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GLOSSARY

- Agam** Incomprehensible.
- Ahasha (Ākaśa)** Ether; space.
- Akal Pursh** Supreme Being; God.
- Anahat Shabad** Spiritual melody; music.
- Ananda (Ānanda)** Bliss.
- Antahkarana (Antah Karana)** Subconscious.
- Arjuna** Hero of the epic Mahabharata and a friend and disciple of Lord Krishna.
- Atma-Dhara** The soul escalator. The current that carries us to its source. The current of the creator, the God Himself.
- Atman (Ātman)** also **Atma** The self or soul; denotes both the Supreme Soul and the individual soul, which, according to non-dualistic Vedanta, are ultimately identical.
- Atmic Shakti (Ātmic Śakti)** Atmic: of the Atma; Shakti: power. "Soul Power."
- Attar** Essence.
- Audible Life Stream** The Holy Spirit of God flowing in and through us.
- Avalokiteswara** Buddhist name for Nām; the Word of God.
- Avatar (Avatāra)** Incarnation of God.
- Awagawan** Births and deaths, comings and goings, ended by the Grace of God.
- Bhagat** Devotee.
- Bhagavad Gita (Bhagavad Gītā)** An important Hindu scripture, comprising eighteen chapters of the epic Mahabharata and containing the teachings of Lord Krishna.
- Bhagti (Bhakti)** Love and devotion to God.
- Bhakta** Devotee of God.
- Bhakti** Love of God.
- Bhava (Bhāva)** Things and events happen only according to the Will of God and as it pleases him.
- Bhoots (Bhūts)** Ghosts-beings belonging to the Darker Worlds.
- Brahma (Brahmā)** The expanding and projecting aspect of the Godhead which results in full manifestation of nature. The Spirit of the Universe.
- Bhrama-Lok** The pure astral plane.
- Brahma Puri** The capital of the pure astral plane. "Bhrama-Lok" is the famous city of Brahma Puri, the city of the "thousand-petalled lotus," where the best of those not yet Nām-born sojourn.
- Brahma Gyaneer (Brahma Jñānī)** A knower of God.
- Brahman** The Supreme Realty, the Absolute, or a spiritually enlightened person.
- Brahmandi** Of the astral worlds.
- Chaitanta** Consciousness.
- Chakra (Cakra)** Vital centers through which Prana (life-force) flows.
- Chardhi Kala** The power that moves ever upward and Godward. Motivating force.

Chitta (Citta) Individualized consciousness, soul-awareness.

Christo The Divine Word, the very essence of all creation.

City of “Thousand Petalled Lotus” Mystical place.

Cosmos The totality of all creations of God.

Dat The gift of salvation.

Darshan (Darśana) To see, to discern the Truth. To visit a pilgrimage site or be in the company of a saint is to have the opportunity of Darshan. (Sacred meeting face to face.)

Daswan Dwar The tenth portal. Nine portals are of physical nature, the tenth leads to God.

Dayal-Purkh The ever-beneficent being in the Sunna region. Benevolent aspect of God.

Dharma To be in accord with life processes and one’s destined path is to fulfil one’s Dharma. To always strive to do righteous deeds.

Dharma Rai Presiding negative power that meets the soul at the time of death for accountability.

Deva A shining one, a god. Gods (Devas) and goddesses (Devis) are spiritually radiant souls which dwell in subtle or celestial realms.

Dhunn-Atmik The utterance of God.

Doots God’s policemen, who bring bad souls into the presence of God to account for their misdeeds in their previous lives just ended.

Duality Double-mindedness.

Dwaish Repulsion.

Gagan-Mandal Four dimensions of the Universe. The capital city of all the subtle astral worlds, “the city of the thousand-petalled lotus” is Thana or headquarters of the three Gunas.

Gandharvas (Gandharvās) A highly spiritualized group of individuals (Saints), who melodiously sing the praises of God to a congregation which passionately seeks spiritual awakening.

Ganga of the Nām River of the Word of God (pure stream of God).

God-Realization A stage when one begins to experience the nature and Power of God.

Grace Benevolence.

Gruntha A book of scriptures.

Gunas (Gṇas) A term of the Sarnkhya philosophy, according to which Prakriti (nature or matter), in contrast with Purusha (soul), consists of three Gunas—usually translated as “qualities”—known as Sattva, Rajas, and Tamas. Sattva stands for balance or wisdom, Tamas for inertia, and Rajas for activity and restlessness.

Gur-Mukh Worshipper of Truth and righteousness.

