

Glossary

abhaya

Absence of fear or insecurity of any kind.

abhimana

The human-being without the touch of love is full of *abhimana*. They consider themselves to be too big and their intellect (*buddhi*) too sharp. They equip themselves with bestial force; they belittle the men with *dharma*. The other *asurik* endowments function based on *abhimana*.

ahang

It is the sense that I am the most important thing in the universe. It is called ego as well. It has a gross exhilarating feeling in the realization.

ahankara

It is the *bhaba* that I do. In us, it is known as egoism.

amṛta

A special liquid, the gods of Hindu scripture used to drink. It alleviates the fear of death, and pain. It is, in other words, the state of getting rid of the insecurity about a living beings existence.

ananda

The pure feeling of joy without memory.

ankush

A metal stick, used to control the elephant by the mahout.

antahkaraṇa

The organs to perceive and perform things in our *antara* are known as *antahkaraṇa*. It denotes the mind, but not in an exact sense. The various faculties of mind to perform different tasks are collectively called *antahkaraṇa*.

antara

The inner world in us – it comprises of mind and the various other centers of power inside us, like *Ganesh*, *Surya*, *Vishṇu*, *Shiva*.

antarasthita

Anything that rests in our *antara*.

anubhuti

The realizations and feelings perceived in a tranquil mind without any external material aid.

***Arya* (Aryans)**

According to *Shaktibad*, the Aryans are not a particular race, but the people pursuing the path of *Veda* were called as *Arya* (Aryans) in our ancient texts and ones deviating from this were known as Non-Aryans.

Arya Samaja

A movement started by *Swami Dayananda Saraswati*. It preaches for going back to the *Veda*. The book, “the light of truth” written by the founder is the source of its inspiration. It is very critical about Islam.

asmita

It is the *bhaba* that I exist.

asura

Asuras are demons in Hindu mythology who constantly struggle to dislodge the gods from their heavenly seats. It is close to the term evil but not exactly. In the terminology of *Shaktibad*, it means, people who want to deprive and exploit others for their own enjoyment.

asurik

Pertaining to an *asura*, trait of the same.

asurikata

The nature, which is *asurik*. The form of an *asura*.

asurik sampada

The endowments, an *asura* possess, or need to possess.

atma bikash/ atma vikash

The self-development towards the *atman*.

atman (atman)

The soul of the human being is called the *atman*. We believe, it is the only thing in the universe. Everything else is its manifestation.

avatara

A God incarnate - A bodily manifestation of the supernatural being is known as *avatara*. According to *Shaktibad*, if somebody takes up the course of *karma*, after realizing the *Shiva*, he is an expression of the *Shakti*. They come on this earth to destroy the *asura* and thus, remove the obstacles placed in the path of the development of mankind.

bhaba

The pure forms of the nature (*prakriti*) are known as *bhaba*. In our mind, we have them, but not in the purest form, as different *bhaba(s)* mix up together. They are basically emotional gestures as commonly used in the level of mind.

Bhababad

It is currently the most popular philosophy of West Bengal. It was started by the *Vaishnava Dharma* movement, led by *Chaitanya* in the middle age. Then, it was reinforced vigorously by the *Brahma* movement, the famous *Ramakrishna* and by almost all present Gurus of medium and low stature in Bengal. The fundamental thing, it preaches, is that there is no need of any practice and rituals and anything. Just keep in mind that everybody is the absolute *atman* in principle. Do not care about society, nation or contemporary politics. Think about *Ramakrishna* (or the particular *Guru* of the sect). Whether anybody is liberated or not, depends only what he conceives of himself in the mind. If a hooligan comes to you to demand something, surrender – what would you do with worldly things? They are the votaries of Islam and “equality of all religions” is like the most sacred *mantra* to them.

bhababadi

The follower of *bhababad*. One, who dwells in the world of imaginations and hallucinations has been referred as a *bhababadi*.

bhagavan

God in the sense that one possessing great wealth. We believe it as a perception of the *atman* by ordinary people.

