

Lexicon of Sanskrit Terms

A

Abhâva. Negation (point).

Abhimâna. Ego projection onto an object; I-feeling.

Adhâra-shakti. The power in *mulâdhâra*.

Adhiti. Infinite Supreme Power. Supreme Consciousness endowed with *Prâna*.

Adhyâtma Yoga. Spiritual Yoga.

Agarbha (vigharbha). Breath-control without *mantra* and concentration.

Agni. The catabolic principle in the body.

Ahang (aham). Ego, I-ness.

Ahankâra. Identification of the self with the non-self; our ordinary consciousness.

Âhara. Tantric term for inhalation.

Ahingsâ. Non-violence; universal love.

Aikya. See *samatâ*.

Ajapa. The natural sound of breathing, termed in Yoga *hangsah* mantra or sound.

Akahara. Supreme Being with attributes.

Akânana. Centrifugal force-motion.

Âkâsha mahâbhuta. Void metamatter.

Amâkalâ. The power to maintain consciousness in the state of *samprajñâta samâdhi*.

Amritâ. Life-substance.

Anâhata mantra. The original natural sound of *mantra*.

Ânanda samâdhi. Fourth stage of *samâdhi* where the sensory organs are disconnected from objects, and where the relation subject-object starts to disappear; happiness.

Ananyabhakti. Focused concentrated flow of love for God.

Anga. Constituent part of an entity. See *Ashtanga*.

Antah-kumbhaka. Inspiratory breath retention.

Antahmanas. Upanishadic term for mind as a whole.

Antahkharana. Tantric term for mind as a whole.

Antaryoga. Mental worship; tantric concentration process on *Kundalini*.

Apâna, apânana. Upanishadic term for inspiration.

Apânana. Centrifugal vital force-motion.

Apânayama. *Prânayâma* control method over *apâna*.

Aparigraha. Non-covetousness.

Apasâra. Expiration.

Ap mahabhuta. Water metamatter.

Arupa-dhyâna. Deep concentration without form.

Arthavattva. Intensional sensory principle ; intensional material principle.

Asamprajñâta samâdhi. Last stage of *samâdhi* ; supra-consciousness. A form of *samâdhi* in which the consciousness is not formed by any object, not even the awareness of the individual self.

Âsana. Third discipline of the eightfold path (*ashtanga*) of Yoga; body posture used for mental concentration or physical control and development.

Ashabda. Non-sound.

Ashtanga Yoga. Yoga doctrine composed primarily of eight sub-disciplines: *yama*, *niyama*, *âsana*, *prânâyâma*, *pratyâhâra*, *dhâranâ*, *dhyâna* and *samâdhi*.

Asmita. The "I" when related to sensory objects.

Asmitâ samâdhi. Third stage of *samâdhi* where the yogi is aware of the self released of the non-self.

Asteya. Refraining from stealing.

Atman. The Self, whether or not identified with the Absolute according to various Hindu schools of thought.

Avadhâna. Attention.

Avatâra. Incarnation of God.

Avyakta. Primus.

B

Bâhya-kumbhaka. Expiratory breath retention.

Bandha. Binding; lock of bodily posture.

Bandhana. Control.

Bhajan (or *kirtan*). Widespread devotional song, common in *Bhakti Yoga*.

Bhakta. Practitioner of *Bhakti Yoga*.

Bhakti. Path of devotion, love of the Divine. Spiritualized intense love.

Bhakti Yoga Path of devotion to the Divine.

Bhastra kumbhaka. Thoracic hyperventilation with breath-retention.

Bhastrikâ. Thoracic hyperventilation.

Bhâva. Feeling.

Bhâvanâ. Thought-concentration; thought.

Bhoga. Sensual pleasure.

Bhogi. Hedonist.

Bhutas. Five potential forces that act on the sensory organs, to which they present material forms.

Bhuta-shuddhi. Mental process intended for awakening *Kundalinî*.

Bija-mantra. Concentrated sound power, resulting from combined *matrika*-units.

Bindu. Supremely concentrated power; consciousness point; conscious form, as a deity.

Bindu chakra. The thousand-petalled lotus called *sahasrâra*.

Bodha. Notion.

Buddhi. Intellective mind.

Bija mantra. Concentrated form of sound, its "seed".

Brahmâ. God as Creator.

Brahmacharya. Chastity; control of sexuality.

Brahman. Supreme Consciousness.

Brahmamantra prânayâma. Breath-control exercise with inhalation and expiration through the same nostril.

