

Yoga Nidra Meditations: 24 Scripts for True Relaxation by Julie Lusk

Glossary and Pronunciation Guide © 2021

Consonants are generally pronounced as in English. However, the following consonants are pronounced with a slight h sound. These consonants are B, C, D, G, J, K, P, and T. For example, the C is pronounced like ch as in church. The sound of T is as a th as in hothouse and not as in breathe.

Each vowel has a short and a long form, which is pronounced twice as long. A bar is used for the long vowels. Sanskrit does not have capital letters.

a as in up

ā as in father

i as in give, pin

ī as in easy (held longer)

u as in put

ū as in rule, cool

e as in may

ai as in aisle

o as in go, yoga

au as in cow

Sanskrit Word guide

A

Ananda (Ah-NAN-da). Joy. Bliss.

Apāna (ah-PAH-nah) Downward breath and associated with exhalation.

Āsana (AH-sah-nah) Posture.

Ātma (AHT-mah) True Self, individual.

Ātman (AHT-man) True Self, universal.

B

Bhagavad Gita (BHAG -ah -vad GEE-tah) Yoga wisdom text, the Lord's Song.

Bhāva (BHA-va) Yoga of being. Feeling.

Bhāvanā (BHA-va-nah) another word for meditation.

C

Chakra / Cakra (CHA-krah as in chocolate) Wheel. Referring in yoga to energy centers.

Names of the Chakras going from the first to the seventh.

Mūlādhāra (MOOL-ah-dah-ra) Root. Base of the spine. Associated with security and survival.

Swādhīsthāna (SVAH-dees-tah-nah) Sacral. Deep within the lower abdomen and pelvis. Associated with ability to feel, want. Sensuality.

Manipūra (MAH-nee-poor-ah) Solar Plexus. Upper abdomen, between the naval and heart. Associated with self-acceptance, self-esteem. Confidence.

Anāhata (AH-nah-hot-ta) Heart. Lungs, heart, hands. Associated with ability to love and be loved. Forgiveness.

Vishudhi (vish-SHOE-dah) Throat, mouth, ears, hands. Associated with self-expression. Creativity.

Ajnā (AAHJ-nah) Third eye. Between the eyebrows/ forehead. Associated with intuition and insight.

Sahasrāra (SAH-has-rar-ah) Crown. Top of head and above. Associated with wisdom, spirituality, cosmic consciousness.

Chidakasha (chi-dah-Kash-ah) Closed eyed gazing focusing attention on the inside of the eyelids and the ajna chakra.

D

Dharana (DAH-ra-nah) Concentration. Steadiness of mind.

Dhyana (dee-YAH-nah) Meditation.

E-F-G

Gunas (goo-nahs) Fundamental forces of nature.

Tamas (taa-moss) Inertia principle.

Rajas (rah-jaws) Dynamic principle.

Sattva (SOT-vah) Balanced and true principle.

H

Hari Om (hah-ree OM) Mantra to Purify and remove obstacles. Opens the heart. Awakens prana (natural energy) in the body.

I-J-K

Koshas in their order

Maya-kosha (MY-ah- KOH-shah) Maya is illusion. Kosha is layer, sheath, covering.

Anna-maya-kosha (AH-nah) Physical layer.

Prāna- maya-kosha (PRAH-nah) Energetic layer.

Mano-maya-kosha (MAH-no) Mental, emotional, beliefs.

Vijnāna-maya-kosha (veej-NAH-nah) Intuitive, wisdom self.

ānanda – maya-kosha (ah-NAHN-dah) Joy and peace. Bliss.

L-M

Mantra (man-tra) Sacred sounds and syllables used to guard and protect the mind.

Marma / Marman Points (mar-ma) Vital junctures suffused with prana where flesh, arteries, veins, bones, tendons, and joints meet. Associated with freeing up of blockages of thoughts, perceptions, and emotions.

Maya (MY-ah) Illusion.

Mudra (MOO-drah) Seal.

N

Nadis (NAH-deez) Non-physical nerve channels throughout the body. Three primary ones are:

Ida (EE-dah) Located to the left of the spine. Activated by exhalation. Associated with receptiveness, intuition, passivity.

Pingala (pin-GAH-lah) Located at right of spine. Activated by inhalation. Associated with activity, logic, objectiveness.

Sushumna (sah-SHOOM-nah) Located centrally of the spine. Activated by the gap. between exhalation and inhalation. Associated with balance of active and passive nature.

Nadi Shodhana (NAH-dee SHOW-dah-nah) Alternate nostril breathing.

Namaste (nah-mah-STAY). Hand gesture of holding the palms of the hands together in front of the heart. Used as a greeting that means “I honor the light in you that shines in all.”

Nidrā (Nih-drah / Nee-drah) Sleep.

Niyamas (knee-YAH-mahs) Five tenants for personal living and attitudes toward oneself

Shauca (SAH-cha) Cleanliness and purity.

Santosha (san-TOH-shah) Contentment.

Tapas (TAH-pahs) Self-discipline.

Svadyaya (svahd-YAH-yah) Self-understanding.

Ishvara-Pranidhana (ISH-var-ah PRAH-nee-DAH-nah) Devotion to the Divine One. "Your will, not mine."

Nyāsa (KNEE- ah-sa) Mentally placing of symbols, mantras, sacredness throughout the body.

O

Om / Aum (Om) Universal mantra. Its symbol is \.

Om Namah Shivaya (Om na-MAH she-VI-yah) Mantra that honors the divine within oneself and others. destroys negativity and replaces with the positive.

Om Tat Sat (om tot sot) Mantra that means universal truth.

P

Patanjali (pah-TAHN-jah-lee) Author of the Yoga Sutras.

Prana (PRAH-nah) Life force. Natural energy.

Pranayama (PRAH-nah-ya-mah) Control of one's energy, primarily with intentional breathing.

Pratipaksha Bhavana (prah-TEE-pak-shah Bhah-van-ah) Cultivate the positive.

Pratyahara (PRAH-tyah-HAH-rah or prat-ya-HAR-ah) Withdrawal of the senses.

Q-R-S

Samkalpa (sam-CALL-pah) Sankalpa (san-CALL-pah) Sacred vow. Resolve.

Savāsana / Shavāsana / Savāsan (Sha-VA-sa-na) Corpse or sponge pose done lying on ones back.

Samadhi (Sah-MAH-dee) Contemplation, absorption.

Sat (Sat, as in father) Truth.

Shanti (SHAN-tee) Peace.

Sutra (Sue-tra) Concise adage. Thread.

T

Trātaka (TRAH-tahk) Gazing softly and steadily with one's eyes.

Turiya (tur-EE-ah) Awareness of existence beyond the body.

U-V

Ujjayi (oo-JAH-yee) Ocean-sounding breath.

Upanishad (u-PAH-nee-shad) Ancient yoga wisdom teachings.

Vedas (VA-dah) Ancient collection of yoga wisdom teachings.

W-X-Y-Z

Yamas (YAH-mahs) Five tenants for living respectfully with others.

Ahimsa (ah-HIM-sah) Reverence for all life.

Satya (SAHT-ya) Truthfulness.

Asteya (ah-STAY-yah) Integrity.

Brahmacarya (BRAH-mah-CHAR-yah) Moderation.

Aparigraha (ah-PAH-ree-GRAH-hah) Nonattachment, lack of self-indulgence

Yoga (Yo-gah) Union.

Yoga Sūtra (Yo-gah Sue-tra) Ancient yoga wisdom teachings compiled by Patanjali