

**Non-English (Samskritam) Terms**

**With Meaning**

**FROM**

**HAPPINESS**

**THE KEY TO**

**SUCCESS**

**Twelve MEDITATION Steps**

**To Uncover Your Joy, Healing and Success**

**(ALL FOUR BOOKS)**

**By**

**Shanthi Yogini**

Dear Blessed and Courageous Self,

If you have opened this document, then you are really brave. Not many people like to go into unknown realms. Samskritam is an unknown area for many.

Like I have written in my book, Samskritam is a powerful language if pronounced correctly, but pronouncing it rightly is not easy.

My book provides pronunciation tips for only 5 words in Samskritam. So, you are not equipped to pronounce all the words in this compilation correctly.

The purpose of this document is to give you the meaning for the Samskritam words as a ready reference without having to search the entire book series.

I am really happy that you have expressed your interest in looking at this compilation.

All the best!

Let us begin...

With Infinite Love,

Shanthi

## BOOK ONE

### Chapter 1:

**Sanskritam** - The actual word for Sanskrit in that language. It means *“That which is well refined or well done”*.

**Yoga-Dhvani** – *“Sound of meditation” or “Meditation on Sound”*

**YogaH** - The actual word for Yoga in Sanskritam

**Aasanam** - *Posture*

**Yoga-Aasanam** - *Yoga-Posture*

**Aatmaa** – Inner being, “Self”, or the individual consciousness

**Dhyaanam** - Part of the science of YogaH and is the highest form of meditation, namely, meditation on **Aatmaa**

**Bhaaratam** - The real name for India and means *“The land that revels in knowledge”*

**Namaste** - *Salutations unto you”*. “You” denotes the “Aatmaa” within.

### Chapter 2: NO NEW WORDS

## BOOK TWO

### Chapter 3: NO NEW WORDS

#### Chapter 4:

Sanaatana-DharmaH - “*Eternal Values*”. It is the name for the way of life lived in Bhaaratam. Sanaatana indicates “*Eternal*” and DharmaH indicates “*Values*”. It is the original name before the word “Hinduism” was given by other religions to this way of life.

Aadi ShankaracharyaH – Name of an Enlightened Master

#### Chapter 5:

Dhyaana-YogaH – It is nothing but Dhyaanam in the science of YogaH.

MuktiH or MokshaH - It means “*Liberation*”. It is TOTAL freedom while living in this world so that we can truly enjoy life.

Dhaaranaa - It is the stage prior to Dhyaanam. It means “*concentration*” or “*focus*”. This Dhaaranaa of YogaH is what is referred to as meditation in the modern days.

## BOOK THREE

### Chapter 6:

Karma indicates “action”.

Law of Karma indicates “Law of Action”.

Bharata-naatyam – Name of a classical dance form in Bhaaratam.

Sat-Sangha – “*good, like-minded company*”

Shaanthi indicates “*peace*”

### Chapter 7:

Bhagavad Gita – Name of an authentic Yoga-text

Aasanam indicates “posture”.

Padma-Aasanam - Lotus Posture. Padma indicates “lotus”

Ardha Padma-Aasanam - Half Lotus Posture. Ardha indicates “half”

Vajra-Aasanam - Rock Posture. Vajra indicates “rock”

Sukha-Aasanam - Easy pose. This is the comfortable cross legged pose that you would have sat in as a kid.

Swami Vivekananda – He introduced YogaH to the West at the Parliament of the World’s Religions, Chicago in 1893

Kusha grass – It is the name of a grass. It prevents dampness and keeps the meditation seat warm during winter.

## Chapter 8:

Maharishi PatanjaliH – Sage PatanjaliH

Yoga-Sutram – Yoga-aphorisms

Sutram means *thread*, the absolute minimum needed to hold a rendering/exposition together.

Paatanjala-YogaH - YogaH, as given by Sage PatanjaliH

Ashta-Anga-YogaH (Ashtaanga-YogaH) means the *eight-limbed YogaH*.

Ashta simply means “*eight*” and Angam means “*limb*”.

Raaja-YogaH means Royal YogaH or Royal Union.

Raajaa in Sanskritam translates to ‘king’.

Hatha YogaH”, meaning “*Yoga-of-will*”. It is a stepping stone to Raaja-YogaH.

Karma – Action

Good Karma - good action

Negative Karma - Negative action

YamaH - represents ancient values that one must follow in relationship with others as well as with oneself so that there is

harmony around.

Ahimsaa - Himsaa means *cruelty, violence or hurting*, so

Ahimsaa means *non-violence*

Satyam indicates *Truth*.

AstEyam – StEyam means to *steal*. So AstEyam means non-stealing.

Brahmacharyam indicates *continence, chastity, abstinence, celibacy, self-control or purity*

AparigrahaH indicates *non-acceptance, declining, or renouncing*. It means not hoarding or collecting. ParigrahaH indicates *to take, seize, or receive*.

NiyamaH - This limb represents eternal values/observances/disciplines to be followed at the individual level for individual harmony.

Shoucham indicates *purity or cleanliness*.

SantOshaH indicates contentment.

Tapas – The word “Tap” means to shine or blaze, to purify, or consume by heat. Anything that can be “practiced” in a disciplined manner is Tapas.

SvaadhyayaH - Sva indicates self. AdhyayaH indicates study or education. So, SvaadhyayaH indicates Self-Study or study of Divine scriptures on our own.

Ishwara-praNidhaanam – Devotion / surrender to Higher Power (IshwaraH indicates Higher Power; praNidhaanam indicates surrender.)

PraaNaayaamaH (Control of Vital Life Force or PraaNaH)

PraaNaH indicates Life-force, the vital force that enables all movement in the body and in the universe. AayaamaH indicates elongation or restraining.

Sanskritam indicates “*Well done*” or “*Refined*”. Sanskritam is derived from two words “*Samyak*” and “*Kritam*”. *Samyak* indicates “*well*” and *Kritam* indicates “*done*”.

## Chapter 9: NO NEW WORDS

### Chapter 10:

GuruH (Guru) - Teacher

Lord GaneshaH (Ganesha) – The healing deity of Bhaaratam

Abhaya Hasta - The gesture of blessing

Modaka – The sweet balls

## BOOK FOUR

### Chapter 11:

“Ahimsaa Paramo DharmaH” - “*Nonviolence is the highest duty.*”

### Chapter 12:

Saguna Meditation - Meditating on a form. Sa indicates “*with*” and guna indicates “*attributes*”.

Nirguna Meditation - Meditating on the formless. Nir indicates “*without*” and guna indicates “*attributes*”.

### About the Author:

VedaH – Veda - It is the repository of knowledge and the ancient available text known to mankind. VedaH is the source of YogaH.

Naatya-YogaH - “*Yoga-of-Dance*”