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**THE LOST
TEACHINGS
OF YOGA**

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GLOSSARY OF TERMS

Abhyasa – practice

Advaita – nonduality

Ahimsa – nonharming

Aparigraha – nongrasping, greedlessness

Asana – posture

Ahamkara – the ego

Ashtanga-Yoga – the eightfold path of Patanjali (i.e., Classical Yoga)

Asteya – nonstealing

Atman – the transcendental Self, Spirit; see also *purusha*

Avidya – ignorance of our true nature

Bandha – bodily lock used in Hatha-Yoga

Bhakti-Yoga – the path of devotion

Brahmacarya – chastity

Buddhi – the higher mind; cf. *manas*

Cakra – a psychoenergetic center located in the subtle body

Citta – mind

Dharana – mental concentration

Dharma – virtue, morality; teaching; see also *rita*

Dhyana – meditation

Duhkha – suffering, unease

Guna – quality; basic component of Nature (**prakriti**); see *sattva, rajas, tamas*

Hatha-Yoga – the “forceful” path of physical transformation

Ishvara – God, the transcendental lord (in Classical Yoga)

Ishvara-pranidhana – devotion to the lord, or dedication to a higher principle

Jnana-Yoga – the path of wisdom

Kaivalya – liberation (according to Classical Yoga); cf. *moksha*

Kama – desire

Karma – lit. “action,” the moral law of cause and effect

Karma-Yoga – the path of selfless service

Klesha – cause of affliction: ignorance (*avidya*), I-am-ness (*asmita*), attraction (*raga*), aversion (*dvesha*), and the will to live (*abhinivesha*)

Kosha – sheath concealing the Spirit: the physical body, energy body, lower mental body, higher mental body, and bliss body

Kundalini-shakti – serpent power; the spiritual force dormant in the body

Manas – the lower mind; cf. *buddhi*

Mantra – a potent sound, such as the syllable *om*

Mantra-Yoga – the spiritual path utilizing mantras

Moksha – liberation; cf. *kaivalya*

Mudra – seal; an important practice in Hatha-Yoga and Tantra

Nadi – channel; an energy pathway in the subtle body

Nirodha – control

Niyama – self-restraint

Ojas – subtle vital energy, which must be preserved in the body

Om – the original mantra

Patanjali – compiler of the *Yoga-Sutra* (c. 200 A.D.)

Prakriti – nature, cosmos; opposite of *purusha*

Prana – breath, life force

Pranayama – breath control

Pratyahara – sensory inhibition; a step toward meditation

Purusha – the transcendental Spirit; opposite of prakriti; see also atman

Rajas – the psychocosmic principle of dynamism; cf. *sattva, tamas*

Raja-Yoga – the “royal” path of Patanjali; Classical Yoga

Rita – the cosmic order of which dharma is an aspect

Samadhi – ecstasy

Samtosha – contentment

Sattva – the psychocosmic principle of lucidity; cf. *rajas, tamas*

Satya – truth, truthfulness

Shakti – power, energy; the transcendental dynamic principle

Shauca – purity

Siddhi – paranormal ability, a by-product of Yoga

Smriti – mindfulness; memory

Suhkha – a sense of ease; opposite of *duhkha*

Svadyaya – studying teachings; studying oneself

Tamas – the psychocosmic principle of inertia; cf. *sattva, rajas*

Tantra-Yoga – the path of continuity

Tapas – creative self-challenge, austerity

Vajra-deha – the indestructible diamond body of a great adept

Vikalpa – veils separating us from ultimate reality

Viveka – discernment

Yama – moral discipline

Yoga – the unitive discipline leading to liberation

Yoga-Sutra – a key work on Yoga, authored by Patanjali