



Kundalini Yoga Glossary

Library of Teachings

Common Terms

Aad Shakti, Adi Shakti

The primal creative force.

Age of Awareness

Another appellative for the Aquarian Age (see Aquarian Age).

Ahankaar

The transcendental ego, the fundamental principle active in nature and mind that creates boundaries, identity, and attachment to things. It creates the sense of "Me and Mine" which is considered a fundamental tendency in the evolution of complexity and differentiation of objects and thoughts in the universe.

Akaal

Undying.

Akaal Purak

Undying Being.

Akaal Takhat

Literally "Eternal Throne"; established by Guru Hargobind as the supreme seat of religious authority for Sikhs.

Akal Takhat Commemoration

On the 6th June, 1984, the Akal Takhat, a part of the Golden Temple complex in Amritsar, Punjab, was destroyed. Sikhs commemorate the event on the 6th of every month.

Amrit, Aamrit

The nectar of bliss; also the ceremony in which a person dedicates their life to the Khalsa.

Amrit Vela, Aamrit Vela



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Literally "ambrosial time". It is the 2-1/2 hours before the rise of the sun. During this special time you are most receptive to the soul; you can clear the subconscious of wrong habits and impulses; and you can connect with the teachers and saints from all traditions. It is the best time to perform sadhana (spiritual discipline).

Anahat

Literally: Unstruck. Refers to the sound of the celestial realm.

Anand

Bliss, ecstasy.

Anandpur Sahib

Birthplace of the Khalsa, located in Punjab, India.

Antar, Bantar, Jantar, Mantar, Tantar, Patantar, Sotantar

These describe the sequence of creative expression from inner essence to full manifestation. Antar is the inner essence and being. It is before form. Each essence has an associated structure in time and space, a dimension to it, bantar. This structure is fulfilled by an appropriate matching set of qualities, jantar, which has a unique sound resonance, mantar, and a distinct visual form, yantar. This form and energy interrelate to the universe, tantar, creating a projection and track as it threads through time and space, patantar, until finally achieving its liberated form, beyond time and space, sotantar. This form creates a neutral point that ties together many of the polarities inherent in Prakirti to embed and express the essence of the antar in creation.

Applied Mind

A cultivated capacity of the mind which allows you to focus and respond effectively with intuition, intelligence, and comprehensive comparative consciousness to any demand in the environment or toward your goal. It is creative, stress-free, and can act or not act as needed.

Aquarian Age

The next in a succession of astrological ages each lasting roughly 2,000 years. Fully inaugurated in ad 2012, the Aquarian Age will witness a radical change in consciousness, human sensitivity, and technology. The central change of this new age emphasizes an increased sensitivity and evolution of our power of awareness and a new relationship to our mind.

Arcline



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One of 10 bodies or containing vehicles of a human being. It is a shiny thin arc that goes from ear to ear over the forehead near the normal hairline. It reflects the interaction of the soul of the person with its vital energy resources, and in it are written the potential, destiny, and health of the person.

Ardas

Prayer; the formal group prayer of the Sikhs.

Asa di Var

Part of the Siri Guru Granth Sahib, traditionally sung in the early morning.

Asan, Asana

Position, seat, yogic posture.

Ashram, Aashram

A community of practitioners who come together to live conscious, mindful lives.

Atma

The soul or finite form of the Infinite in consciousness. It is transcendental in nature, not a product of the mind but a part of pure awareness. It is a witness of everything and can only be revealed through itself.

Aura

The radiant field of energy and consciousness that surrounds the physical body and which holds and organizes the seven centers of energy called chakras. Its strength, measured by brightness and radius, determines the vitality, mental concerns, and psychophysical integrity of a person.

Aurangzeb

Moghul Emperor of India in Guru Gobind Singh's time.

Awareness

The pure nature of existence; the power to be consciously conscious without an object or need. A fundamental property of the soul and true self; it is Kundalini as it folds and unfolds itself in existence.