Buthashuddhi prânayâma. Internal purificatory breathing.

C

Chakra. Non-material center of a force that is perceivable in a certain state of supra-consciousness.

Chandra Kundali. Moon Kundali.

Chandra prânayâma. Left-nostril inspiratory breath-control.

Châranâ. See *châranâ-kriya*.

Châranâ-kriya. Training method for muscular contraction and control that is complementary to the *âsanâs*.

Chela (or *sadhak*, *shishya*). Student, follower, practitioner of Yoga.

Chikirshâ. Volition.

Chitta. Field of the consciousness in which the sensory world is reflected. Perceptive mind.

Chittakshaya. The complete absorption of sense-consciousness.

D

Dahana. Burning.

Daiva manas. Supernormal mind.

Daiva prâna. Supernormal life-force.

Darshana. School of thought in India; point of view; auspicious internal or external vision of a yogic ideal (yogi, naga naga, sadhu...).

Deva deha. Ideal of the yogi; radiant, divine ideal; outstanding being.

Devatâ. Divinity; revealed spiritual supra-consciousness.

Dhâranâ. Sixth discipline of the eightfold path (*ashtanga*) of Yoga; first stage of mental concentration in which the current of mental attention towards a given object is intermittent.

Dhârana. Breath-suspension.

Dhâtu. Basic constituent of the body.

Dhi. Mental faculty of concentration.

Dhyâna. Seventh discipline of the eightfold path (*ashtanga*) of Yoga; second stage of mental concentration with sustained focusing on a given object.

Dhyâna mudra. Characteristic posture of the hands in mental concentration.

Dhyâna samvid. Inner light.

Dikshâ. Important stage for the disciple candidate, who connects to a line spiritual masters, gurus.

Dvapara-yuga. The third of four divisions of Time in Hindu cosmology.

E

Ekâgratâ. Concentratedness; state of intensive mono-focal thought.

Ekadhanâvarodhana. Bio-energy control.

Ekatânatâ. Continuous, unchanged flow of concentrated consciousness.

G

Gâyatri. The Goddess of mantra-sounds; the sound-emitting divine power.

Granthi. Knot.

Gunas. Three original principles present in any phenomenon of creation: *tamas*, *rajas* and *sattva*. A force can only be understood when it undergoes a change. Initially, we are completely unaware of its existence. The unknown form of this force is *tamas*, the potential principle of inertia. The changing form of this force is *rajas*—principle of energy or transformational principle. The perception-comprehension of its existence, as a result of its changing form, is *sattva*—the principle of cognition.

Guru. In India, the term has the general meaning of teacher or the restricted sense of one who transmits spiritual knowledge and initiation (*dikshâ*). The word by no means has the pejorative sense commonly attributed to it in the West.

H

Hangsa. Mantric unit (unification) (*hang+sa*) of the breathing; transcription of the first sound of the *Ong* (or *Aum*, *Om*) mantra on the sensory level.

Hatha Yoga. One of the four fundamental paths of the original Yoga (Mahâ-yoga).

Hridâya. The nonconscious aspect of mind where impressions are stored.

Hridayâñjali mudrâ. Cup-shaped aligning of hands and fingers in the lap.

I

Idâ. One of the three principal *nâdis*; white directional subtle force (on the left-hand side).

Indriya âharana. *Pratyâhâra*; sense-withdrawal; sensory control.

Indriya manas. Sense-mind.

Indriya sangharana. Sensory withdrawal.

Indriya sangyama. Sensory control.

Indriya sannivesha. Left-nostril inspiratory breath-control.

Indriya yama. See *Indriya âharana*.

Ishtadevatâ. A living divine form arising from a living mantra.

Ishvarapranidhâna. Mental concentration emanating and associated with the love of the Divine.

J

Jala-vasti. Self-cleansing of the colon carried out without mechanical assistance.

Jâlandhara-bandha (*mudra*). Voluntary pharyngeal obstruction by chin-lock.

Japa. Repetition of *dikshâ*-related *mantra*(s.)

Jivatman. Being incarnated from the divine essence (*jiva + atman*).

Jñana Yoga. Raja Yoga-related path based on the philosophical distinction of Self and the ego.

Jñamâlâ. A garland of spiritual knowledge.

Jñânâtman. Sense-consciousness and intellect; perceptive mind; perceptive consciousness; *chitta*.

Jñanendriya. Cognitive senses.

Jyotishmati-pravritti. Extra-sensory light.

