

LifeForce Yoga Glossary

All practices originate in Mother India, from Hindu and Buddhist traditions. However, they have been modified for use in secular, nonsectarian settings, including Western health care, clinical consultation, yoga classes, individual yoga therapy and religious settings. The YOGA FOR YOUR MOOD DECK, uses Western terms.

Advaita Vedanta – A Nondual philosophy that broke from Classical Yoga in the 8th Century, CE, based on the teachings of Shankara (see below) that aligns with our LifeForce Yoga and IFS understanding of the Self as Oneness with all sentient beings, our true nature beyond ego limitations. *Tat Tvam Asi* – That thou Art; Atman and Brahman are One.

Ananda – Bliss (*Sat cit Ananda* – Intelligent awareness of bliss)

Asana – Postures that when held stretch the body and calm the mind. When done dynamically, the same postures can activate the body and energize the mind.

Atma Hridaya – Chant to the Heart

Atman – Self, Inner Self, Essence of Being (Atman and Brahman are One)

Bhakti Yoga – Yoga of devotion; devotional practices like chanting, sacred dance

Bandha – muscular energetic lock or bind, practiced with breath held out or retained
Three major bandhas:

Mula Bandha – root lock (pelvic floor muscles – directs energy upwards)

Uddiyana Bandha – abdominal lock – directs energy upwards (only on exhale)

Jalandhara Bandha – throat and neck lock – contains energy

Brahman – The Absolute; ultimate reality, limitless, pure being (*Sat cit Ananda*)

Brahmana practices -- Energizing

Chakras – Energy vortices (wheels) within the human body

Chandra Namaskar – Salutation to the Moon

Citta – Mind as field of consciousness

Dharma – Personal mission, duty to Self, life's purpose

Dhyana – Meditation

Gayatri Mantra – Chanted at dawn to greet the sun

Jnana Yoga – Yoga of Wisdom

Kali – Hindu Goddess destroyer of demons

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Karma Yoga – Yoga of Action

Kleshas – Causes of Human Suffering

Avidya – Ignorance of true Self

Asmita – Over identification with roles, mind, body, personality

Raga – Attachment

Dvesa – Avoidance

Abinivesa – Clinging to life

Kriyas – Cleansing practices (we focus on the breath: Kapalabhati, Bastrika, uddiyana bandha with agni sara, nauli)

Langhana Practices -- Calming

Mantra – Sound/vibration that activates heart & mind and chakras

Mudra – Seal (Hand gestures)

Most Common:

Anjali – Prayer

Cin (Chin) – Index and thumb, palms down

Jnana – Index & thumb, Palms up (meditation)

Dhyana – right palm nested in left palm, thumbs together

Nadis – Subtle energy channels (IDA – left side, Pingala – right side, Susumna – central; chakras are where the channels converge)

Patanjali's Yoga Sutras – Threads of classical yoga teachings, attributed to the sage Patanjali in the early Common Era. Beginning Sutra: Yogas citta vritti nirodhah (Yoga is the stilling of the fluctuations of the mind.)

Pranayama – Control of the Breath. Examples: Ujjayi - Ocean Sounding, nadi sodhana - alternate nostril, Brahmari – Bee Breath, Surya bhedana – rt nostril, Chandra Bhedana – left nostril

Quan Yin – Buddhist Bodhisatva of Compassion (She who hears the cries of the world)

Samskaras – deep mental impression created by experience, forming the Vasana (web of our reactions)

Sankalpa – Deepest intention

Shankaracharya – Sage who broke from classical yoga in the 8th Century CE to write/teach Advaita Vedanta, a nondual approach: Atman and Brahman are One. No separation. Self encompasses all sentient beings.

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Siva (Shiva) – Hindu destroyer God

Surya Namaskar – Salutation to the Sun

Vasana – Pattern/web of our reactions/habitual patterns based on past emotional responses (samskaras)

Vritti – fluctuation of the mind (citta). Thoughts

Yamas and Niyamas – Restraints and observances (Ahimsa – non-harming is one of the 5 Yamas; Svadhyaya – Self-study is one of the 5 Niyamas)