Bharata, Bharatavarsha

The land of undivided India, spread from the river banks of river *Sindhu* and *Saraswati* to the oceans was known as *Bharatavarsha* – the cradle of human civilization, according to *Shaktibad*. We'll refer it as India in our translation.

bhoga

Enjoyment of material pleasure through the five senses of vision, hearing, scent, taste and touch. Sexual intercourse is one of the best means of it, as it pleases all the five senses.

bikasha

It is referred in many occasions, like the Development of a human being towards the absolute, the growth of inner power in oneself.

Brahma

It is a doctrine of shapeless God preached by *Raja Rammohan Roy*. It is claimed to be based upon *Veda*. It started the doctrine of equality of all religions.

brahmacharya

It is often denoted as celibacy, but it goes much beyond. It requires absence of abstinence from sexual pleasure in body and mind. It is, as defined in the *Shaktibad*, the ability to derive joy in a life without a consort.

brahmajnana

It is the supreme *jnana*. One may perceive this at the end of all the knowledge, and is equivalent to perceiving the atman.

brahmajnani

One possessing *brahmajnana*– supremely knowledgeable person.

buddhi

It literally means the intellect. However, *buddhi* comprises of various different perspectives of intellect including but not limited to the scientific thinking of abstraction. In modern world, the mathematical merit is sometimes regarded as the highest embodiment of it. We do not agree with that.

Chaitnya Charitam rita

It is the biography of *Chaitanya*, the great founder of the *Bhakti* movement of Bengal in the medieval age.

chakra

A weapon in the form of concentric circles – used to be hurled at the enemy. Also, it means an organization of massive power.

Chandi

It is a very short, yet widely respected scripture of the Hindus. It is used to worship the *Shakti*. The stories of *Chandi* discuss the schemes about how the *devatas* defeat an *asurik* invasion.

chitta

The part of the mind that collects the memory without the detailed accounts is known as *chitta*. While experiencing great pleasure or great distress, if one can stay at the feeling sacrificing the details of happening, he/she will arrive at *chitta*. It is very pleasant as such.

daivi sampada

Divine endowments/possessions/elements, as it is translated here, means the virtues, *devatas* possess. In the sixteenth chapter of the *Gita*, Sri *Krishna* noted all of them. The principal ones of them, as recognized by *Shaktibad* are truth, love, peace, non-violence and *tejah* (Spirited opposition towards the *asuras*).

dambha

The men possessing *dambha* does not bow to the morality. Any kind of injustice perpetrated by these men over the innocent is bred from *dambha*.

darpa

To derive self-satisfaction out of repeated persecution of the innocent, calm people is known as *darpa*.

darshana

The act of perception of any thing is called *darshana*. It can be of gross material object or subtle esoteric mysteries of nature, and is often used in the later sense. It is also the word denoting philosophy.

devata

In Hindu scriptures, *devatas* (the gods) are the rightful owners of the heaven. They are in constant war with the *asuras*. When arrogance gets them, they become weak and lose to the *asuras*. Here we denote *devata* as the *karmis* serving for the cause of atman, fighting against the *asuras*. The key possession of *devatas* is the various divine endowments

(*daivi sampada*). In the words of *Satyanandaji*, “The inspiration, that encourages mankind to perform selfless activities for the benefit of the world or to wage war for the cause, and thus assists in the self-development, is known as *devata*.”

dharma

The methods (often rituals) for acquiring peace are known as *dharma*. In India, the philosophies and directions concerning this are called *dharma* as well. It is essentially different from the term “Religion” in the sense that there is no element of “Faith” in *dharma*. It is absolutely based upon *anubhuti* (realizations and feelings). We believe that *dharma* is the science for attaining peace and developing oneself to the stage of *atman*.

dhvaja

Literally it means a flag. Fluttering a flag of a particular type is a part of Hindu rituals. This flag has nothing to do with community, Nation or any kind of organization. It is purely part of the worshipping.

dhyana

It is usually translated as meditation. But, here it is used in a deeper sense. Just closing the eyelids for sometime imagining something, does not mean *dhyana*. The contemplation of *ishvara* is *dhyana*, not that of an idol (*murti*). Basically, it is attaining to the *chitta* and resting there for some time.