K

Kâla. Time principle.

Kalâ. Life principle.

Kali Yuga. The last of four divisions of Time in Hindu cosmology.

Kalpa. Long period of Time in Hindu cosmology.

Kâma. Desire.

Kâmakala. The coiled creative power in sound-form; an aspect of supremely concentrated *prâna* (*bindu* power) enabling the transformation of pranic power into *pranava*, which releases 50 *mâtrikas*, and from which mind and matter come into being.

Kâma vâyu. Desire-radiating power.

Kañchuka. A power of limitation, derived from *mâyâ*.

Kañchupas. See *Kañchuka*.

Kanda-sthâna. The perineum region.

Kârana-samâharana. Sensory withdrawal.

Kapâlabhâti. Diaphragmatic hyperventilation.

Karma Yoga. One of the forms of Raja-Yoga based on action.

Karmendriyas. Conative faculties.

Kevala kumbhaka. Spontaneous retention of the breath occurring in deep concentration or caused by *sahita* suspension (non-inspiratory-non-expiratory suspension).

Khecari mudra. Advanced method of breath control.

Kratu. Conative impulse.

Kriti. Conation.

Kumba Mela. Very ancient Hindu pilgrimage that is held in four-year cycles, in four different locations.

Kumbhaka. Breath retention (apnea).

Kriya Yoga. Path of ritualistic Yoga devoted to the Divine, asceticism and the study of the sacred writings made popular by the book *Autobiography of a Yogi*, by Paramhansa Yogananda.

Kshipta. Scattering.

Kundalini (kundali). Spiritual consciousness that is potential or dynamic, and is sublime and radiant.

Kundali-sthâna. The seat of *Kundalini*.

L

Laya. Absorptive concentration; deep concentration causing the absorption of the cosmic principles.

Layakriyâ. Absorptive concentration process.

Laya Yoga. One of the four paths of supreme Yoga (Mahâ Yoga) based on the *chakras* and *Kundalinî*.

Linga. Form with broad basis that tapers upwards to become a dot at its apex.

Lingam. Ancient, Hindu sacred symbol.

Loka. World; *chakra*.

M

Madhyama. Subliminal.

Mahâbhuta. Metamatter, that aspect of matter which lies beyond the boundary of elementary particles and *anu*-point.

Mahâlaya. Supreme absorptive concentration.

Mahat. The separate self.

Mahâ Yoga. Supreme Yoga; the original Yoga which consists of eight fundamental disciplines (*ashtanga*); mental superconcentration (see *asamprajñâta samâdhi*).

Mahan. I-less supermind; superconsciousness.

Mahan archi. Superlight emanating from Kundalini.

Mahâ Yuga. Subdivision of the cyclical system *manvantara*.

Mahituna. Tantric sexual union included in the 5 "M's". See *Pancha Makâra*.

Manana. Dialectic reasoning.

Manas. Will-mind; sense-mind; subconscious mind.

Mânasa japa. The thinking of *mantra*.

Mânasa. Radiation; in particular subconscious radiation.

Manas-nirodhana. Sense-mind control.

Manas tattwa. Principle of mind; integral mind.

Manasyana. Willing.

Mani-châlana. Muscular exercise developing the trunk and the neck.

Manisha. Superintellect.

Mantra. Sound energy that by a special procedure can awaken inner forces and spiritual awareness. In Yoga practice: single or multiple phoneme with no linguistic meaning.

Mantra chaitanya. The process of enlivening a *vaikhari* (audible) -*mantra*.

Mantra japa. Reiteration of a *mantra*.

Mantra Yoga. One of the four fundamental paths of original Yoga (Mahâ-Yoga).

Manu. Founding father of humanity in each cosmic cycle.

Manvantara. Cyclical passage of Time.

Mati. Thought.

Mâtrikâ (-varna). Primary lettered mantra used as a sound-unit.

Mauna. Practice of silence.

Maya. Supreme Power as negato-positivity.

Medha. Retentive power.

Mela. See *Kumba Mela*.

Meru-châlana. Exercise developing the neck muscles.

Mitahara. Moderation in eating.

Moksha. Reduction, liberation.

Mrityu. Death; the central spiritual power causing absorption.

Mudra. Control exercise; hand posture.

Mulâbandha. Exercise of voluntary contraction of the anus.

Mulâ-mantra. The seed *mantra* imparted to a disciple by his *guru*.

N

Nâda. The source of original creativity; causal or unmanifested sound; sound power.

