

PROVISIONAL LEXICOGRAPHY – BY ALPHABET*Updated June 2017***A**

Abbiocco. Italian / n. / ab'bjokko / a-bee-okk-o. Drowsiness following eating a (large) meal.

Abhayamudrâ (अभय मुद्रा). Sanskrit / n. / ʌb.haɪ.ə.mʊ.dɾɑː / uhb-hy-uh-moo-drah. The gesture (e.g., in Hindu and Buddhist iconography) of fearlessness, protection, and/or peace; involves the palms facing outwards, and the fingers extending upwards.

Abhisar (অভিসার). Bengali / n. / ɔb.hiːʃɑː / ob-hih-shaar. Lit. 'going towards'; a meeting (often secret) between lovers / partners.

Adinnā-dānā (अदिन्नदाना). Sanskrit/Pāli / v. + n. / 'ʌ.dɪ.nɑː.dɑː.nɑː / uh-dih-nah-dah-nah. Taking the not-given (i.e., refraining from which is the second of the five precepts in Buddhism).

Adroit. French / adj. / ad.rwa / ah-drwa. Lit. according to right; skilled, resourceful; dexterous.

Ādvaita (अद्वैत). Sanskrit / n. / ʌd.vai.tʌ / ud-vy-tuh. Non-dual; the notion that there is only one reality.

Aficionado. Spanish / n. / əfɪsjə'nɑːdəʊ / a-fis-iun-ad-o. Lit. 'to inspire affection' (v.); someone who is knowledgeable and/or enthusiastic about something; can have connotations of being an amateur (in a benign sense).

Ahura Mazda (اهورا مزدا). Persian / p. / ə.hʊ.rə.mæz.də / uh-hoo-rah-maz-duh. Lit. mighty wisdom, or lord of wisdom; wise, intelligent spirit; the creator and supreme being of Zoroastrianism.

Aufforderungscharakter. German / n. / 'aʊ.fɔːdə.ruːŋz.ka'raʁtə / ow-for-duh-roongz.kah-rak-tuh. Lit. demand character or invitation; coined by Kurt Lewin to denote how objects 'want' to be used/treated (e.g., door handle 'wants' to be turned); basis of the English term valence.

Afrodíti (Αφροδίτη). Greek / pronoun / a.fro.di.tiː / ah-froh-dee-tee. In Greek mythology, the Goddess of love (also beauty, sexuality); known as Venus in Roman mythology.

Agapé (ἀγάπη). Greek / n. / ,æ'gɑː.piː / ag-ah'-pee. Selfless, unconditional, devotional love.

Agon (ἄγών). Greek / n. / aˌɣón / ah-gon. Contest, competition, gathering, struggle; often used to imply a clash of opposing forces that ultimately results in growth, progress.

Agora (Αγορά). Greek / n. / a.ɣo.ra / ah-go-rah. Assembly or meeting place; a public space, often used for markets, debates, or general congregation.

Ah-un (阿吽). Japanese / n. / ɑː.ən / ah-un. a transliteration of *Aum* (ॐ), the sacred Sanskrit syllable; the beginning and ending of something; unspoken communication between close friends.

Ahimsa/avihiṃsā (अहिंसा). Sanskrit/Pāli / n. / ə'hɪmsɑː / uh-*him*-sah. Non-harm, love.

Aidos (Αἶδώς). Greek / n. / ɑɪ.dɔːs / ay-*doose*. A feeling of shame that prevents people doing wrong; a sense of humility that tempers self-aggrandisement.

Aiki (合気). Japanese / n. / ɑ.i.kiː / ah-ee-kee. Blending or harmonising opposing forces within oneself; a dialectical relationship between matched equals; the ability to skilfully manipulate another person.

Aión (αἰών). Greek / n. / ɛ'on / ee-on. A lifespan; an allotment of time; an age or era; eternity.

Ājīva (आजीव). Sanskrit/Pāli / n. / ɑː.dʒiː.wʌ / ah-jee-wuh. Livelihood, work, mode of life.

Akh (ꜥḫ). Egyptian / n. / ækʰ / akh. Thought, intellect; enduring soul; reanimated after death by the union of ba and ka.

Akrásia (ακρασια). Greek / n. / æ.kræ'si.ə / ah-krah-see-ah. Weakness of will; lack of self-control.

Alcheringa (*aka* Aljerre-nge, Ülchurringa). Arrernte (*aka* Arunta, Aranda) / n. / ˌaltʃə'riŋgə / al-chuh-ring-guh. A complex cultural-religious belief system, spanning all elements of life; sometimes referred to as dreamtime or 'the dreaming' (occurring 'everywhen,' embracing past, present and future).

