

Sanskrit Terms to Know on the Kriya Yoga Path

The most important thing we can do to live well is intentional about our spiritual life. Study, meditate, practice self-discipline and surrender to God. Be consistent. Approach it all with love.

It is not true that you do not have time for God- realization. If one's will is set on God- realization, one can attain it even while living a worldly life. —Lahiri Mahasaya

1. **Yoga:** Yoga means union or oneness. It is both the means and the goal of spiritual practice—restoring our awareness to its inherent wholeness.
2. **Samadhi:** Samadhi is synonymous with the term yoga, meaning to bring together completely. In the highest sense, it means consciously abiding in our essential nature.
3. **Guna:** A guna is a quality or attribute. The three qualities of nature that make creation possible are: sattva guna, the uplifting quality of illumination; tamas guna, the quality of inertia; and rajas guna, the quality of activity.
4. **Purusha:** Purusha is Spirit, pure, conscious, eternal, existence being; the indwelling divine nature of every person.
5. **Prakriti:** Prakriti is primordial nature, eternal, active and non-conscious; the source of creation.
6. **Vritti:** A vritti is a wave-like motion in the mental field such as a thought or feeling. Five vrittis or mental activities are: accurate perception, inaccurate perception, fantasy, memory and sleep.
7. **Nirodha:** Nirodha means restraint or extinction. In yoga, it refers to the control or cessation of vrittis, which purifies the mental field.
8. **Citta:** Citta is consciousness, the individual field of awareness or mental field which includes intellect, ego, and the sense mind.
9. **Samyama:** Samyama is meditative contemplation with the intention to realize what is examined. It progresses from concentration to meditation to oneness with that which is contemplated.
10. **Kaivalya:** Kaivalya means aloneness or isolation. It is the liberation of consciousness that occurs when one realizes the distinction between their essential nature as unchanging pure existence and the mutable qualities of nature.
11. **Klesha:** An affliction, impediment, or obstacle to superconsciousness or Self- realization; a cause of suffering. The five *kleshas* or afflictions include ignorance (*avidya*), egoism (*asmita*), attachment (*raga*), aversion (*dvesha*), and clinging to life in the body-mind (*abhinivesha*).

12. **Avidya:** Ignorance, wrong knowledge of the Self; primary of the five kleshas or obstacles and the root cause of suffering.
13. **Asmita:** The sense of I-ness, egoism; mistaken identification of the eternal Self with the body and mind; one of the five kleshas or obstacles.
14. **Raja:** Attraction, passion, attachment; one of the five kleshas or obstacles.
15. **Dvesha:** Aversion; one of the five kleshas or obstacles.
16. **Abinevesha:** Confusion about birth and death; instinctual clinging to life in the body-mind; strong desire arising from identification of the Self with the body or mind; fear of death; one of the five kleshas or obstacles described by Patanjali in the Yoga Sutras.
17. **Ishwara** (Ishvara): The divine intelligence and power that brings forth creation and that permeates, regulates, and sustains it—the Creator, Lord, or God.