Also, the hymns related to the *dhyana* of a particular god, is known as the *dhyana*.

dhyana -pushpa

The flower required in the *puja*, when the worshipper performs *dhyana*.

diksha

The ceremony of initiation of teachings in the spiritual path in one is called *diksha*. It is a part of *dharma*. There are several of them. Whenever a new phrase starts in one’s life, a *diksha* is imparted to guide one to the right direction.

durbalabad

“*Durbala*” literally means weak and helpless. “*bad*” is a term which grossly translates to “ism”(as in Communism). But the word “*durbalabad*” here takes a much specific meaning in this philosophy of *Shaktibad*. Essentially, it means a doctrine that wants to appease and placate the *asuras* the rather than confronting them. They cite the excuse of non-violence and peace to defend their weakness of dealing with the *asuras*. The doctrine of *Gandhi* is a very good example of it. These kinds of doctrines are preached and practiced by the people with excessive desire for fame.

Durga

A popular deity in Bengal – A woman made of *tejah* of the *devatas* with ten weapons in her ten hands and slaying an *asura* riding from the shoulder of a lion.

Gada

It is a weapon of ancient India, where a very heavy metallic round-shaped object is attached to a long handle. This can be used to smash the opponent totally

Gita

It is the most sacred Hindu scripture. When *Arjuna*, a great warrior, was reluctant to kill his relatives even for the sake of establishing justice in the society, *Sri Krishna*, the most revered *avatara* of Hindus, clarified things of creation to him and urged him to take up the weapon to kill the evil.

guru

A guru is a spiritual teacher, but he is more like a father than a teacher. He helps the disciple to attain *jnana* and peace. According to *Shaktibad*, a true guru comes from the *Shiva* stage.

hiranya-garbha

It literally means the womb of the universe with a bright golden hue.

ishvara

The one to be worshipped is called *ishvara*. It is an entity comprising some/all divine endowments in their pure forms. Also, it may mean total absolute manifestation of the divinity, i.e. *atman*.

ishvaratva

The form of *ishvara*.

ishvariya

Pertaining to the *ishvara*.

japa

A conventionalized utterance of *mantra* repeated without thought or aptness, is known as *japa*. According to *Shaktibad*, it helps in acquiring the powers embedded in that particular piece of *mantra*.

jnana

Usually, it means knowledge. However, in the *Shaktibad* literature, it has been used in a much deeper sense – a deep realization/feeling attained in a tranquil mind. We believe, the apparent words of knowledge without any realized feeling are mere utterances with little connection to the truth.

jnani

Those, who are settled with the *jnana*, are termed as *jnani* – one who attained *jnana*.

jyoti

The light, we can see with our inner eye (the center of perception inside us) is called the *jyoti*. This does not come from any outside source of illumination. We translated this as soothing glow. The feeling of sight of a *jyoti* dispels the darkness of ignorance.

kala

From the new moon to full moon, the growth of moon is divided into sixteen parts – each referring to a *kala*, e.g. if the moon is exactly in between the full moon and the half moon, we call it the eighth *kala* of the moon. Similarly, when we analyze the evolution of consciousness, we divide the total journey from inanimate beings to the atman in sixteen

kalas. The first *kala* is the vegetation and Plants. In the second *kala*, there comes the Amoeba. In third and fourth respectively, we see the oviparous and the mammals. The lowest developed human beings come as four and a quarter *kalas*, the lower development of Shiva. Then in the fifth there comes *Gaṇeśha*, in the sixth the *Surya*, in the seventh the *Viśṇu*, from eighth to fifteenth the higher development of the *Shiva*, and in the very end, the *Shakti*.

Kaliyuga

The current age, we're passing through according to the Hindu scriptures (*puraṇas*). It started at about 3102 B.C.

kama

It means desire for the self. Often it is denoted in the sense of sexual desire.

karma

Literally, it means any piece of work/action or any kind of activity. *Shaktibad* view this world as full of *karmas* driven by various manifestations of *Shakti*.

