

## **Dakini Power Glossary**

To make it as easy as possible for the English speaking audience, the Sanskrit (Skt.), Tibetan (Tib.), Japanese (Jpn.), and Pali (Pali) terms are simply rendered phonetically. Only the terms most commonly used in this volume are briefly explained here as a reference.

**abhisheka** (Skt.), *wang* (Tib.) Empowerment or initiation; transference of blessings and a necessary prerequisite to perform specific practices in Vajrayana

**Avalokiteshwara** (Skt.), *Chenresig* (Tib.) Buddha of Compassion

**bardo** (Tib.) Intermediate state

**bhikshu** (Skt.), *gelong* (Tib.) Fully ordained Buddhist monk

**bhikshuni** (Skt.), *gelongma* (Tib.) Fully ordained Buddhist nun

**bodhichitta** (Skt.), *changchub sem* (Tib.) “Awakened heart”; the altruistic aspiration to attain enlightenment for the sake of all sentient beings

**bodhisattva** (Skt.), *changchub sempa* (Tib.) Someone who has developed the altruistic intention of bodhichitta

**Bon** (Tib.) Once the dominant pre-Buddhist religion of Tibet, in its current form recognized as one of five Tibetan Buddhist practice traditions

**Buddha** (Skt.), *sangye* (Tib.) Awakened One

**chöd** (Tib.) “Cutting through”; practice of severing ego-clinging

**dakini** (Skt.), *khandro* (Tib.) Female embodiment of enlightenment

**delog** (Tib.) Person who lived to tell of their after-death experience

**dharma** (Skt.), *chö* (Tib.) Buddha’s teachings; the word has a wide range of meanings, including truth, path, and phenomena

**Dzogchen** (Tib.) “Great Perfection” or “Great Completeness”; a practice tradition mostly associated with the Nyingma School

**Gelug** (Tib.) “The way of the virtuous”; one of the five main Tibetan Buddhist practice lineages

**geshe** (Tib.) Academic title traditionally bestowed by the three great Gelug monasteries; roughly equal to a PhD

**Golok** (Tib.) A region in East Tibet

**guru** (Skt.), *lama* (Tib.) Common term for a revered teacher in Hindu and Buddhist traditions

**Hinayana** (Skt.) “Foundational Vehicle”; a later classification of the oldest form of exoteric Buddhism

**jetsun(ma)** (Tib.) “Venerable”; highly honorific Tibetan term

**jomo** (Tib.) Honorific term for a nun or noble woman

**Kagyü** (Tib.) “Oral lineage”; one of the five main Tibetan Buddhist practice lineages

**karma** (Skt.) The principle of cause and effect

**Kham** (Tib.) Region in East Tibet; one of three regions traditionally considered to constitute Tibet

**khenpo** (Tib.) Academic title for a graduate of traditional studies in Buddhist philosophy

**kyabjé** (Tib.) “Lord of Refuge”; term of enormous reverence for a highly realized teacher, often translated as “His Holiness”

**Mahayana** (Skt.) “Great vehicle”; path of the bodhisattvas

**mandala** (Skt.), *kyilkhör* (Tib.) Circle and circumference; most commonly used for a physical representation or diagram of a deity along with its retinue and surroundings

**Manjushri** (Skt.), Jampal Yang (Tib.) Buddha of Wisdom

**mantra** (Skt.) Sacred syllables

**Mantrayana** (Skt.) “Vehicle of Mantra”; another term for Vajrayana or esoteric Buddhism

**mudra** (Skt.) Symbolic hand gestures

**nangpa** (Tib.) “Insider”; Buddhist

**nirvana** (Skt.) Liberation from suffering; enlightenment

**Nyingma** (Tib.) “Ancient School”; one of the five main Tibetan Buddhist practice lineages

**Padmasambhava** (Skt.) “Lotus-Born”; eighth-century pioneer of Tibetan Buddhism

**phowa** (Tib.) Transference of consciousness at the time of death

**prajna** (Skt.), *sherab* (Tib.) Wisdom, intelligence, or knowledge

**Prajnaparamita** (Skt.) “Perfection of Wisdom”; (1) class of scriptures; (2) female embodiment of the perfection of wisdom; (3) supreme level of spiritual realization and practice