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Baisakhi Day

For Sikhs the day of the formation of the Khalsa by Guru Gobind Singh which took place at the traditional festival of Spring (Baisakhi).

Bana, Baana

One's outward projection, often refers to a specified clothing that projects a consciousness.

Bani

Literally "Word", Refers to the Word of God contained in the Sikh Sacred Writings; Banis refers to Sikh daily prayers.

Bata

Bowl used in the Amrit ceremony.

Beej

Seed.

Bekhri

Sound made with the tip of the tongue. i.e., aloud.

Bhagat

A devotee of God.

Bhagat Ravidas

An Indian saint whose writings appear in the Siri Guru Granth Sahib.

Bhagautee

Creative power of the universe.

Bhai

Brother.

Bhai Sahib, Bhai Sahiba



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An honorary title which means respected brother (or sister).

Bhakti

Self-purification, The devotional form of yoga practiced by a Bhakta.

Bir

Full one-volume of Siri Guru Granth Sahib in Gurumukhi.

Brahma

The Hindu God of creation, one the three primary manifestations of God.

Brahmgiani

Enlightened person.

Breath of Fire

Also called agni praan. It is a rapid, rhythmical breath pattern, generated from the navel point and diaphragm with an equal inhale and exhale and usually done through the nose. It is both stimulating and relaxing. It heals, strengthens the nerves, and clears out old patterns and toxins.

Buddha

An enlightened one; founder of the Buddhist faith.

Buddhi

This is the first, most etheric manifestation of the Universal Mind from which all other areas of mind are derived. Its quality or function is to give the clarity, discernment, and wisdom that recognize the real from the imaginary. It forms the deepest core of the human psyche but is impersonal, existing independent of the individual sense of self.

Chakra, Chaakra

The word connotes a wheel in action. It usually refers to the seven primary energy centers in the aura that align along the spine from its base to the top of the skull. Each chakra is a center of consciousness with a set of values, concerns, and powers of action associated with it.

Chanani, Chandoa



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Canopy placed over the Siri Guru Granth Sahib.

Chapati

Flat bread.

Charan Jappa

Walking meditation.

Chauree

Fan made of horsehair which is waved over the Siri Guru Granth Sahib. It is used to create a positive etheric field and is a symbol of the sovereignty of the Guru.

Chitta

The mind that permeates all that exists in nature, Universal Mind. It is part of Prakirti, transcendental nature. It is not a single state of consciousness but rather the conditions and material that allow consciousness and experience through the senses. (See also Universal Mind)

Chunee

A type of head-scarf, usually silk or silk/cotton, worn by women.

Code of Excellence

Our professional code of ethics and standards for the Kundalini Yoga Teacher.

Consciousness

The nature of the self and being. In the realm of nature, awareness becomes consciousness. It is from the being itself. Being is expressed in consciousness through contrasts and sensations, in awareness through merger, clarity, and reality.

Devaas

Gods.

Devtaas

Angels.



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Dharana

Concentration.

Dharma

A path of righteous living. It is both an ideal of virtue and a path of action that is infused with clear awareness and comprised of actions that are the soul in total synchrony with the universe. It is action without reaction or karma.

Dhiaan, Dhyan

See Meditation.

Five Evil Passions (Kaam, Krodh, Lobh, Ahankar, Moh)

Lust, Anger, Greed, Pride, Attachment.

Functional Minds

The three minds (Negative, Positive, and Neutral) that act as guides for the personal sense of self.

Ghee

Clarified butter.

Giaan Mudra

Index (Jupiter) finger and thumb touch, other fingers pointing straight.

Golden Chain of Teachers, Golden Link

Historically it is the long line of spiritual masters who have preceded us. Practically it is the subtle link between the consciousness of a student and the master, which has the power to guide and protect the energy of a teaching and its techniques. This link requires the student to put aside the ego and limitations and act in complete synchrony or devotion to the highest consciousness of the master and teachings.