A human being usually pursues an activity for two different reasons – to fulfill the basic necessities of life and for the sake of pleasure of performing it. In a deeper sense, used mostly throughout the literature of *Shaktibad*, it refers to the activities driven by the second purpose. Usually, *karma* is also of two kinds – to serve the *atman* and to serve the *ahang* (ego). The former leads to the development of the humanity and the later to the oppression of the society or even worse, to the appeasement of the *asuras*.

karmi

Those, who take up the course of action (*karma*) to serve the inner urge of establishing the truth, have been termed as *karmi*. There are another variety of *karmis*, who acquire some power of the *Atman* by serving truth, and then deviates from the truth to use the acquired power to fulfill the urges coming out of their ego.

karma kshetra

It denotes the arena of *karma* – this world of our existence. Also, it means, some particular field of implementing an idea into an action.

karmayoga

It is a term used by *Sri Krishna* in the *Gita*. It denotes pursuance of *karma* as part of yoga. In the words of *Sri Krishna*, a *karmayoga* is the state of performing all the *karmas* as part of ones duty and never ever cherishing any result for oneself out of those actions.

karmayogi

One, who performs *karmayoga*.

kiritaṇa

It is a particular genre of songs popular among the masses of Bengal. There are songs about some stories about the great men, to pre-occupy the mind with the godly objects

krodha

krodha is the emotion, when the feeling of vengeance arises in one only because one's ego has been hurt. It is termed as anger. We believe, sometime people are confused considering *tejah* as anger. *Krodha* is a dominant component in the mindset of an *asura*, whereas *tejah* is the greatest *daivi sampada*, according to *Shaktibad*.

Kshatriya

The warrior class, one of the four classes of the Indian society and the caste system.

maharshi

A great *rishi*.

mana

The gross restless mind is known as *mana*.

mantra

It is a sacred verbal formula (combination of Syllables) repeated in *upasana*, *dhyana* (meditation), or *japa* (incantation). It is a syllable or portion of scripture containing mystical potentialities.

mantritva

The occupation of a minister is known as *mantritva*. It usually comprises of counseling and advising an administrator.

maya

The great illusion that encompasses everybody and make one incapable of doing things, they should have done with their intellect alone. The individual rears the infatuation (*moha*) inside him possessed by this *bhaba*.

moha

We may know that we'll die in one day and we'll not be able to carry any of our worldly things with us. Still, we show excessive interest to retain things. It hurts us badly even to sacrifice a tiny thing without much consequence. This part of human nature that produces this excessive fondness of worldly things is called *moha*. It comes from the *Vishṇu* center as a vice of the same. It can be overcome by *Gaṇesha*.

mudra

Some kinds of maneuvers with the fingers and organs of our body – these are part of traditional Hindu rituals.

murti

It means the manifestation of something, usually of some divine entity. The word, idol, is used in the translation. However, “idol” is a word often used in a derogatory sense to imply some kind of stupid ritual of ignorant people, who considers the lord of the world confined in an idol. The worshippers of *murti* (idol) are fully aware of the fact that that's not possible. However, an idol helps them to conceive some elements of nature more effectively than looking at the sky or a particular symbol.

Narayaṇa

Literally, it means the recourse of human beings. It is one of the several appellations of *Vishṇu*.

panchayet

The ancient Indian custom of ruling with five representative people in a community is known as *panchayet*. According to the *Shaktibad*, these representatives are the representative of faculties of the society associated with the five stages of development.

pancha devata

The five great gods usually worshipped before any typical Hindu ritual.

patanjali

A great seer of ancient India – Propounder of the philosophy of *Yogadarshana*.

paurohityabad

It is the doctrine enforced by the *purohita* in Hindu society after the fall of Buddhism. This talks about the caste system and special favors for the Brahmins to the extent that everybody other than the Brahmins are like servants of the later.

prema

In translation, *prema* is rendered as love. However, there may be a subtle difference. In *prema*, we do not expect anything in return for our love.

