminosity; effulgence.

## K

Kaivalya: Transcendental state of Absolute Independence; Moksha; isolation; final beatitude; emancipation.

Kama: Desire; passion; lust.

Kapha: Phlegm, one of the three humours or Doshas cording to Ayurveda.

Karma: Action. It is of three kinds: Sanchita (all the accumulated actions of all previous births), Prarabdha (the particular portion of such Karma allotted for being worked out in lse present life), and Agami (current Karma being freshly performed by the individual). It is the

Karma operating through the law of cause and effect binding the Jiva or the individual soul to the wheel of birth and death.

Karmayoga: The Yoga of selfless action; performance of one's own duty; indifference to the body and the world; service of humanity.

Karuna: Mercy; compassion; kindness.

Kosa: Sheath; bag; scabbard; a sheath enclosing the soul; there are five such concentric sheaths or the chambers one above the other, namely, the sheaths of bliss, intellect, mind, life-force and the gross body.

Kriya: Physical action; particular exercises in Hath Yoga, such as Basti, Neti, Nauli, etc.

Kriyayoga: Yoga of action; Yoga of self-purification through external service or worship.

Kumbhaka: Retention of breath; suspension of breath.

Kundalini: The primordial cosmic energy located in the individual; it lies coiled up like a serpent with three and a half coils, with head downwards at the basal Muladharachakra.

## M

Mahat: Great; the first product from Prakriti in evolution according to Sankhya philosophy, intellect.

Manas: Mind; the thinking faculty.

Manipura-chakra: The third of the Yogic centres situated in the region of the navel.

Manomayakosa: One of the sheaths of the Sel consisting of the mind.

Mantra: Sacred syllable or word or set of words through the repetition and reflection of which one attains perfection or realisation of the Self.

Maya: The illusive power of Brahman; the veiling and the projecting power of the universe.

Moksha: Release; liberation; the term is particularly applied to the liberation from the bondage of Karma and the wheel of birth and death; Absolute Experience.

Mrityunjaya: Conqueror of death; one of the names of Lord Siva.

Mudra: A certain class of exercises in Hatha Yoga; symbols shown in hands during worship.

Muladhara: The lowermost of the six Yogic centres the body.

## N

Nadi: Nerve; channel; psychic current.

Nidra: Sleep; either dreaming or deep sleep state; also a name of Yogamaya.

Nirodha: Restraint; suppression; destruction.

Nirvana: Liberation; final emancipation.

Niyama: The second step in Raja Yoga; internal and external purification, contentment, mortification, study, and worship of God, constitute Niyama; observance.

## O

Om: The Pranava or the sacred syllable symbolising Brahman.

Omkaara: Same as Om.

Omtatsat: A designation of Brahman; used as a benediction, a solemn invocation of the divine blessing.

## P

Pada: Foot; one-fourth portion.

Panchakosa: Five sheaths of ignorance enveloping the Self.

Parigraha: Grasping; accepting; covering.

Pingala: A Nadi or psychic nerve current which terminates in the right nostril; it is the solar Nadi; it is heating in its effect.

Prakriti: Causal matter; Sakti; name of Pradhana of the Sankhyas.

Prana: Vital energy; life-breath; life-force.

Pranamaya: One of the sheaths of the Self, consisting of the Pranas and the Karmendriyas.

Pranayama: Regulation and restraint of breath, the fourth limb of Ashtanga Yoga.

Pranidhana: Self-surrender; prostration.

Pratyahara: Abstraction or withdrawal of the senses from their objects, the fifth limb of Patanjali's Ashtanga Yoga.

Puraka: Inspiration; inhalation of breath.

Purusha: The Supreme Being; a Being that lies in the city (of the heart of all beings). The term is applied to the Lord. The description applies to the Self which abides in the heart of all things. To distinguish Bhagavan or the Lord from the Jivatma, He is known as Parama (Highest) Purusha or the Purushottama (the best of the Purushas).

## R

Raja: King.

Rajas: One of the three aspects or component traits of cosmic energy; the principle of dynamism in nature bringing about all changes; through this is protected the relative appearance of the Absolute as the universe; this quality generates passion and restlessness.

Rajayoga: A system of Yoga; the royal Yoga of meditation; the system of Yoga generally taken to be the one propounded by Patanjali Maharshi, i.e., the Ashtanga Yoga.

Rechaka: Exhalation of breath.

## S

Sadguna: Good quality; virtuous quality.

Sadhana: Self-effort; tool; implement; spiritual practice.