Granth

Literally: knot: book.



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Granthee

Priest.

Gunas

The three qualities or threads that make up the fundamental forces in nature and the mind. Their interactions give motion to the world, stir the larger Greater Mind, and make up the realm of our experience. They are considered inseparable and occur in unlimited combinations. They are abstract; you can only see their effects. They are the sattva guna for clarity and purity; the rajasic guna for action and transformation, and the tamasic guna for heaviness, solidity, and ignorance.

Gurbani

Word of the Guru, Refers particularly to the words from the Siri Guru Granth Sahib.

Gurbani Kirtan

Devotional singing of Gurbani.

Gurdwara

Literally the door of the Guru; traditional place where Sikh worship services are held.

Guru

That which takes us from ignorance to knowledge; from darkness, gu, to light, ru. It can be a person, a teaching, or in its most subtle form - the Word.

Guru Amar Das

Third Guru of the Sikhs.

Guru Angad

Second Guru of the Sikhs.

Guru Arjan

Fifth Guru of the Sikhs.

Guru Gobind Singh



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Tenth Guru of the Sikhs.

Guru Har Gobind

Sixth Guru of the Sikhs.

Guru Har Krishan

Eight Guru of the Sikhs.

Guru Har Rai

Seventh Guru of the Sikhs.

Guru Nanak

First Guru of the Sikhs.

Guru Ram Das

Fourth Guru of the Sikhs.

Guru Ram Das Puri

Summer Solstice Sadhana Celebration site, in the foothills of the Jemez Mountains, about a half an hour north of the Ashram.

Guru Tej Bahadur

Ninth Guru of the Sikhs.

Gurumukh

Literally "from the Guru's mouth"; refers to the script in which the Siri Guru Granth Sahib is written.

Gyan Mudra, Gian Mudra, Giaan Mudra

A common hand position used in exercise and meditation, is formed by touching the tip of the index finger to the tip of the thumb. Its effect is receptivity, balance, and gentle expansion.

Hacienda de Guru Ram Das, The Ashram



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The grounds of Yogi Bhajan's traditional home and ranch in Espanola, NM, as well the surrounding businesses, gurdwara and langar hall.

Harmandir Sahib

The Harmandir Sahib, also known as the "Golden Temple", is a prominent Sikh Gurdwara located in the city of Amritsar, Punjab, India.

Hukam

An order from the Guru.

Humanology

A complete system of psychology to promote human excellence and spirit. It incorporates the technology of Kundalini Yoga and meditation, the use of the Shabd Guru, and the principles of spiritual counseling.

Ida

One of the three major channels (nadis) for subtle energy in the body. It is associated with the flow of breath through the left nostril, follows down the left side of the spine, and represents the qualities of the moon - calmness, receptivity, coolness, and imagination. It is associated with the functions of the parasympathetic nervous system but is not identical to it nor derived from it. Also see Pingala and Shushmana

Impersonal Minds

The three major functions of the Universal Mind that create qualities of experience, cognition, and judgment. They are buddhi, ahangkar, and manas. They are impersonal since they exist independent of or before the individual sense of self.

Jaap Sahib

A prayer written by Guru Gobind Singh which gives one conscious awareness of one's grace; one of the daily.

Jahangir

Moghul Emporer of the India at the time of Guru Arjans martyrdom.

Japji, Japji Sahib



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The Song of the Soul written by the First Sikh Guru, Guru Naanak Dayv Jee. Saadhana opens with a recitation of Japji each morning at 3:40 am. A mantra, poem, and inspired religious scripture composed by Guru Nanak. Japji Sahib gives a view of the cosmos, the soul, the mind, the challenge of life, and the impact of our actions. Its 40 stanzas are a source of many mantras and can be used as a whole or in part to guide both your mind and your heart.

Jappa

Literally "to repeat." It is the conscious, alert, and precise repetition of a mantra.

Ji

Soul; used as an endearment or sign of respect.