preta

After death, the *atman* of any person leaves the body and that person is just the same as he was before the death except physical entity. If that *atman* has a strong inclination towards sex (*kama*), infatuation (*moha*), and enjoyment (*bhoga*), it wanders near the earth. As long as, it can not become habituated with their new state, they are called *preta*.

puja

This is a part of the *sadhana* to worship the *devatas*. It helps us to realize the feelings of the worshipped.

purohita

The priests of Hindu religion in charge of conducting all the rituals are known as *purohita*. They are always from the caste of Brahmin by the caste system enforced in the society.

purusha

There are two entities in the world we feel – the *purusha* (all beings) and the *prakriti* (the nature). This is the world vision of *Sankhya*.

purushottam

The greatest *purusha* or being is called the *purushottam*. *Sri Krishna* was an expression of this stage of development. It is the sixteenth *kala* according to the *Shaktibad* doctrine.

raga

A traditional melodic type in Hindu music, consisting of a theme that expresses an aspect of realized feeling and sets forth a tonal system on which variations are improvised within a prescribed framework of typical progressions, melodic formulas, and rhythmic patterns.

rajarshi

One who is both a king and a seer at the same time. The father of *Sita* of *Ramayana* was of this kind.

Ramakrishna

He is a famous sage of Bengal from nineteenth century and the Guru of *Swami Vivekananda*. He preached vigorously about the doctrine of equality of all religions and sex and money to be the only evils of the world.

Ramayana

The great Indian epic. Tulsi Das translated it in Hindi from Sanskrit.

ripu

Literally, it means enemy. It is the enemy in us founded upon the center of *ahang* acting against the absolute development in us. They tempt our senses to do things, which we perceive as inappropriate. There are six of them – *kama* (temptation of sex), *krodha* (anger), *moha* (infatuation), *lobha* (greed), *mad* (arrogance), *matsarya* (envy).

rishi

The seers of ancient India are known as *rishi*. According to *Shaktibad*, they were the ancestors of all the human-beings. They pertain to the higher development of *Shiva* and the discoverer of all aspects of the knowledge, imbibed in the *Vedas*.

sadhana

The process of worshipping any kind of god with due diligence is known as *sadhana*. It consists of rituals, but it often goes beyond that. One needs to use all three elements of one's existence in any *sadhana* - body, mind, and *atman*. Renunciation and devotion are pillars of *sadhana*. *Brahmacharya* is often noted as a key component of it.

sadhaka

One, who performs *sadhana* with due diligence is known as *sadhaka*.

samadhi

Any particular thing or particular deep esoteric theory (*tattva*) has to be mastered and be well-perceived so that no further doubt can come about that imbibed knowledge. In the character of the recipient, that idea becomes deep-rooted. This pure state of perception is known as *samadhi*.

Sankhya

One of the six philosophies discussed in parts of the *Vedas*.

sangyama

The restraint in one about some basic temptations is known as *sangyama*. The scope of these restraints varies depending on the context.

sangsara

The great amusement of creation is known as *sangsara*. Also, this very word, *sangsara*, is used to denote the family of an individual.

sanskara

The defining traits and convictions in a human-being, arising out of his cultural background is known as *sanskara*. It is stored in the *chitta* part of our mind.

Shakti

Shakti means power, and in Hindu culture, it is another name to refer to the supreme goddess. Also, as in here, *Shakti* may mean *Atman*. As told in the *Chandī*, we believe, whether it is matter or consciousness, it is full of *Shakti*, and all these powers come from the *Atman*.

Shaktibad

Shaktibad means the doctrine empowered by *Atman* or *Shakti*. *Swami Satyananda Saraswati* (1900-1990) propounded this doctrine – which, we believe, to be the nectar of the *Vedas* and the *Gita*. This doctrine believes that body, mind and *atman* are very fundamentally related. The society, the governance, the education system and the *dharma* are intertwined and must be governed by this principle. It is based upon five principal *daivi sampada*, truth, love, peace, non-violence and *tejah* (Spirited opposition towards the *asura*). It's by no means a pacifist philosophy. On the contrary, it gives highest regard to the last divine element. Last but not least, we believe, a *durbbalabad* (any doctrine preaching appeasement of the *asura*) is worse than an *asurabad*.

