

Sanskrit and/or Pali Terms Used in SnowFlower Sangha

<p>ahimsa a HIM suh non-harming (of body, speech, and mind)</p>	<p>dristi views</p>	<p>samadhi suh-MA-dee meditative absorption</p>
<p>alāyavijnāna store consciousness</p>	<p>dhyāna meditation</p>	<p>shraddha shrud-HA faith</p>
<p>avidya a-VI-dyuh ignorance (of the true nature of reality and who we are -- not lack of information)</p>	<p>dhārana concentration</p>	<p>silā SHE-luh mindfulness trainings/ ethical precepts</p>
<p>Buddhata BOO-da-tah Buddha Nature/essence/suchness</p>	<p>dharmas things</p>	<p>shunyata shun-YA-tuh emptiness</p>
<p>bodhisattva bo-dee-SAHT-vah great being (one who is awake)</p>	<p>dhatu DHA-too realm</p>	<p>skandha heap</p>
<p>bodhichitta the heart and mind of awakening; the aspiration to realize enlightenment for the sake of all living beings</p>	<p>Gautama GOW-tuh-muh Family name of the Buddha</p>	<p>shamatha SHA-muh-tuh stopping</p>
<p>budh bood awake</p>	<p>gatha GA-tuh short mindfulness verse to help us return to the here and now</p>	<p>sukha well-being</p>
<p>chitta mind In Sanskrit, for both Hindus and Buddhists, chitta means more than the intellectual or rational faculty. It is a very expansive term, which includes heart, spirit, mind, awareness, sensitivity. chitta samskara mental formations</p>	<p>akshana LAK-shu-nuh sign, mark</p>	<p>sutra/sutta aphoristic sayings</p>
<p>dukha DOO-kuh ill-being</p>	<p>krodha anger</p>	<p>samyojana sam-YO-juhnuh internal knots of suffering/ stuck energy/ fetters</p>
<p>dvesha DVEH-shu aversion</p>	<p>maitri/metta MY-tree lovingkindness/love</p>	<p>Siddhartha Si-DHAR-tuh name of the Buddha</p>
	<p>Mahabhuta Four Great Elements plus space and consciousness</p>	<p>Sakyamuni SAHK-yah-moo-nee</p>
	<p>paramita perfection Thay says that in Chinese it is always the sign for 'crossing to the other shore'.</p>	<p>Tathagata Tuh-TAH-ga-tuh One who has come from suchness and returns to suchness</p>
	<p>prajna wisdom</p>	<p>upeksha u-PEK-shuh equanimity</p>
	<p>prajna paramita perfection of wisdom</p>	<p>vijnana consciousness</p>
	<p>rāgā craving</p>	<p>virya effort/diligence</p>
	<p>smriti/sati SMRIH-tee/SUH-tee remembering (mindfulness)</p>	

vipāshyana/vipāssana
looking deeply “to see
things as they are”.

vritti wave (waves/views of
the mind/mental activity)

vashana VA-shuh-nuh habit
energy; literally 'aroma'
(that which lingers/habit
energy, carried from one
lifetime to another until
transformed)

Avalokiteshvara Uhvuh-lo-
kee-TESH-vuh-ruh Literally,
'Lord who looks down' The
Bodhisattva of Great
Compassion, The One Who
Hears the Cries of the
World/Divine Mother
(Mary, Meera, Amma)

Manjushri Mon-joosh-ree
The Bodhisattva of Great
Wisdom.
SamantaBhadra The
Bodhisattva of Great
Activity. Literally, 'universal
virtue'

Kshitigarbha Earth Store
Bodhisattva; Literally, the
one who encompasses the
earth'. Of the four great
Bodhisattvas in Buddhism,
Kshitigarbha is the one with
the greatest vow: “If the
Hell is not empty, I will not
attain Buddhahood.” (Jizo in
Japanese.)

Maitreya My-TRAY-uh The
Buddha to come/ The
Buddha of Love. Literally,
'the loving one' Also known

as the Laughing Buddha.

Anapanasati Anuh-panuh-
suh-tee Breath Sutra.
Literally, 'in breath, out
breath, remembering'

Satipatthana Suh-tee-puh-
TAH-nuh Four Foundations
of Mindfulness Sutra. Four
Foundations or Fields of
Remembering

Bhaddekaratta Bha-deh-
KAR-uh=tuh Sutra on
Knowing the Better Way to
Live Alone

The Five Universal Mental
Formations
sparsha contact
manaskara attention
vedana feeling
samjna perception
vijñana volition
(consciousness)

The Four Noble Truths
dukha
trishna
nirodha
marga

arya ashtangika marga
Noble Eightfold Path
samyak/samma fully
complete, pure, ideal
(‘right’)

samyag drishti right view
samyak sankalpa right
thinking
samyak smriti right
mindfulness
samyag vac right speech
samyak karmanta right

action

samyak pradhana right
effort/diligence
samyak samadhi right
meditative concentration
samyag ajiva right
livelihood

Sutra Opening Verse (Pali)
Namo Tassa Bhagavato
Arahato Samma
Sambuddhassa
“Homage to that Lord, the
worthy one, the perfectly
awakened one.”

as great really.