

THE DAILY YOMIURI

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BY COLIN DONALD

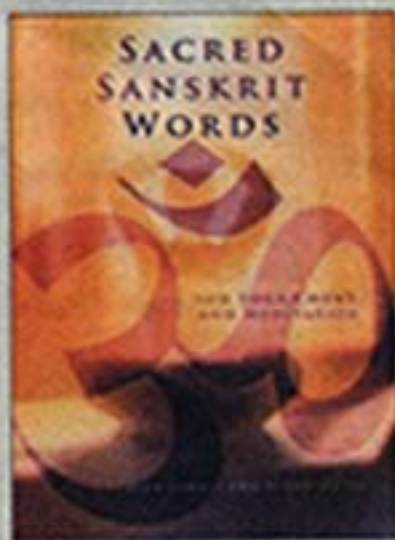
Sacred Sanskrit Words

By Liza Lowitz and Reema Datta

Stone Bridge Press, \$14.95

You may know more Sanskrit than you think you do. Guru, dharma, mandala, nirvana, mantra and yoga are just some of the

words that have been borrowed, sometimes rather loosely, by the English language. Sanskrit flourished from 2500 to 1500 B.C. and left an indelible mark on world civilization, providing the basis for the Hindu culture that spread throughout south, central and



southeast Asia. Adherents of practices as diverse as yoga and Hare Krishna exploit the sacred resonances of Sanskrit, which literally means "polished," "refined" or "perfectly composed." Aimed mainly at yoga teachers, this glossary explains the meaning of more than 160 Sanskrit words, for centuries chanted by holy men to express enlightenment. Like Latin in Europe, Sanskrit is the foundation for so much of Hinduized culture, that some basic knowledge will be useful for exploring the ancient conceptual universe of say, Angkor Wat in Cambodia.