Sahasrara: A region in the top of the head in the form of a thousand-petalled lotus, where Kundalini Sakti unites with Lord Siva.

Sakti: Power; energy; force; the Divine Power of becoming; the apparent dynamic aspect of Eternal Being; the Absolute Power or cosmic energy.

Samadhi: The state of superconsciousness where Absoluteness is experienced attended with all-knowledge and joy; Oneness; here the mind becomes identified with the object of meditation; the meditator and the meditated, thinker and thought become one in perfect absorption of the mind.

Samata: Balanced state of mind.

Samsara: Life through repeated births and deaths; the process of worldly life.

Samyama: Perfect restraint; an all-complete condition of balance and repose, concentration, meditation and Samadhi.

Sankhya: A system of philosophy propounded by Kapila.

Santosh: Contentment; joy; happiness.

Sattva: Light; purity; reality.

Satya: Truth; Brahman or the Absolute.

Saucha: Purity (internal and external); cleanliness; one of the five Niyamas in Ashtanga Yoga.

Shat-karma: Cleaning processes in Hatha Yoga, viz., Neti, Dhauti, Nauli, Basti, Kapalabhati and Trataka.

Siddha: Realised; perfected; a perfected Yogi.

Siddhi: Perfection; psychic power.

Sushumna: The important psychic nerve current that passes through the spinal column from the Muladhara to the Sahasrara or the thousand-petalled lotus, through which the Kundalini is made to rise through the Yoga process.

Sutra: Thread; string; an aphorism with minimum words and maximum sense; a terse sentence.

Svadhithana: The second of the six Chakras according to Hatha Yoga.

Svadyaya: Study of religious scriptures, especially the Vedas.

Svaha: An oblation or offering made to gods; an exclamation used in offering oblations to gods.

## T

**Tamas:** Ignorance; inertia; darkness; perishability.

**Tantra:** A manual of or a particular path of Sadhana laying great stress upon Japa of a Mantra and other esoteric Upasanas.

**Tapas:** Purificatory action; ascetic self-denial; austerity; penance; mortification.

**Tat-tvam-asi:** That thou art; one of the four Mahavakyas; this is found in the Chhandogya Upanishad of the Sama Veda; this is the Abheda-bodha-vakya or the sentence which reveals non-difference between the Self and Brahman; this is Upadesa-vakya or Instruction given by the Self-realised sage to the disciple.

**Tattva:** Reality; element; truth; essence; principle.

## U

**Uddiyana:** A Hatha Yogic Kriya; it is a Yogic exercise for raising the diaphragm; it starts with a complete exhalation; the muscles of the abdomen are then fully relaxed and pushed well under the ribs.

## V

**Vibhuti:** Manifestation; divine glory and manifestation of divine power; pervasion; the special forms in which the Lord exhibits Himself.

**Vidya:** Knowledge (of Brahman); there are two kinds of knowledge, Paravidya and Aparavidya; a process of meditation or worship.

**Vijnana:** The principle of pure intelligence; secular knowledge; knowledge of the Self.

**Vijnanamayakosa:** One of the sheaths of the soul consisting of the principal intellect or Buddhi.

**Visuddhachakra:** One of the centres in the Yogic system located in the region of the throat.

**Vritti:** Thought-wave; mental modification; mental whirlpool.

## Y

**Yama:** The God of Death and dispenser of justice; the first limb of Raja Yoga; restraint.

**Yoga:** (lit.) Union; abstract meditation or union with the Supreme Being; the name of the philosophy by the sage Patanjali, teaching the process of union of the individual with the Universal Soul: union with God; any course that makes for such union; unruffled state of mind under all conditions. Yoga is mainly of four types: Karma, Bhakti, Raja and Jnana.

**Yogabhyasa:** Practice of Yoga.

**Yogadarsana:** Yoga philosophy; Yoga view of seeing the Reality.

**Yogadrishti:** Yoga-vision. **Yogamaya:**

**Yogamudra:** The symbol of Yoga. The word Mudra means 'symbol'. This exercise awakens the spiritual forces dormant in man. It is specially useful in liberating the serpent power called Kundalini.



Yoganidra: A state of half-contemplation and half-sleep; light Yogic sleep when the individual retains slight awareness; state between sleep and wakefulness.

Yogesvara: Lord of Yoga; a Name of Lord Krishna.

Yogi: One who practises Yoga; one who strives earnestly for union with God; an aspirant going through any course of spiritual discipline; one going particularly through the scheduled course of Raja Yoga; a spiritually advanced person with a perfectly unruffled mind under all conditions; a Siddha.

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