Aléthéia (ἀλήθεια). Greek / n. / ɑ.lei'θi.ə / ah-lay-*thee*-ah. Truth, disclosure, 'unclosedness', 'unconcealedness'.

Aloha. Hawaiian / int. æ'ləʊ.hæ / ah-*loh*-ha. Lit. the 'breath of presence'; hello and goodbye, with love and compassion.

Álpha (Ἄλφα). Greek / n. / 'al.fa / al-fah. First letter of the Greek alphabet (**A, α**); can denote the first in a series, or the beginning of something.

Amae (甘え). Japanese / v. / ɑ:m.ɑ:iː / am-ah-ee. To behave in ways that implicitly request love or indulgence of one's perceived needs (often used negatively to describe passivity).

Amateur. French / n. / a.ma.tœr / ah-mah-toer. Lit. lover or 'one who loves'; amateur, hobbyist.

Ambedo. English (new) / n. / æm'biːdəʊ / am-bee-doh. A melancholic trance involving absorption in vivid sensory details; coined by John Koenig.

Ambientamento. Italian / n. / 'æm.biən.tə.mento / am-bee-en-tah-men-toh. Settling-in; acclimatisation; adjustment.

Amitābha (अमिताभ). Sanskrit / p. / ʌ.miːtɑːbʌ / uh-mee-tar-buh. Celestial Buddha of infinite light and goodness; creator of the 'Pure Land' (Sukhāvatī in Sanskrit).

Amour de soi. French / n. / amur də swɑ / a-moor-de-*swuh*. Lit. 'love of oneself'; self-esteem that is not contingent on others' judgement.

Amour fou. French / n. / amur fu / a-moor-foo. Mad/crazy/foolish love.

Amour propre. French / n. / amur 'prɔ.pʁ / a-moor-*prrop*-ruh. Lit. 'self-love'; self-esteem that is contingent on others' judgement.

Angst. Danish (also German, Dutch) / n. / ʌŋ(k)st / angst. Some combination of anxiety, alarm fear, dread and gloom; a prominent emotional state in existentialist philosophy.

Ânanda (आनन्द). Sanskrit/Pāli / n. / 'ɑː.nən.də / ah-nun-de. Bliss, lasting contentment; spiritual, 'unconditional' happiness.

Ananke (ἀνάγκη). n. / ə'næŋ.kiː / uh-*nan*-kee. Necessity, compulsion, inevitability, fate.

Anātman/ anattā (अनात्मन्). Sanskrit/Pāli / n. / 'an'ɑːtmən / an-*at*-mn. Insubstantiality, lack of permanent self/soul.

Andreia (ἀνδρεία). Greek / n. / ,ʌn'drei.ə / uhn-*dray*-yah. Courage, valour, heroism, gallantry; manliness (from *andreîos*).

Anitya/anicca (अनित्य). Sanskrit/Pāli / n. / ə'niːt.jə / a-*neet*-yah. Impermanence; the notion that existence is transient, evanescent, and inconstant.

Anschauung. German / n. / 'æn.ʃaʊʊŋ / an-shao-ung. Sense perception; apprehension or immediate perception.

Ansias. Spanish / n. / 'æn.siːə / an-see-uh. Longing, yearning; worry, anguish; desperate or anxious love (e.g., worrying about one's loved one).

Anstand. German / n. / 'an.ʃtant / an-shtant. Decency, integrity; moral, modest and decorous behaviour.

Antsafo. Malagasy / n. / ænt.sæ.fə / ant-sah-fuh. Inquiries about things of which one is fully cognizant beforehand.

Aon (อ้อน). Thai / v. / ɔn / on. To plead or try to emotively appeal to another's affections in order to gain something one wants (e.g., by crying); generally used in a positive sense (e.g., as per adorable).

Apaixonar. Portuguese / v. / apaj.ʃo' nar / ah-piy-shon-narr. To fall in love; to become passionate about someone/something.

Aparigraha (अपरिग्रहा). Sanskrit / n. / ʌp.ʌri:grʌ.hʌ / uh-puh-ree-gruh-huh. Non-possessiveness, non-grasping, non-greediness; one of the five yama in Hinduism.

Apericena. Italian / n. / ap.eri'tʃei.næ / ah-per-ree-*chay*-nah. A neologism to denote the recent trend to meet friends in order to eat together, combining aperitif with dinner, and replacing the dinner with lighter food, in a less formal setting and saving time and money.