Kaala jeera, Kaalaa Jeeraa

Black cumin. A spice related to cumin and caraway but thinner and darker.

Kaam

Desire. It connotes the feeling of pleasure and enjoyment of objects and/or feelings. It often implies a sensual or sexual quality. It is one of the five primary blocks to spiritual development.

Kaamanaa

The desire for higher values such as desirelessness, fearlessness, humility, or kindness. One way to deal with the ill-impact of kaam is to transform it into kaamanaa. Instead of fighting a desire, turn it into the desire for something higher. If you feel greed, be greedy for excellence and humility.

Kakars

The five symbols (Five K's) worn by baptized Sikhs.

Kali Yug

The Iron Age, Steel Age, or Age of Darkness, the current Age.

Kanga

Wooden comb; one of the Five K's worn by the baptized Sikhs.



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Kara

Steel bracelet; one of the Five K's worn by baptized Sikhs.

Karma

The law of cause and effect applied to mental, moral, and physical actions. Ego attaches us to and identifies us with objects, feelings, and thoughts. These attachments create a bias toward certain lines of action. Instead of acting you begin reacting. Karmas are the conditions required in order to balance or complete these tendencies. Though necessary, karma is not dictatorial or fatalistic. It is the mechanism that allows the finite experience of existence to maintain and stabilize itself. We all have free will and can take actions to re-direct the momentum of a karma. We can transform it or neutralize it using meditation, jappa, good deeds, or intuition that remove your sense of ego and the identification with that past line of action.

Karma Yoga

Literally, Union through action; often in reference to service in event settings.

Kathaa

Spiritual discourse.

Keer

Rice pudding.

Kesh

Uncut hair; one of the Five K's worn by baptized Sikhs.

Khanda

Double-edged sword.

Kirpan

Sword; one of the five K's worn by baptized Sikhs.

Kriya



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Literal meaning is "completed action." A Kundalini Yoga Kriya is a sequence of postures and yoga techniques used to produce a particular impact on the psyche, body, or self. The structure of each kriya has been designed to generate, organize, and deliver a particular state or change of state, thereby completing a cycle of effect. These effects have been codified and elaborated by Yogi Bhajan and form the basic tools used in yoga and its therapeutic applications.

Krodh

Anger. It connotes the negative parts of the experience of anger. Unreleased internal anger leads to confusion and impulsive action. This results in a loss of the inner clarity, wisdom, and sense of guidance derived from buddhi.

Kundalini

Comes from the word "kundal"; coiled energy; the creative potential of an individual.

Kundalini Yoga

It is a Raaj Yoga that creates vitality in the body, balance in the mind, and openness to the spirit. It is used by the householder, busy in the world, to create immediate clarity. The fourth Guru in the Sikh tradition, Guru Ram Das, was acknowledged as the greatest Raaj Yogi. (See Raaj Yogi.) He opened this long secret tradition to all.

Kutcheras, Katcheras

Special cotton underwear. One of the Five K's worn by baptized Sikhs.

Lakh

100,000.

Lakshmi

Hindu goddess of love, harmony, and prosperity.

Langar, Lungar

Free kitchen associated with Sikh worship service.

Lobh



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Greed. The quality of always grasping and feeling your self through what you have or what you consume. It is a principal block to clear consciousness and the spirit. It is diminished through the practice of non-attachment, contentment, and self-sacrifice.

Mahan Tantric

A Master of White Tantric Yoga. This title and function was bestowed upon Yogi Bhajan in 1971. There is only one Mahan Tantric alive on the earth at any one time.

Manas

The lower or sensory mind. It is one of the three impersonal functions of the Universal Mind. It deals with sensory impressions, sequences, and the desires and impulses generated from their combinations. It is the closest to what traditional western psychology deals with as the mind.