Shaktibadi

The follower(s) of *Shaktibad*.

shankha

It is a musical instrument built from the shell of a conch. In ancient India, it used to be blown before the commencement of any battle. In typical Hindu rituals, we blow it time and again.

Shiva

The Hindu deity of *Shiva* is the god of destruction. He lives in cremation grounds with scanty loincloth as his sole possession. He is white and has a trident in his hand.

Shudra

The worker class. one of the four classes of the Indian society and the caste system.

siddha

One, who have achieved great success in the spiritual field, and/or have attained some centers of power.

sthula

It was translated as gross. But, it may be worth to make the distinction between the *sthula* and the one not *sthula*. The gross mind is *sthula* as well as the material things.

svarupa

The form of the self. As *atman* is the true self in us, by our belief, it is often used to refer to the *Atman*.

svadhin

“*svaadhin*” means under the true self. As the true self of us is the *atman* (truth), it means subordinate to the truth. It is often translated as independent/free.

tapasya

To pursue certain undertaken principles with the body, mind and words is called *tapasya*. *Brahmacharya* is known to be the best of them.

tapasyi

One performing *tapasya*.

tattva

Any particular thing or particular deep esoteric theory can be called a *tattva*. These are different ways to perceive the *atman*. The *tattvas* include the senses, *mana*, *buddhi*, *ahang*, *chitta* etc.

tattvik

Pertaining to a *tattva*.

tejah

The *tejah* is the emotion in one, when the feeling of vengeance arises in one only because truth/justice has been hurt and the *Atman* has been dejected. We call it spirited opposition to the *asura*. According to *Shaktibad*, It is a principal divine endowment

tyaga

Renunciation of all earthly pleasures for the shake of some belief/principle is called *tyaga*.

tyagi

One, who performs *tyaga*.

upasak

One performing *upasana*.

upasana

This is the prayer one performs to attain peace of the mind with some other rituals. This is the beginning stage of *sadhana*.

vairagya

The detachment towards the *vishaya* and inclination towards the *atman* is known as *vairagya*.

Vai shya

The merchant class, one of the four classes of the Indian society and the caste system.

Vaishnava Dharma

It is a doctrine preaching love towards every living being. It was renovated by *Chaitanya* in middle ages. They tend to be vegetarian and hold high ideals like non-violence. They attempt to be the lover of the Beloved One.

vara

The grace of a deity is known as *vara*. When a deity appears inside a man, he/she often grants the *vara* (the divine endowments of the deity) to the *sadhaka*.

Veda

The primary Hindu scripture is known as the *Veda*, meaning the embodiment of knowledge. It is full of hymns about the realizations of the seers and praising the *devatas*, battling the *asuras*. There are four of these books, not to include the countless sub-branches. So they are often collectively referred as the *Vedas*

vichara

Judgment for perceiving truth alone performed with special care – purest form of judgment.

vishaya

Whatever, that has no apparent relation with the *atman* in our consciousness, is known as *vishaya*. It can be some material object of desire, some love-interest, or even fame or power for satisfying our *ahang*.

Vishnu

He is one of the five gods, usually worshipped before any typical Hindu ritual – referred as the protector of the universe. He is blue in complexion, with four arms holding *shankha*, *Chakra*, *Gada* and Lotus.

viveka

It is the conscience in us that distinguishes the right from the wrong and forces us towards the right.

vitarka

Argument for perceiving truth alone performed with special care – purest form of argument.

yajna

A kind of Hindu ritual for some special purpose or for the benefit of the society using the natural elements, fire, water, earth etc.

yantra

All kinds of instruments or devices are denoted by *yantra*. Especially there are instruments, discovered by the *rishis* for the purpose of helping man to achieve *jnana*. In this book, we use it in this later meaning.

Yogadarshana

One of the six philosophies discussed in parts of the *Vedas*.