Apéritif. French / n. / ap.er.it.if / ah-per-ree-teef. A drink taken before dinner (and the social occasion involving this).

Aphaíresis (ἀφαίρεσις). Greek / n. / ɛfə'riːsis / eff-uh-ree-sis. Abstractive negation; to withdraw / take away (thereby revealing the truth, e.g., in mystical theology).

Apollo (Ἀπόλλων). Greek / p. / a'pól.lɔ / *apoll-oh*. Greek and Roman deity; God of phenomena including light, the sun, truth, prophecy, and healing.

S'apprivoiser. French / v. / s'apri'vwaze / *s-a-prre-vwa-zay*. Lit, 'to tame'; in the context of a relationship can describe a mutual process of each side learning to trust/accept the other.

Apramāda/appamada (अप्रमाद). Sanskrit/Pāli / n. / ʌ.pɾʌ'm:dʌ / *uh-pruh-mah-duh*. Earnestness, alertness, diligence, moral watchfulness.

Apramāṇa/appamaññā (अप्रमाण). Sanskrit/Pāli / n, adj. / æp.ræ.ɱɑ:ɳə / *ap-ra-mah-na*. Immeasurable, boundless.

Arkadiā (Αρκαδία). Greek / n. / ar.ka.ðía / *ar-kay-dthee-ah*. Lit. a region of Greece; a pastoral utopia; an idyllic realm; living in harmony with nature.

Arcigola. Italian / n. / ʌrt.ʃi'gola / *art-chee-goo-lah*. Lit. society of 'gluttons' (ARCI is an Italian social institution, while 'arch' can also imply authority; gola means gluttony or appetite); original name for the Slow Food movement.

Arbejdsglaede. Danish / n. / 'ɑ:.baɪdʂs,glɪl / *ar-bides-glil*. Lit. work gladness/joy; pleasure/satisfaction derived from work.

Arête (ἀρετή). Greek / n. / a're.tē: / *ah-reh-tay*. Excellence; quality; virtue.

Arhat/arahant (अर्हत्). Sanskrit/Pāli / n. / 'ɑ:hʌt / *aar-hut*. One who has attained enlightenment.

Aroha. Māori, v., n. / æ'rəʊ.hæ / *ah-roh-ha*. (To feel) love, concern, compassion, empathy for someone; cognate with the Hawaiian term Aloha.

Arrangiarsi. Italian / v. / a.ran'dʒa:si: / *a-rran-jar-see*. The ability to 'make do' or 'get by'.

Arriviste. French / n. / ʌr.iv.ist / *ah-ree-veest*. An ambitious social-climber or go-getter (with connotations of ruthlessness).

Asabiyyah (عصبية). Arabic / n. / a.sa:'bi:ja / *ah-sah-bee-yah*. Solidarity; group feeling; group consciousness.

Āsana (आसन). Sanskrit/Pāli / n. / ʌ:sə.nə / *uh-suh-nih*. Lit. seat / sitting position; postures adopted/undertaken in Yoga.

Ashtangika / atthangika (अष्टांगिक). Sanskrit/ Pāli / n. / ʌʃ.tʌŋ.gɪ.kʌ / *ush-tung-gee-kuh*. Eightfold (as in the Noble Eightfold Path in Buddhism).

Aṣṭamaṅgala (अष्टमङ्गल). Sanskrit / n. / ʌʃ.tʌŋ.mʌŋ.gʌ.lə / *ush-tung-mung-guh-luh*. A collection of eight auspicious or divine objects/symbols, used particularly on ceremonial occasions (in Buddhism, Hinduism, and Jainism).

Asteya (अस्तेय). Sanskrit/Pāli / v. / ʌ.steɪ.jʌ / *uh-stay-uh*. Lit. 'non-stealing'; refraining from taking or appropriating the 'not-given'.

Ataraxia (ἀταραξία). Greek / n. / ætəˈɹæk.siə / *atta-rak-sia*. Robust and lucid tranquillity; peace of mind; calmness.

Ātman/attā (आत्मन्). Sanskrit/Pāli / n. / ˈɑːtmən / *at-mn*. Soul, breath, spirit.

Ātomos (ἄτομος). Greek / n. / æ.tə.məs / *ah-toh-mos*. Lit. indivisible or uncuttable; the idea of the universe being composed of fundamental units.