Mantra

Sounds or words that tune or control the mind. Man means mind. Tra-ng is the wave or movement of the mind. Mantra is a wave, a repetition of sound and rhythm that directs or controls the mind. When you recite a mantra you have impact through the meridian points in the mouth, through its meaning, through its pattern of energy, through its rhythm, and through its naad - energetic shape in time. Recited correctly a mantra will activate areas of the nervous system and brain and allow you to shift your state and the perceptual vision or energetic ability associated with it.

Maya

The creative power of the Creator that restricts and limits. It creates the sense of limitation that leads us to identify with experience, the ego, and things. Because of this it is often thought of as the illusion that blocks us from the spirit. But, as Guru Nanak (see Sikh Gurus) reminds us, you need not be attached to the productions of maya. Instead they can be used to serve and express the higher consciousness and spirit. Maya is simply Karta Purkh, the doing of the Great Being. Maya takes the ineffable into the realm of the measurable.

Meditation

Dhyan. It is a process of deep concentration or merger into an object or a state of consciousness. Meditation releases reactions and unconscious habits and build the spontaneous and intuitive link to awareness itself.

Miri/Piri



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Temporal/spiritual balance of the universe; concept introduced by Guru Hargobind of secular/spiritual sovereignty.

Moh

Delusion and attachment.

Mudra

Mudra means "seal." It usually refers to hand positions used in meditation and exercise practices. These hand positions are used to seal the body's energy flow in a particular pattern. More generally it can refer to other locks, bandhas (see Mul Bandh), and meditation practices that seal the flow of energy by concentration.

Mukhia Sardarni Sahiba

Title for a female regional minister in Sikh Dharma.

Mukhia Singh Sahib

Title for a male regional minister in Sikh Dharma.

Mul Bandh, Mulbandh

This literally means "root lock." It is a body lock used to balance prana and apana (see prana) at the navel point. This releases reserve energy which is used to arouse the Kundalini. It is a contraction of the lower pelvis - the navel point, the sex organs, and the rectum.

Mullah

A learned Muslim.

Naad

The inner sound that is subtle and all-present. It is the direct expression of the Absolute. Meditated upon, it leads into a sound current that pulls the consciousness into expansion.

Naadi, Nadi

Channels or pathways of subtle energy. It is said that there are over 72,000 primary ones throughout the body.



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Naam, Nam

The manifested identity of the essence. The word derives from Naa-ay-ma , which means "that which is not, now is born." A Naam gives identity, form, and expression to that which was only essence or subtle before. It is also referred to as the Word.

Naam Simran, Nam Simran

This refers to the state and act of deep meditation by dwelling and merging into the names of the Infinite, of God.

Narayan

A Name of God in the aspect of Sustainer.

Navel Point

The sensitive area of the body near the umbilicus that accumulates and stores life force. It is the reserve energy from this area that initiates the flow of the Kundalini energy from the base of the spine. If the navel area is strong, your vital force and health are also strong.

Negative Mind

One of the three Functional Minds. It is the fastest and acts to defend you. It asks, "How can this harm me? How can this limit or stop me?" It is also the power to just say no, stop something, or reject a direction of action.

Neutral Mind

The most refined and often the least developed of the three Functional Minds. It judges and assesses. It witnesses and gives you clarity. It holds the power of intuition and the ability to see your purpose and destiny. It is the gateway for awareness.

Panj Piare

Five Beloved Ones.

Panth Khalsa

The ordained Ministry of Sikh Dharma; also refers to the general body of the Khalsa worldwide.

Patasas



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White sugar cakes often used in prashad.

Pauri

Literally step or ladder. Refers to a particular poetic form used in Siri Guru Granth Sahib.

Pavan Guru

Literally, the "breath of the guru." It is the transformative wisdom that is embedded in the patterns of breath, especially those patterns generated in the expression of naad in sound or mantra.

Perheraavaa

Dress.

Phulkaris

Colorful woven cloth of the same pattern worn by Guru Nanak.