Nadi. Immaterial channel; pranic force of kinetic radiation; what moves.

Nadi Chakra. Energy field; kinetic force acting through the body.

Nadi Shuddhi. Purification procedure for cleaning and energizing the body in the advanced practice of *prânayâma* aiming at aiding mental concentration.

Naga naga (or *naga baba*, *naga sadhu*). Elite ascetic in Yoga.

Nârâyana. Supreme Consciousness; Supreme Being beyond manifestation.

Nidra. Sleep.

Nigraha. Control.

Nirguna-dhyâna. Deep concentration without form.

Nirmanu. Acts of bodily purification.

Nirodha. Suspension; control of mental fluctuations (*vrittis*); highest control of the mental.

Nirodhikâ. The power of supreme control.

Nirvânakalâ. A super-absorptive state of consciousness (first step of *asamprajñâta samâdhi*).

Nirvâna shakti. All-absorbing *Kundali* power.

Nirvikalpa samâdhi. Synonym of *asamprajñâta samâdhi*.

Nishkala. State with no manifestation of *Shakti* Power (absorbed in Shiva).

Niyama. Second discipline of Patanjali's eightfold path (*ashtanga*) of Yoga, which consists of five ethical rules: *soucha*, *santoshâ*, *tapas*, *svâdhyâya*, *ishvara-pranidhâna*. Observance of these rules.

Nyâsa. Purification method consisting of placing hands on certain parts of the body with appropriate *mantras*.

Niyatî. Regulatory principle.

O

Ojas. Vital force derived from *prâna*.

P

Padmâsana. "Lotus" -sitting posture.

Pancha dhârana. Five forms of holding-control.

Pancha Makâra (five "M's"). Sacred Tantric practice based on sociocultural prohibitions, which takes a symbolic direction among orthodox Hindus.

Parâ. Supreme.

Paradevatâ. The Supreme Power-Consciousness.

Paramâtman. Supreme spirit.

Parama Shiva. Supreme Consciousness infinite and whole.

Parasharirâvesha. Yogic process for entering into a dead body to enliven it and functioning.

Parâvâch. Principle of sound.

Parâvairâgya. Sublime detachment. Capacity to exclude the external world from the mind.

Pashyantî. Radiant.

Pinda. Basic force of the body.

Pingâlâ. One of the three principal *nâdis*; red directional force (on the right-hand side).

Plâvana. Irradiation.

Prajñana. Superconsciousness.

Prakriti. Physis; perfect balance of the three *gunas*: *tamas*, *rajas* and *sattva*.

Prâna. Universal, central bio-energetic force embedded in Supreme Power; Upanishadic term for exhalation.

Prâna-apâna sangyama. Breath-control.

Prâna-mantra. The enlivened mantra; a living *mantra*.

Prânana. Central vital force-motion; metabolism; expiration.

Pranava -(nâda). The first mantra Ong (Aum, Om).

Prâna vayu. Energy entity which connects the body to the mind.

Prânayâma. Fourth discipline of the eightfold path (*ashtanga*) of Yoga; yogic method of breath control.

Pranidhâna. Higher form of dedication.

Pratyâhâra. Fifth discipline of the eightfold path (*ashtanga*) of Yoga. Voluntary mental withdrawal from sensory objects; control of the senses.

Prathyâharana. Sensory withdrawal.

Pratibhâ. Genius.

Prithivi mahâbhuta. Earth metamatter.

Puja. Form of Hindu cultural expression; veneration, worship.

Puraka. Inspiration.

Purnavidyâ. Supreme Consciousness.

Purusha. Metempiric entity; disembodied consciousness; supra-consciousness; form of consciousness beyond duality that cannot be objectified; the Self.

R

Râga. Pleasure principle.

Râga-dvesha. Natural alternation in man of the attraction of pleasure and its opposite.

Râgâtmikâ bhakti. Spiritual all-love.

Rajas. See *gunas*.

Rajah Yoga. Primary energy-principle. The "Royal Way"; one of the four fundamental paths of Mahâ-yoga.

Rasa. The various water contents of the body.

Rechaka. Exhalation.

Retas. Male seed used in an advanced method of controlling sexual energy.

Reta Yoga. One of the four eras of *manvantara*.

Rishi. Sage from Hindu antiquity able "to see" all the *Vedas*.

Ritambhara-prajña. Super-consciousness revealing the truth.

Rodha. Control.

Ruchira. Breath retention.

Rudra. Supreme Consciousness manifesting the power of absorbing the Creation.