Guru Spiritual preceptor.

Guru Nanak The first Guru of the Sikhs through whom God communicated His Divine knowledge to mankind.

Gyan-Kharag The sword of gnosis (knowledge).

Her Kirtan Glorification of God.

Holy Ghost Man's own true soul-spirit current.

Holy Nām The Word of God

Homo Toto Mankind; humanity.

Houmen Separative ego; conceitedness.

Hukam God's will; the adjusting and regulating power of God.

Huth Hands; determined and dogged pursuit.

Ishwara (Īśvara) The personalized aspect of God which governs and regulates creation. Referred to as the Lord or ruling influence.

Jagrat Conscient.

Jangeela Rust of the soul.

Japā Mental repetition of the Lord's name or a sacred formula given by the spiritual teacher.

Japā Jāp Recitation of the sacred scriptures meditatively and melodiously. The Sikh scriptures, the holy "Guru-Granth," is written in various forms of music and according to perfect musical scales and compositions.

Jiva (Jīva) The individual soul, which in essence is one with the Universal Soul.

Jivan-Mukti One who has attained liberation, while living in the body, from the cycle of births and deaths.

Jnana (Jñāna) Knowledge of reality arrived at through reasoning and deliberation; also the process of reasoning by means of which Ultimate Truth is attained.

Jot Light and founding essence of the Creator; God.

Kal (Kāla) Time.

Kal-Deśh (Kāl-Deśa) Planets where time is operative.

Kal Niranjan (Kāl-Nirañjana) Negative power.

Karamat Miracle-working power to accomplish virtuous deeds.

Kalpatru Purpose tree.

Kali (Kāli) An epithet of the Divine Mother, the Primal Energy.

Karma The principle of causation. The thoughts we habitually think, our mental states, our states of consciousness (levels of soul-awareness), and the actions we perform determine our experiences.

Kripa (Kṛpa) Grace.

Krishna (Kṛṣṇa) An incarnation of God described in the Mahabharata and the Bhagavata.

Kundalini (Kuṇḍalini) The spiritual power dormant in all living beings. When awakened through the practice of spiritual disciplines, it rises through the spinal column, passes through various centres, and at last reaches the brain, when the Yogi experiences Samadhi or total absorption in the Godhead.

Lakshmi (Lakṣmi) The consort of Vishnu and goddess of fortune.

Leela A sport of God.

Living Word Nām, the Divine Christ, or Logos.

Logos The controlling principle of the Universe, the eternal thought or Word of God.

Maha (Mahā) Mind essence; "Great" as in "Mahatma."

Mahat Cosmic mind-substance or Universal Mind.

- Mahatma (Mahātmā)** Great soul.
- Mana-Mukh** Mammon worshipper; the slave of the senses.
- Manna** Divine aid; spiritual sustenance.
- Mantra** Sacred word by which the spiritual teacher initiates his disciple; sacred word in general.
- Mara** To kill or wrest control of negative proclivities.
- Maya (Māyā)** A term of Vedanta philosophy denoting ignorance obscuring the vision of reality; the cosmic illusion on account of which the One appears as many, the Absolute as the relative. The material world.
- Mayavic illusion** The illusion of the material things distracting one from the path of righteousness.
- Moha** Affectionate though somewhat selfish attachment to other human beings and to material things.
- Moksha (Mokṣa)** Attainment of soul-consciousness. Liberation is accomplished when awareness is devoid of delusions and illusions.
- Mudra (Mudrā)** A symbolic gesture. Also a yogic procedure used to regulate the body's life forces and control of involuntary processes.
- Mukti** Salvation; liberation from the bondage of the world, which is the goal of spiritual practice.
- Muni** Great soul or Mahatma; a prophet.
- Meditation** Undisturbed flowing of attention to one's object of concentration.
- Nad (Nāda)** Sound of spiritual music.
- Nad-Bind** Audible Life Stream of Divinity; the spiritual life.
- Nām** In the Nām, the Lord-God the Formless assumes the form, the nameless a name, and the infinite is definite, man is God, and God is man. Nām is called by many names in many countries and religions. A. Christians: Verbum; Living Word; Divine Christos. B. Buddhists: Avalokiteswara. C.: Pratyagatma; D.: Pranva. Nām is the All Generator, the All Prayer and Purifier, Father and Lengthener of Life.
- Nām Avkhad** The medicine that makes man whole.
- Nām de Dat** Highest Power; the gift of the Eternal Giver.
- Nām de Dhunn** The reverberations of Nām or Holy Word, held by the Nām. Single-mindedness in the Divine state.
- Nām de Poh** Tincture of the Holy Nām.
- Nām-Dhun (Nām-Dhunn)** The spiritual life current, which is musical.
- Nām meditation** Meditation on the Word of God.
- Nām-Ras** Same as Nām-Rhythm.
- Nām Rattan** "The pearl of the greatest price." The word of God being the most precious commodity. Rattan: very precious jewel.
- Nām Rhythm** A state of mind and body in complete harmony and synchrony; the Divine Rhythm.
- Nām Spirit** Being in the spirit of the Word of God; Divine State.
- Nām Stream** Pure stream of the Word of God.
- Nām-Vakkhar** The substance which solves, dissolves, transmutes, and makes Divine. Relieves and releases man of oppressive things.