Pingala

One of the three major channels (nadis) for subtle energy in the body. It is associated with the flow of breath through the right nostril, follows down the right side of the spine, and represents the qualities of the sun - energy, heat, action, and projective power. It is associated with the functions of the sympathetic nervous system but is not identical to it or derived from it. See also Ida and Shushmana.

Positive Mind

One of the three Functional Minds. It elaborates, magnifies, extends, and assists. It asks, "How can this help me? How can I use this? What is the positive side of this?"

Praana, Prana

The universal life force that gives motion. It is the breath in air. It is the subtle breath of the purusha as it vibrates with a psychophysical energy or presence. Praana regulates the modes and moods of the mind.

Praanayam, Pranayam, Pranayaam

Regulated breathing patterns or exercises.



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Prakarma, Parkarma

Literally: A window to life. The marble pathway that surrounds the sacred pool and Golden Temple.

Prakriti

Transcendental Nature. It is creation as we can experience it. It includes mind and matter. It is formed from the motion and interaction of the gunas. It is multi-leveled and evolved from the original consciousness of the Absolute.

Prashad

Blessed food; refers to sweet food passed out at the end of Sikh worship service; gift of the Guru.

Pratyahaar, Pratihaar

One of the eight limbs of yoga, it is the synchronization of the thoughts with the Infinite. To quote Yogi Bhajan; "Pratyahaar is the control of the mind through withdrawal of the senses. The joy in your life, which you really want to enjoy, is within you. There is nothing more precise than you within you. The day you find the you within you, your mind will be yours. In pratyahaar we bring everything to zero (shunias), as pranayam brings everything to Infinity."

Pundit

A Hindu who is learned in scripture.

Purda

The traditional dress of Muslim women which covers them from head to foot with space only for the eyes.

Purkha

The great Being of existence.

Purusha

The transcendental self, soul, atma, or spirit. It is the first contained embodiment of the unlimited consciousness and is formed with the subtle body. It is the consciousness and witness of the spirit that indwells the body.



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Raag

A traditional melodic mode of the Indian classical music system.

Rajaas

One of the three conditions of matter-creative (see guna).

Raj Yogi, Raaj Yogi

A yogi who follows the royal or highest path. One who excels and exalts the self in the midst of life without monastic withdrawal. One who places the self on the throne and presides with consciousness over all domains of manifestation, internal and external. (See Kundalini Yoga, Yogi.)

Rehiraas

One of the daily prayers of the Sikhs, recited in the evening which adding energy to one's being.

Rehit

Code of Conduct.

Rishi

Enlightened being; Yogi.

Rishi knot

Top-knot of the hair traditionally worn by yogis (Rishis).

Saa-Taa-Naa-Maa

This is referred to as the Panj Shabad Mantra (panj means five). It is the "atomic" or naad form of the mantra Sat Naam. It is used to increase intuition, balance the hemispheres of the brain, and to create a destiny for someone when there was none.

Saag

Curried mustard greens.

Sach Kandh



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Realm of Truth.

Sadh Sangat

Literally "congregation of the disciplined ones"; company of the holy.

Sadhana, Saadhana

A spiritual discipline; the early morning practice of yoga, meditation, and other spiritual exercises. The Aquarian Sadhana is an early morning group practice; includes recitation of Japji, kriya and Aquarian Mantra Meditations. Immediately followed by Gurdwara.

Sadhu

A holy man.

Samadhi

The state of consciousness in which the mind is free from reacting to thought waves.

Samskaras

Patterns of behavior brought from past lives.

Sanchar

Ceremony.

Sanskrit Sloks

Part of the structure of the Siri Guru Granth Sahib.

Sarhand

Town where the two sons of Guru Gobind Singh were bricked alive.

Sat

Existence; what is; the subtle essence of Infinity itself.

Sat Naam, Sat Nam



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The essence or seed embodied in form; the identity of truth. When used as a greeting it means "I greet and salute that reality and truth which is your soul." It is called the Bij Mantra - the seed for all that comes.