**purba** (Tib.) Ceremonial dagger

**Rimé** (Tib.) Nonsectarian

**rinpoche** (Tib.) “Precious”; honorific title for a Tibetan teacher

**roshi** (Jpn.) Honorific title for a Zen priest

**sadhana** (Skt.) “Means of accomplishment”; tantric practice text

**Sakya** (Tib.) “Grey earth”; one of the five main Tibetan Buddhist practice lineages

**samaya** (Skt.) Tantric commitment

**samsara** (Skt.) “Wandering”; the continuous cycle of birth, life, death, and rebirth

**sangha** (Skt.), *gedün* (Tib.) Buddhist community

**sangyum** (Tib.) “Sacred consort”; honorific term for a revered master’s consort

**Shakyamuni** (Skt.) Name of the historical Buddha who lived around the fifth century BCE

**shamatha** (Skt.), *shyiné* (Tib.) “Calm abiding” meditation

**shunyata** (Skt.) Emptiness; the lack of true, inherent existence of all phenomena

**siddha** (Skt.) Accomplished master

**stupa** (Skt.), *chörten* (Tib.) Reliquary or monument of enlightenment

**Sutra** (Skt.) Discourses of the Buddha; one of three categories of Buddhist teachings

**Sutrayana** (Skt.) “Vehicle of Sutra”; exoteric Buddhism

**Tantra** (Skt.), *gyü* (Tib.) “Loom, thread”; class of esoteric texts and practices that originated in India in the early centuries CE

**Tantrayana** (Skt.) “Vehicle of Tantra”; another term for Vajrayana or esoteric Buddhism

**Tara** (Skt.), *Drolma* (Tib.) “Liberator”; female buddha

**terma** (Tib.) Hidden treasure

**terton** (Tib.) Treasure revealer

**thangka** (Tib.) Tibetan cloth painting

**Theravada** (Pali) “Ancient teachings”; earliest surviving Buddhist school, predominant in Southeast Asia

**togden** (Tib.) “Endowed with realization”; a realized yogi; more specifically refers to a yogi-monk in the Drukpa Kagyü tradition

**tonglen** (Tib.) “Sending and taking”; compassion practice

**tsa lung** (Tib.) “Channels and wind”; advanced yogic exercises, which include breath work, meditation, visualization, and specific movements

**tsa tsa** (Tib.) Small clay icon of a stupa, buddha, or deity

**tukdam** (Tib.) Honorific term for a meditation practice frequently used to refer to the period after an accomplished master’s physical death

**tulku** (Tib.), *nirmanakaya* (Skt.) “Emanation body”; reincarnation of a master who intentionally chooses to return

**upaya** (Skt.) Skilful means

**vajra** (Skt.), *dorje* (Tib.) A ritual scepter or thunderbolt, symbolizing indestructibility

**Vajrayana** (Skt.), *dorje tekpa* (Tib.) “Diamond Vehicle”; the tantric branch of Mahayana Buddhism widely practiced in Tibet, also called Tantrayana or Mantrayana

**Vajrayogini** (Skt.), *Dorje Naljorma* (Tib.) Important female meditational deity

**Vinaya** (Skt.) Monastic codex

**vipashyana** (Skt.), *lhaktong* (Tib.) “Clear seeing”; advanced form of meditation that includes a direct recognition of the nature of reality

**yidam** (Tib.) Meditational deity

**yoga** (Skt.), *naljor* (Tib.) “Union”; guru yoga is the practice of merging one’s mind with the mind of the teacher

**yogi** (Skt.), *naljorpa* (Tib.) Practitioner of yoga

**yogini** (Skt.), *naljorma* (Tib.) Dedicated female practitioner

**Zen** (Jpn.) School of Mahayana Buddhism