Nav Nidh Nine graces of the Nām.

Nij-Anand Innate joy; consciousness where spirit bears witness with our spirit and both reciprocate each other.

Nij-Ghar Your own Father's home; God.

Nirvana (Nirvāṇa) Final absorption in Brahman, or the all-pervading reality, through the annihilation of the individual ego.

Noumenon The self of man, which is God; the true Homo.

Nous The Word; the Logos.

Om (Aum) The sound-current from which all manifestations of nature are produced; a symbol both of the personal God and of the Absolute.

Omnipotent Unrestricted power; the power of God.

Omnipresence Presence everywhere.

Omniscience Consciousness-knowing everywhere.

Padma Lotus.

Par-Brahma (Parabrahman) God.

Par-Brahm God.

Patanjali (Patanjali) The author of the Yoga system, one of the six systems of orthodox Hindu philosophy, dealing with concentration and its methods, control of the mind, and similar matters.

Patti Reading of scriptures.

Paps Sins.

Parjat The tree of life.

Pooran Avatar Sat-Guru Nanak (Puran Avatar Sadguru Nanak) The most perfect, truest, the most knowledgeable prophet that God has ever sent to this world. The other nine Sikh Gurus that followed Guru Nanak in succession over a period of some 200 years only elaborated Guru Nanak's spiritual as well as temporal gospel to mankind.

Pooran Purkh Perfect person.

Pooran Purshas perfected persons.

Pooran Sat-Guru Nanak (Puran Sadguru Nanak) Most perfect, true Supreme, Spiritual Guru Nanak; the first Guru of the Sikhs.

Prana (Prāṇa) The vital breath, which sustains life in the physical body; the primal energy or force, of which other physical forces are manifestations.

Prakriti (Prakṛiti) Primordial nature; the material substratum of creation, consisting of Sattva, Rajas, and Ramas (the Gunas).

Prem (Prema) Selfless love.

Prets Ghosts or beings belonging to the darker side of the world.

Puja (Pūja) Ritualistic worship.

Punch-Chor The five vices. The individual character is made or marred by the five classes of reactions.

Purusha (Puruṣa) A term of Samkhya philosophy denoting the individual conscious principle.

Rag Attraction.

Rajas (Rajas) The principle of restlessness or activity in nature.

Ramayana (Rāmāyaṇa) A famous Hindu epic.

Reincarnation The doctrine of return, of being born into another body after a duration of rest in the astral realm. The soul can be drawn back to physical realms so long as there are attachments to them.

Renunciation Relinquishment of attachments to things, circumstances, emotional states, and actions, while selflessly involved in relationships, work, service, and soul-awakening practices.

Rishi (Ṛṣi) A seer of Truth to whom the wisdom of the Vedas was revealed; a general name for saint or ascetic.

Roop (Rūp) Essence.

Sa Haj The pilgrimage, especially to Mecca, in the Muslim religion.

Sabasar Dal Karwal Meditation; first sight, destination.

Sachi-Bani Heavenly Word; music.

Sadh-Sangat The congregation of Truth-seekers.

Sahaj-Sobhav (Sahaj-Subhav) Same as Sahaja Bhava.

Sahaja Bhava The true spiritual temperament.

Sahaja State The true spiritual state.

Sahasar Dal Kanwal First dimension of the Universe; headquarters of the subtle world, the astral plane.

Samadhi (Samādhi) Ecstasy; trance; communion with God.

Samskaras (Saṃskāras) Seeds; thoughts.

Sannyasa (Sannyāsa) The monastic life; the last of the four stages of life.

Sant-Sabha The society of the Saints; the holy congregation.

Sant-Mandal The abode of the Saints.

Sant-Marag The path or the lifestyle of a true Saint.

