

GLOSSARY

Akashic record: psychic record of human history.

Atman: soul.

Avatar: embodied manifestation of God.

Bhagavad-Gita: foremost Hindu spiritual text. Excerpt from ancient epic poem, "The Mahabharat." Dialogue between Lord Krishna and Arjuna on the battlefield of Life wherein various processes of self-realization are revealed.

Bhajan: religious songs.

Bidi: Indian cigarette.

Bhi: brother.

Bhakti: devotional form of worship. A path of Yoga. Dualistic relationship (guru-disciple, God-devotee) culminating in unity through surrender to divine will.

Bodhi-satva: Buddhist sage who defers enlightenment until all beings are enlightened.

Brahma: creator of universe. First person of Hindu trilogy.

Buzkashi: national game of horsemanship in Afghanistan.

Chadours: dress worn by Muslim women covering entire body, from head to foot.

chakra(s): centers of psychic energy in subtle body. Seven altogether.

Chapendas: horsemen of the buzkashi game.

Chillum: small clay cone pipe generally used in smoking hemp or hashish.

Chota: small.

Chowkidar: watchman, caretaker.

Darshan: blessing often given by guru upon seeing him.

Dharmapada: virtue, righteousness. Verses of righteousness as spoken by Lord Buddha. Foot of the Dharma.

Dharma: law, righteousness. Virtuous law of life as disclosed by Lord Buddha.

Dharamsala: two story rectangular building with inner courtyard.

Dhoti: unstitched cloth (usually white) worn by men. Wrapped around lower torso and passed between legs.

Duni: small open fire maintained by sadhus in honor of the gods.

Durga: Hindu goddess of fire; austerity.

ek lak: 100,000 rupees.

Ganesh: elephant-headed God of success. Son of Lord Shiva and Parvati.

Ghat: steps leading down to river's edge

Ji: mister.

Jola: purse, handbag.

Hanuman: monkey god. Embodiment of devotion, servant to Lord Rama.

I Ching: ancient Chinese oracle. Book of wisdom.

Kali: consort of Lord Shiva. Dark principled goddess. Aspect denoting destruction (of ignorance).

Karma: action. Automatic reciprocal action. "One sows what one reaps." To be bound by.

Kit-na bhaji: What time is it?

Krishna: incarnation of second aspect of Hindu trinity (Vishnu). Embodiment of love.

Kriya: system of yoga encompassing various modes of purification (bodily).

Kshatriya: "Royal caste." Warrior class in ancient Hindu social structure.

Kumba: large, great, grand.

Kundalini: psychic energy force located at base of spine often characterized by image of coiled serpent. Form of yoga wherein this serpent force is activated and rises up the spinal column opening up various chakras in its ascent to crown of head.

Lakshmi: goddess of wealth and beauty.

Lila: divine game, play of life.

Lota: brass cup.

Lungi: three yards of unstitched cloth worn by men. Similar to a sarong.

Malla: holy necklace.

Mandala: a circular design emanating from a center point. Artistic representation of subtle energy force(s). Can be used in visual meditation to apprehend the wholeness that lies beneath the differentiations in life.

Mahatma: highly evolved soul. Spiritual father. Respectful term for saintly person.

Mantra: a single syllable or combination thereof discovered and developed in ancient times. When repeated can activate psychic body and bring about inner harmony. Passive yoga.

Maya: illusion. Veils of deception enveloping causal planes.

Mela: religious festival.

Mudra: symbolic gesture of hands and/or body representative of various subtle energy states.

Murti: image. Idol of deity.

Naga Baba: sadhu or wandering monk, generally found naked.

namaskar: respectful Indian greeting.

Namaste: common Indian greeting.

netti, netti: not this, not this; Hindu concept defining "negative" progression of consciousness.

Nirvakalpa: highest state of consciousness in Yogic path wherein individual soul absolutely merges with universal soul.

Pashmina: very fine texture of wool derived from the Iver mountain goat.

Puja: ritual of worship.

Rama: embodiment of righteousness. Avatar of Vishnu, husband of Sita.

Ramayana: Epic religious poem characterizing the life of Lord Rama and other members of the Hindu pantheon of gods and goddesses.

Rishi: sage or wise man.

Sadhana: spiritual "work." Striving for god realization.

Sadhu: wandering renunciate.

Samadhi: state of super consciousness.

Samsara: world of desire and disillusionment.

Sari: five yards of unstitched cloth worn by women.

Satsang: communion. Gathering of those who share in truthfulness.

Shakti: energy. Female (receptive) energy.

shakti-pat: initiatory supercharged energy transferred from guru to disciple.

Shiva: third aspect of Hindu trinity. Destroyer of the universe. Destroyer of illusion.

Shivaratri: night of Lord Shiva. Festival in celebration of his birth occurring during the dark moon phase in the month of February.

Siddha: one who has accomplished an evolved state of consciousness through practice of yoga. One with great power.

Siddhi: talents, projections or powers a yogi attains with practice of yoga.

Swami: master. Title of reverence.

Tantra: union of opposites (male and female). Yogic path of realization that can include utilization of sexual act as vehicle toward higher consciousness.

Tantric: used in story as colloquial expression denoting or hinting at possible esoteric meaning behind common daily (sensuous) act.

Tapas: austerity(s). Purification by fire.

tashi delek: traditional Tibetan greeting.

Tonga: horse-drawn carriage.

Tonka: religious Tibetan painting.

Trimurti: Hindu trinity: Brahma-Vishnu-Shiva.

Vedas: ancient spiritual writings (philosophy) upon which Hindu religion is based.

Vishnu: second aspect of Hindu Trimurti. The preserver. Sustainer of life.

Yeti: alleged half man, half beast alive in Himalayas.

Yoga: union, practice of culminating in spiritual union.