Sattvic, Sattvaa

One of the three basic qualities of nature (gunas). It represents purity, clarity, and light.

Seva

Selfless Service. the heart of the Aashram experience is serving each other.

Sevadar

One who does seva.

Shabad, Shabd

Sound, especially subtle sound or sound imbued with consciousness. It is a property or emanation of consciousness itself. If you meditate on shabad it awakens your awareness.

Shabad Guru, Shabd Guru

These are sounds spoken by the Gurus; the vibration of the Infinite Being which transforms your consciousness; the sounds and words captured by the Gurus in the writings which comprise the Siri Guru Granth Sahib.

Shakti

The creative power and principle of existence itself. Without it nothing can manifest or bloom. It is feminine in nature.

Shivas

Seeker, student of Truth; a practitioner of the Sikh religion.

Shuniyaa, Shuniya

A state of the mind and consciousness where the ego is brought to zero or complete stillness. There a power exists. It is the fundamental power of a Kundalini Yoga teacher. When you become shuniyaa then the One will carry you. You do not grasp or act. With folded hands you "are not." It is then that Nature acts for you.



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Shushmanaa, Shushmana

One of the three major channels (nadis) for subtle energy in the body. It is associated with the central channel of the spine and is the place of neutrality through which the Kundalini travels when awakened. When mantra is vibrated from this place it has the power of soul and consciousness. See also Ida and Pingala.

Sikh Dharma

A living experience of values as taught in the Siri Guru Granth Sahib.

Sikh Gurus

In the Sikh tradition there were 10 living Gurus and one Guru, the Shabd Guru - the Word that guided and flowed through each of them. This succession of 10 Gurus revealed the Sikh path over a 200-year period. They were (in order) Guru Nanak, Guru Angad, Guru Amar Das, Guru Ram Das, Guru Arjan, Guru Hargobind, Guru Har Rai, Guru Har Krishan, Guru Teg Bahadur, and Guru Gobind Singh. The 10th Sikh Guru, Guru Gobind Singh, passed the Guruship to the Siri Guru Granth Sahib, which embodies the writings, teachings, and sound current of the Gurus.

Simran

A deep meditative process in which the naam of the Infinite is remembered and dwelled in without conscious effort.

Siri Guru Granth Sahib

Sacred compilation of the words of the Sikh Gurus as well as of Hindu, Muslim, Sufi, and other saints. It captures the expression of consciousness and truth derived when in a state of divine union with God. It is written in naad and embodies the transformative power and structure of consciousness in its most spiritual and powerful clarity. It is a source of many mantras.

Siri Sahib

Sword.

Siri Singh Sahib

Honorary title given to Yogi Bhajan to indicate his role as spiritual leader of Sikh Dharma in the West. His complete title within Sikh Dharma is Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji.



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Sohung

"I am God, God is me."

Spiritual Name, Destiny Name

A practice begun by Yogi Bhajan that gives a spiritual aspirant an anchor within a new identity and practice - a chance to begin again and choose destiny over fate. Nirinjan Kaur Khalsa, Yogi Bhajan's Chief of Staff, was trained by Yogi Bhajan to continue this practice of receiving a new spiritual name. Please see <http://www.3ho.org/spiritual-names/> for more information.

Subtle Body

See Ten Bodies.

Sudai

Challenge.

Sukhmani

Peace Lagoon; a prayer written by Guru Arjan; Song of Peace.

Sutra

Section from scripture.

Swami

Master.

Tamas

One of the three basic qualities of nature (gunas). It represents heaviness, slowness, and dullness. It is inertia and confusion.

Tattvas

A category of cosmic existence; a stage of reality or being; a "thatness" of differentiated qualities. In total there are 36 tattvas. Each wave of differentiation has its own rules and structure. The final five tattvas are called the gross elements and have the phasic qualities and relationships of ether, air, fire, water, and earth.



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Teerath

Sacred place.

