



## Vedantarama Glossary of Sanskrit Terms

Ananda	Bliss: Pure joy, experienced in us as undivided contentment and love. The source of happiness only temporarily obscured by hardships in the mind.
Atman	The Self: Constant throughout all experience and which never dies. The radiance of existence and awareness. This is the essence and ground of you. This is what you are.
Brahman	The vast: The infinite, limitless eternal and unchanging reality. The source out of which everything arises and expresses. That which sustains all beings and that into which all beings merge. The totality of everything.
Chit	Pure consciousness: Awareness, reflecting as the direct effect of knowingness that we all experience continuously .
Darshan	Vision: An elucidation of reality. Teaching, such as Vedanta Darshan.
Divinity	Shine: Perfect essence underlying reality. The profound, subtle, powerful and pure. That which pertains to God.
God	The infinite source and sustainer of all that exists to which we can relate. The conscious intelligence, order, love and presence within the entire cosmos.
Guru	Higher Teacher: The power in the world that dispels darkness. The teachings themselves and the higher teacher with whom you can have relationship and dive deep in discovery. That which cuts through ignorance.
Jagat	The world: This earth, this universe, this cosmos. This realm, of physical experience and changing phenomenon.
Jiva	Person: The individual. The personality and everyday sense you have of being a body and thinking mind, with wants, needs, perceptions and desires.
Jnana	Knowledge: Understanding oneself, the world and this experience. Depth of insight and experiential wisdom. Using the intellect to see the real.
Karma	Action: Cause and effect. Instincts, desires and motivations. Impacts from the past configuring your current actions and seeding future states.
Purnam	Fullness: Completeness. Purity, the state of perfect wholeness where nothing is lacking.
Sadhak	Spiritual seeker: The one who has instincts to investigate a higher truth within themselves and is following a spiritual path.

Sadhana	Spiritual practice: One of the traditions or established paths of spiritual discipline, investigation and method.
Sakshi	The knower: That power which witnesses all experience and activity, the conscious knowing power itself.
Sat	Existence: Absolute reality, the substance of existence.
Satsang	Company of the wise: Engaging in live spiritual dialogue and study with the teacher and like-minded others.
Shishya	Devotee: That spiritual seeker who is completely committed and seriously devoted to sadhana, truth and relationship with the teacher.
Shiva	Auspiciousness: A principal expression of the divine order. The Lord of the cosmos. Supreme potency and stillness. Revealer of truth and destroyer of ignorance. An infinite ocean of goodness, strength, knowledge and harmony.
Shraddha	Faith: Trust and belief in higher intelligence. Whole-hearted sincerity. The conviction and commitment to follow your path amidst the unknown.
Vairagya	Non dependence: Recognising the reality of impermanence and letting go of fixed attachments. Inner freedom as life events do not stick but move in speed and flow.
Vedanta	End of the Vedas: The philosophical and spiritual teachings of the Upanishads which declare that my nature is Atman and Atman is Brahman.
Vichara	Self-enquiry: Looking into our own inner reality to discover its truth. Who am I? What is this life? What is the nature of God?
Viveka	Discrimination: To discriminate is to enquire into the true nature of what is. From the apparent, temporary and unreal to the actual, essential and real.