**Quiz 3 Study Guide**

# A-B

**Advaita Vedanta** (a˘d vı¯ ta˘ ve daan ta˘) Nondualistic Hindu philosophy, in which the goal is the realization that the self is Brahman.

**Agni** (a˘g nee) The god of fire in Hinduism.

**Aryans** (Aar ee a˘ns) The Indo-European pastoral invaders of many European and Middle Eastern agricultural cultures during the second millennium **BCE**.

**asana** (aa sa˘ na˘ ) A yogic posture.

**ashram** (Aa shra˘ m) In Indian tradition, a usually ascetic spiritual community of those who have gathered around a guru.

**atman** (aat ma˘n) In Hinduism, the soul.

**avatar** (a˘ va˘ taar) In Hinduism, the earthly incarnation of a deity.

**Bhagavad-Gita** (ba ga˘ va˘d gee ta˘) A portion of the Hindu epic Mahabharata in which Lord Krishna specifies ways of spiritual progress.

**bhakta** (bak taa) Devotee of a deity, in Hinduism.

**bhakti** (bak tee) In Hinduism, intense devotion to a personal aspect of the deity.

**Brahman** (bra˘h ma˘n) The impersonal Ultimate Principle in Hinduism.

**Brahmanas** (braa ma˘ na˘s) The portion of the Hindu Vedas concerning rituals.

**Brahmin (braa min) (brahman)** A priest or member of the priestly caste in Hinduism.

## C-D

**caste** (kast) Social class distinction on the basis of heredity or occupation.

**chakra** (chuk ra˘) Subtle energy centers in the body, recognized in raja yoga.Dalit

**Dalits (da˘ lits)** A contemporary label used by some Hindus who were previously called “untouchables.”

**darshan** (da˘ r sha˘n) Visual contact with the divine through encounters with Hindu images or gurus.

**deva** (day va˘ ) (feminine: **devi**) In Hinduism, a deity.

dharma (dha˘ r ma˘ ) (Pali: dhamma) In **Hinduism**, moral order, duty, righteousness, religion. In **Buddhism**, Dharma, the doctrine or law, as revealed by the Buddha; also the correct conduct for a person according to their level of awareness.

## D-J

**Durga** (door ga˘) The Great Goddess as destroyer of evil, and sometimes as **shakti** of Shiva.

**Gayatrimantra** (gı¯ a˘ tree man tra˘) The daily Vedic prayer of upper-caste Hindus.

**guru** (go˘o roo) In Hinduism, an enlightened spiritual teacher.

**hagiography** (ha gee og ra phee) Idealized biography of the life of a saint.

**Havan** In Hinduism, a sacred fireplace around which ritual fire ceremonies are conducted.

**Indra** (in dra˘) The old Vedic thunder god in the Hindu tradition.

### J-L

**jati** (jaa tee) One of thousands of social sub-castes in India.Jnana yoga

**Kali** (kaa lee) In Hinduism, the destroying and transforming Mother of the World.

**Kali Yuga** (ka˘ lee yo˘o ga) In Hindu world cycles, an age of chaos and selfishness, including the one in which we are now living.

**karma** (ka˘ r ma˘ ) (Pali: kamma) In **Hinduism** and **Buddhism**, our actions and their effects on this life and lives to come. In **Jainism**, subtle matter or particles that accumulate on the soul as a result of one’s thoughts and actions.

**karma yoga** (ka˘ r ma˘ yo¯ ga˘) The path of unselfish service in Hinduism.Kshatriya

**kundalini** (ko˘on da˘ lee nee) In Hindu yogic thought, the life force that can be awakened from the base of the spine and raised to illuminate the spiritual center at the top of the head.

#### L-O

**Lakshmi** (la˘ksh mee) In Hinduism, the consort of Vishnu.

**lingam (ling a˘m)** A cylindrical stone or other similarly shaped natural or sculpted form, representing for Shaivite Hindus the unmanifest aspect of Shiva.

**Mahabharata** (ma˘ haa baa ra˘ ta˘) A long Hindu epic that includes the Bhagavad-Gita

**mantra** (ma˘n tra˘) A sound or phrase chanted to evoke the sound vibration of one aspect of creation or to praise a deity.