Ten Bodies

We are all spiritual beings having a human experience. In order to have this experience the spirit takes on 10 bodies or vehicles. They are the Soul Body, the three Mental Bodies (Negative, Positive, and Neutral Minds), the Physical Body, Pranic Body, Arcline Body, Auric Body, Subtle Body, and Radiant Body. Each body has its own quality, function, and realm of action.

Thaakur

In the Hindu religion, Stone idol; in Sikh Dharma, "powerful one."

The Ranch

Yogi Bhajan's home just across the highway from the Aashram, and site of the Yogi Bhajan Memorial Birthday Celebration.

Third Eye Point

The sixth chakra or center of consciousness. It is located at a point on the forehead between the eyebrows. Associated with the functioning of the pituitary gland, it is the command center and integrates the parts of the personality. It gives you insight, intuition, and the understanding of meanings and impacts beyond the surface of things. For this reason it is the focal point in many meditations.

Tresha Guru

Three-fold Guru; trinity.

Tune-in

There are two types of Tune-in mantras: one for Kundalini Yoga practice and one for business meetings or other types of gatherings. The Tune-in Mantra for Kundalini Yoga Practice is the Adi (Aadee) Mantra: Ong Namō Guroo Dayv Namō; the Tune-in Mantra for group meetings (small group check in, etc.) is the Mangala Charn Mantra Aad Guray Nameh Jugaad Guray Nameh, Sat Guray Nameh Siree Guroo Dayv-eh Nameh.

Universal Mind



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This refers to the entire spectrum of mental existence and sentient potential in the universe in whatever form. Mind and matter are considered gradations of transcendental nature, Prakirti, and can exist without or before a particular entity to experience it. (See also chitta.)

Wahe Guru, Whaa-hay Guroo

A mantra of ecstasy and dwelling in God. It is the Infinite teacher of the soul. Also called the gur mantra.

Wahe Guru Ji Khalsa, Wahe Guru Ji Ki Fathe

Ecstasy of God Consciousness.

Yam

Yam/Niyams "do's and don'ts; the ethical precepts defined by Patanjali.

Yarmulka

Skullcap worn by members of the Jewish faith.

Yogi

One who has attained a state of yoga (union) where polarities are mastered and transcended. One who practices the disciplines of yoga and has attained self-mastery.

Event Types

Ashram Visit

Lectures given during Yogi Bhajan's travels around the world. Often informal, these were talks he gave to dedicated students.

Business Course

As a successful entrepreneur and communication expert, Yogi Bhajan often gave business courses for his closest students and trusted leaders.

Gurdwara



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Lectures given in gurdwara, or the Sikh Temple. They are essentially public in nature and primarily cover topics related to Sikh Dharma and the Sikh way of life.

IKYTA Conference

Lectures to the Annual Teacher's Conferences.

Khalsa Chiropractic

Lectures presented specifically to healers and chiropractors.

Khalsa Council

Lectures given at the twice a year Khalsa Council meetings. The audience is, like Women's Camp, a collection of Yogi Bhajan's most devoted students. Topics range from leadership to excellence to ministry and teachings.

Kundalini Yoga Class

Courses Yogi Bhajan gave that are Kundalini Yoga kriyas and meditations. Sometimes they include a lecture but more often than not they are purely exercise sets.

Meditation Course

Lectures and classes that were often in University or Ashram settings and were meditation intensives.

Physical Training

These are often outdoor courses that are primarily physical exercises.

Summer Solstice

Lectures given at the Annual Summer Solstice gatherings. Public lectures and classes that inspired the 3HO lifestyle.

White Tantric Yoga

Talks and exercises given during a specific practice known as White Tantric Yoga, facilitated only by the Mahan Tantric, these exercises use the polarity to balance the human psyche and heal childhood wounds and past-life samskaras.



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Women's Camp

Lectures given in the summer months over the course of 22 years during the Women in Training summer courses. These were his most dedicated students - all women - who came to study with the Master each summer for 8 weeks.