S

Sâdhak. Synonym for *chela* and *shishya*.

Sâdhana. See *Yoga sâdhana*.

Sagarbha. Breath-control combined with *mantra* and concentration.

Saguna-dhyâna. Deep concentration on form.

Sahaja. State of superconcentration.

Sahita. Inspiratory-expiratory retention.

Sakala. With manifested form.

Samâdhi. Eighth discipline of the eightfold path (*ashtanga*) of Yoga; end result of mental concentration. In this intense concentration the yogi has no more awareness of himself. Only the object of concentration, and nothing else, illuminates his consciousness.

This stage of *samâdhi* is called *samprajñâta*, because the known is seen here in a extrasensory form. *Samprajñâta samâdhi* includes four subdivisions: *vitarka*, *vichâra*, *asmitâ*, and *ânanda*. See also *asamprajñâta samâdhi*.

Samânana. Balancing force-motion.

Samânayâma. *Prânayâma* method to control *samâna*.

Sâmânya spanda. Basic uniform infinitesimal motion.

Samatâ. State of oneness by absorption into the Supreme.

Samprajñâta samâdhi. See *samâdhi*.

Samskâras. Subliminal impressions.

Sanâtana Dharma. Sacred concept of an eternal order in Hindu thought; unites religion and metaphysics.

Sangjñana. Perceptive consciousness.

Sangyama. Highest level of Yoga mastery; superunion in a state of supercontrolled concentration.

Sangyoga. Superunion.

Santoshâ. Satisfaction.

Saraswati châlana. Advanced process to awaken the *Kundalini*.

Sarupa-dhyâna. Deep concentration on form.

Sarvabhâvâtmabhâvana. Multiform consciousness.

Sarva chitta. Multiform consciousness.

Sarvârthata. Scattering ; scattered consciousness.

Sat Chit Ânanda. Being-Consciousness-Bliss.

Satkarman. Six fundamental acts of bodily purification.

Sattva. See *gunas*.

Satya. Truthfulness.

Satya Yuga. One of the four eras (of truth) in Hindu cosmology.

Shabdabrahman. Aspect of *Kundalini* in its aspect of unmanifested sound (*para* sound).

Shabda tanmâtra. Sound tanon.

Shakti. Force; female aspect of the Divine. See *Shiva-Shakti*.

Shaktichâlana. Thoracico-abdominal control exercise.

Shambhâvi. Internal gazing process.

Shankalpa. Will-consciousness. Prewill.

Shankprakshalana. Total self-cleansing of the intestine with water and no mechanical support.

Shanti. Peace of mind (a prerequisite in Hindu tradition to embrace *Yoga Sadhana*); a girl's given name.

Shauca. Cleanliness.

Shishya. Synonym for *chela* or *sadhak*.

Shitali. Lingual breath-control.

Shiva-Shakti. Experience of the Absolute, beyond the mind, where power (Shakti) is closely related to supreme consciousness (Shiva).

Shodana. Internal purification of the body.

Shruti. Revealed writings of the Hindu culture in particular the *Vedas*, *Brâhmanas*, and *Upanishads*.

Shukra. The sexual energy that produces sexual secretions in both females and males.

Shuska-vasti. Self-cleansing with air, carried out without mechanical aid.

Siddha mantra. Enlivened *mantra* to accomplish a specific purpose.

Siddhâsana. "Accomplished" -sitting posture.

Siddhis. Extraordinary human powers.

Sitkara. A breathing process.

Soma. The anabolic principle of the body.

Sthira. Steadiness.

Sthulakriyâ. Muscular control process.

Sukha. Ease.

Suksmakriyâ. Breath-control process.

Supreme Bindu. Supreme power-concentration.

Suryâ Kundali. Sun *Kundali*.

Sutra. Aphoristic statement from sacred Hindu literature.

Sukhâsana. Easy cross-leg posture known as the "tailor-posture".

Suryabheda. Right-nostril breath control.

Suryakumbhaka. Right-nostril inspiratory breath-control.

Sushumnâ. The principal of the three pranic forms (*nâdis*).

Svâdhyâya. Spiritual study, including *japa mantra*.

Svanâna (abbreviated as *svanon*). Seed-*mantra*.

Svara Yoga. Alternative to *prânayâma*, based on an infra-diurnal breathing cycle.

Svarupa. A particular sensory form.

T

Tamas. Primary inertia-principle; see *gunas*.

Tanmâtras. *Tanon*; miniaturized form of the *bhutas*, five in number.

