Glossary of Terms



- Akasha: field of Consciousness
- Atman: the innermost divine soul present in every creature
- Brahman: Ultimate Reality, Universal Spirit, Pure Consciousness, Source etc. (not to be confused with Brahma, the Creator God/Force of Creation)
- Dharma: the universal laws; right action; duty
- Jivatman: the living individualised soul embodied for a while within a particular body/mind; sometimes called the jiva
- Jivanmukta: a living being who is liberated; continually immersed in the Self;
 equanimity prevails
- Kama: selfish desire
- Karma: action; the consequences of action whether spiritually, mentally, and physically
- Maya: phenomenal reality; the illusion that reality consists of separate realities
- Moksha: liberation from Samsara; Self-Realisation
- Monism/Monistic: philosophical term denoting the experience that 'All is One'
- Paramatman: the transcendental Self
- Rta: the harmonious order implicit within creation
- Samsara: cycle of rebirth, life, and death
- Tat Tvam Asi: 'You are That' i.e. Atman is Brahman or Jivatman is Paramatman
- Yajna: sacrifice; self-offering