GLOSSARY
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Adharma - unrighteousness, vice
Ahimsa - non-violence
Artha - wealth
Ashramadharma - human law
Atman - the real self
Bhagwan - god
Bhakti - devotion
Brahmacharya ashrama - pupilage in divine knowledge during celibacy
Dharma - righteous behaviour
Dharmasasstra - teaching of righteousness
Dhyana - meditation
Geeta - text on applied philosophy (bhagwat gita)
Griha - home
Grihastha ashrama - the stage of worldly and family life being, one of the four stages into which a hindu's life is traditionally divided, one works together as husband and wife to raise the family.
Guru - teacher, preceptor
Kama - implies sensory and aesthetic fulfilment (pleasure)
Karma - sum of a persons actions in previous states of existence viewed as deciding his or her fate in future existences, the law of cause and effect in the moral world
Mahabarata - historical text on the life of the kuru dynasty, also revered as a sacred epic, composed maharishi ved vyas
Moksha - reaching salvation and a release from the cycles of birth (liberation)
Paramatma - the supreme soul
Parampara - tradition
Parmashakti - the supreme power/ energy
Prem - love
Puranas - texts of Indian mythology/ philosophy and religion
Sanskar - mental impression, instinct, influence, merit of actions, ceremony
Satya - truth
Shakti - energy, power, ability, capacity, strength, prowess
Shanti - peace
Shastra - scholarly treatises of the Hindu sciences
Shishya - disciple
Svadharama - one's own duty
Taittiriya Upanishad - one of the Upanishads
Upanayan - initiation into sacred study
Upanishad - mystical writings to explain meanings of the Vedas, text on spirituality
Vanprastha ashrama - third stage of life where one renounces worldly pleasures
Vedanta - Hindu philosophy based on the Upanishads
Vedas - the most ancient Hindu scriptures, ancient sacred text of Hindus
Yoga - system of meditation and asceticism to attain complete reunion with the universal spirit, the union of the lower self with the higher self.