Tantrik(a) Yoga. A more recent, enlarged form of Vedic Yoga expounded by Shiva and Parvati and collected in the Tantras.

Tapas. Asceticism; specific energy process.

Tejas mahâbhuta. Fire metamatter.

Trâtaka. Gazing.

Trirasra. A triangle.

Turya. Fourth state of consciousness beyond waking, sleeping, and dreaming.

Turya Kundali. Supreme Kundali.

U

Udânana. Centripetal force-motion.

Udânayâma. *Prânayâma* control process over *prâna*.

Uddiyâna (*Udriyâna*). Voluntary abdominal retraction.

Uddiyânabandha. Exercise of abdominal retraction.

Ujjâyi. Both-nostrils breath-control.

Unmani. Non-oscillating consciousness.

Upangshu japa. The whispering of *mantra*.

Upâsanâ. Spiritual practice.

Urdhva-retas. He whose seminal flow is reversed.

V

Vâc. Word.

Vâchaka-shakti (*power*). *Kundalini* appearing as *devatâ*.

Vâchika japa. The vocal uttering of *mantra*.

Vâchya-shakti. Power as consciousness.

Vahni Kundali. Fire Kundali.

Vahidhi-bhakti. Ritualistic, devotional divine love.

Vaikhari. Acoustic; *mantra* in its audible form.

Vajroli. Advanced method of sexual control.

Vâju. Kinetic force; active manifestation of *prâna*.

Vamana-dhauti. Self-cleansing of the stomach carried out with water.

Varisara. Advanced self-cleansing of the intestinal tract with water, carried out without mechanical support.

Varna. Specific power-line created by the force of a *mâtrikâ* unit.

Vasa-dhauti. Self-cleansing of the esophagus and the stomach by ingesting and withdrawing a long, narrow strip of gauze.

Vasana. Latent impression of feeling.

Vatusara. Self-cleansing of the intestinal tract with air, carried out without mechanical support.

Vâyana, vyânana. Breath retention.

Vayrâgya. State of nonattachment to earthly things.

Vâyû. Bio-energy, the constant motion of pranic force.

Veda. Knowledge. Name given to the four books revealed to the *rishis* in the time known as Vedic, which contain all divine wisdom. They are the *Rig Veda*, *Sama Veda*, *Ayur Veda*, and *Atharva Veda*.

Vedic Yoga. The original form of Yoga shaped by the Vedic *mantra* language, and explained in the Upanishads.

Vibhuti. Super power; superhuman capacity.

Vichâra samâdhi. Second stage of *samâdhi* where the yogi perceives a *tanmâtra*.

Vidyâ. Knowledge principle.

Vijñana. Intellective consciousness.

Vikalpa. Elevated thought.

Viparyaya. Wrong conception.

Vishayavati pravritti. Super-sensory enlightenment.

Vishesha spanda. Particularised motion that releases a particular sound.

Vishnu. God in his sustaining aspect.

Vitarka samâdhi. First stage of *samâdhi* where the yogi perceives a *bhuta* as a separate element.

Vivakaja-jñana. A perfect all-enlightening knowledge.

Vivekâkhyati. Differentiating knowledge. Form of knowledge where Self and non-self appear as two distinct entities.

Vritti. Mental fluctuation by which consciousness takes the shape of an object; cognitive form; imaged consciousness and/or non-consciousness.

Vyâyâma. Physical education; muscular exercise.

Vyâna, vyânana. Upanishadic terms for breath-suspension.

Vyutthâna. Post-concentration waking stage.

Y

Yajñamastoma. The germ of power-manifestation, which in Tantric terms consists of Supreme *Nâda* and *Bindu*.

Yama. First discipline of Patanjali's eightfold path (*ashtanga*) of Yoga, consisting of five ethical rules: *ahimsâ*, *satya*, *asteya*, *brahmacharya*, *aparigraha*; control, abstention.

Yogachittavrittinirodha. Traditional definition of Yoga according to Patanjali (2nd aphorism); state of mind in which all *vritti* cease.

Yoga darshana. "Philosophy" of Yoga.

Yogajana. Union.

Yoga-nidrâ. Yoga-sleep; superconcentration.

Yoga sâdhana. Path; practice of Yoga.

Yogâsana. Yogic posture; concentration posture.

Yoga vibhuti. Omnipotency.

Yoni mudra. Exercise of sexual control.

Yuga. Long phase of Time in Hindu cosmology.