**maya** (mı¯ ya˘) In Indian thought, the attractive but illusory physical world.

**moksha** (mo¯k sha˘) In Hinduism, liberation of the soul from illusion and suffering.

**OM** (o¯ m) In Hinduism, the primordial sound.

##### P-R

**Parvati** (paar va˘ tee) Shiva’s spouse, sweet daughter of the Himalayas.

**prana** (praa na˘ ) In Indian thought, the invisible life force.

**pranayama** (praa na˘ yaa ma˘ ) Yogic breathing exercises.Prasad

**puja** (poo ja˘) Hindu ritual worship. Also done by Buddhist and Jains.

**raja yoga** (raa ja˘) Mental concentration yoga (ancient technique for spiritual realization).

**Ramayana** (raa maa ya˘ na˘) The Hindu epic about Prince Rama, defender of good.

**reincarnation** The transmigration of the soul into a new body after death of the old body.

**Rig Veda** (rig vay da˘) Possibly the world’s oldest scripture, the foundation of Hinduism.

**rishi** (rish ee) A Hindu sage.

##### S-T

**sacred thread** In Hinduism, a cord worn over one shoulder by men who have been initiated into adult upper-caste society.

**sadhana** (saa dha˘ na) In Hinduism, especially yoga, a spiritual practice.

**sadhu** (saa dhoo) An ascetic holy man, in Hinduism.

**samadhi** (sa˘ maa dhee) In yogic practice, the blissful

**Samkhya** (saam khya˘ ) One of the major Hindu philosophical systems, according to which the interaction of activity, inertia, and equilibrium governs the development of the world.

**samsara** (sa˘m saa ra˘) The continual round of birth, death, and rebirth in Hinduism, Jainism, and Buddhism.

**sannyasin** (sa˘n yaa sin) In Hinduism and Buddhism, a renunciate spiritual seeker.

**Sanskrit** (san skrit) The literary language of classic Hindu scriptures.

**Saraswati** (sa˘ ra˘ s wa˘ tee) Hindu goddess of knowledge.

**secularism** Personal disregard of religion; government policy of not favoring any one religion.

**Shaiva** (shı¯ va˘) A Hindu worshiper of the divine as Shiva.

**Shakta** (shaak ta˘) A Hindu worshiper of the female aspect of deity.

**shakti** (shak tee) The creative, active female aspect of deity in Hinduism.

**Shiva** (also Siva) (shi va˘) In Hinduism, the Supreme as lord of yogis, absolute consciousness, creator, preserver, and destroyer of the world; or the destroying aspect of the Supreme.

**shudra** (shoo dra˘) A member of the manual laborer caste in traditional Hinduism.

**soma (so¯ ma) An intoxicating drink used by early Hindu worshipers.**

**sutra** (soo tra˘) (Pali: sutta) Literally, a thread on which are strung jewels—the discourses of the teacher; in **yoga**, sutras are terse sayings.

###### T-Y

**Tantras** (ta˘n tra˘s) The ancient Indian texts based on esoteric worship of the divine as feminine.

**untouchable** The lowest caste in Brahmanic Hindu society, now known more respectfully as Dalits.

**Upanishads** (o˘o pa˘n i sha˘ds) The philosophical part of the Vedas in Hinduism, intended only for serious seekers.

**Vaishnava** (vı¯sh na˘ va˘) (or Vaishnava) A Hindu devotee of Vishnu, particularly in his incarnation as Krishna.

**Vaishya** (vı¯sh ya˘) A member of the merchant and farmer caste in traditional Hinduism.

**varna** (va˘ r na˘) One of four traditional occupational groupings in Hinduism.

**Vedas** (vay da˘) Ancient scriptures revered by Hindus.

**Vishnu** (vish noo) In Hinduism, the preserving aspect of the Supreme or the Supreme Itself, incarnating again and again to save the world.

**yoga** (yo¯ ga˘ ) A systematic approach to spiritual realization, one of the major Hindu philosophical systems.

**yoni** (yo¯ nee) Abstract Hindu representation of the female vulva, cosmic matrix of life.

**yuga (yo˘o ga˘)** One of four recurring world cycles in Hinduism.