Sant-Mat The Science of the Saviours; nature of Pure Spiritual Science.

Santih (Śanti) Peace.

Sat Reality; absolute Truth.

Sat-Guru (Sadguru) Supreme teacher with absolute knowledge of the Divine (God).

Sat-Guru Ka Marg The real methodology, the science; the path or process to realize God. “Radiant Road to Reality.”

Sat-Nām The Word of God.

Sat-Nām Sri Wah-Guru The true Guru in whom the word of God is truly manifest.

Sat-Pursh God.

Sat-Sang (Satsaṅga) Company of Truth-bearers.

Satchidananda (Saccidānanda) (lit., Existence–Knowledge–Bliss Absolute.) A name of Brahman, or Ultimate Realty.

Sattva The principle of balance or righteousness in nature.

Science of the Saviours As revealed to Guru Nanak by God Himself, the other nine Gurus that followed him, and as is written in the Guru Granth, holy scriptures of the Sikh religion.

Self-realization Conscious knowledge; experience of one's true nature. The real Self of every person and the individual acquiring a pure consciousness; Spiritual Science of Meditation. The participation in an order superior to all merely human conditions. Human life can acquire a meaning and a value for its direct knowledge of its contents and of God. It is called Surt-Shabad, the Audible Life Stream or Nām; the Spirit; Sound Stream; the Living Word.

Shabad (Shābad) Sacred scriptural song (psalm), written in perfect musical scale and format.

Shabada (Shābada) Plural of Shābad.

Shabda-Brahm Creator of the Universe.

Shabda-Brahma (Śabda-Brahma) The Holy Nām.

Shabda-Dhunn Audible Life Stream.

Shraddha Faith.

Shiva (Śiva) One of the names used for God in the Hindu religion.

Siddhi Innate spiritual power or ability which can unfold and be instrumental for fulfillment or accomplishment of purpose.

Sikhs Seekers after Life Eternal.

Siva (Śiva) The destroyer god; the third person of the Hindu trinity, the other two being Brahma (the creator) and Vishnu (the preserver).

Subhava Disposition; way; own peculiar soul-nature and character.

Such-Khand Absolute spiritual state.

Sunna (Sunnā) Region The spiritual region of absolute quietness or quietude experienced during advanced stages of meditation.

Supna (Svapna) Dream; the sub-conscious.

Supra-Conscious Super-conscious.

Surt-Shabad The repository of Truth, Life, Light, and Love.

Surt-Stream The experience by the individual soul of the Divine current during meditation.

Surta Storehouse of the conscient mind (memory).

Sushupati (Suṣṭipti) Unconscious.

Sword of Gnosis Power of the Nām.

Tamas The principle of dullness or inertia in nature.

Tapas People who have extensively devoted their lives to meditate on the Word of God.

Tattva (Tattva) The true or inner essence of a thing. The essence of anything can be discerned through Samtama, a perfect contemplation.

Ten Immortal Sat-Gurus The ten Saviours of the Sikhs, from Guru Nanak through Guru Gobind Singh.

Thana Headquarters of the three Guna universes.

Thousand-petalled lotus (see Ganga-Mandal)

Tisra-Til Eyebrow center in the forehead.

Trikuti Home of Universal Mind; origin of all perishable minds.

Trishna Craving to possess impermanent things; thirst for things worldly.

Turiva Fourth dimension of space.

Turiya Avastha (Turya Avāstha) The spiritual state of a person which is relatively advanced.

Upanishads (Upaniṣads) Hindu scriptures containing the philosophy of the Vedas. They are 108 in number, of which eleven are called major Upanishads.

Vairag (Vairāgya) Renunciation of nature.

Varnatmik The utterance of man.

Veda The revealed scripture of the Hindus, consisting of the Rig-Veda, Sama-Veda, Yagur-Veda, and Atharva-Veda.

Vedanta A system of philosophy mainly based upon the teachings of the Upanishads, the Bhagavad Gita, and the Vedanta sutras.

Vishnoo (Viṣṇu) Vishnu.

Vishnu (Viṣṇu) The preserver god; the second person of the Hindu trinity, the other two being Brahma (the Creator) and Siva (the Destroyer); also a name of the Supreme Lord.

Yoga Union of the individual soul and the Supreme Soul; the discipline by which such union is effected. The Yoga system of philosophy, ascribed to Patanjali, is one of the six systems of orthodox Hindu philosophy, and deals with the realization of Truth through concentration of the mind.

Yogi One who practices Yoga.

Yuga An age or era of several thousands of years.