Aufheben. German / v. / ˈʊfˌheːbm / *orf-hee-bn*. Sublimation; to raise up, to remove/suspend/repeal/set aside, yet also paradoxically to preserve/keep.

Aum or Om (ॐ). Sanskrit / particle / əʊmː / *aohmm*. A sacred syllable/mantra associated with various traditions; the 'cosmic sound' encapsulating all teachings; the beginning (alpha) and end (omega) of all things.

Auseinandersetzung. German / n. / aus|aiˈnan.də.zet.sʊŋ / *auss-eye-nan-der-zet-sung*. Discussion, debate, analysis; grappling with, facing up to (e.g., the past); deconstruction or disaggregation (e.g., in order to better understand something).

Aútexousios (αὐτεξούσιος). Greek / adj. / ew.teˈxuːsi.os / *ew- teh-khoo-see-oss*. Mastery of oneself; exercising agency / free will (especially in the sense of independently of the passions/emotions).

Avant-garde. French / n. / a.vɑ̃.gard / *ah-von-gaard*. Lit. fore-guard, vanguard, advance-guard; phenomena (e.g., people, artworks, ideas) that are unorthodox, experimental, radical.

Avatāra (अवतार). Sanskrit / n. / ʌ.vʌ.tɑːrʌ / *uh-vuh-tar-uh*. Lit. 'descent'; the incarnation or embodiment of a deity in human or animal form.

Avodah (עבודָה). Hebrew / n. / æ.vəʊˈdæʰ / *ah-voh-dah*. Service, in the sense of both work and worship (thus work and worship being one act).

Avos (авось). Russian / particle / eˈvosʲ / *ah-voss*. Maybe/what if; faith/trust/hope in luck, serendipity, destiny or fate.

Avspasere. Norwegian / v. / ɑːvs.pɑːseə.reə / *arvs-par-ser-eh*. To take a day (or more) off from work (e.g., because one has previously worked overtime and has built up credit).

Achsenzeit. German / n. / ˈak.sən.tsait / *ak-sen-tsiyt*. Axis age, axial age; coined by Karl Jaspers to denote a key period in human history, roughly from the 3rd to 8th Centuries BCE, characterised by the emergence of new philosophical systems.

Aseret ha-Dibrot (עשרת הדיברות). Hebrew / n. / æˈseət hæ.diːˈbrəʊt / *ah-sairt hah-dee-broht* / *aka* Aseret ha-d'varim. Lit. ten words, statemens, sayings; the Ten Commandments, *aka* the Decalogue.

Axis mundi. Latin / n. / ˈak.səs ˈmʌn.dē / *ax-iss mun-dee*. World axis, world pillar, cosmic axis; line through the earth's centre, around which it revolves; in mythology, connecting the earth to the heavens and the underworld.

Ayubowan (ආයුබෝවන්). Sinhalese / int. / aɪ.bəʊ.wæn / *iy-boe-an*. Lit. 'long life'; salutation, wishing someone health, happiness and longevity; used as a greeting or parting.

Ayurnamat. Inuktitut / n. / ɪ.jɜː.næ.mæt / ih-yur-nah-mat. Stoicism; the possibility or approach of not worrying about things that cannot be changed.

Azart (азарт). Russian / n. / æˈzɑːrt / a-zarrt. Heat, excitement, ardour, fervour; also associated with recklessness and risk-taking.

B

Ba (ba). Egyptian / n. / bæ / bah. Personality; everything that makes an individual unique; one of five parts of the soul in Egyptian thought.

Balikwas. Tagalog / n. / bæ.lɪk.wæs / bah-lik-wass. Suddenly rising or jumping to one's feet (e.g., due to surprise or fright); to turn suddenly to the other side.

Baraka (بركة). Arabic / n. / ˈbɑːrɑːkɑ / buh-ruh-kuh. Spiritual energy; 'sanctifying power'.

Baroque. French / adj. / ba.ʁɔk / bah-rohk. Lit. irregular (possibly from Portuguese *barroco*, meaning 'imperfect pearl'); a form of art and architecture characterised by elaborate (and often exaggerated) ornamentation.

Bauhaus. German / n. / baʊ.haʊs / bow-house. Lit. construction-house, or school of building; a German modernist school of art, concerned with creating Gesamtkunstwerk (total works of art).

Bayanihan. Tagalog / n. / bæ.jæ.nɪ.hæn / bah-yah-nih-han. Co-operative endeavour in the service of a shared goal; a spirit of communal unity.

Bazodee. Creole (Trinidad and Tobago) / n. / bæ.zəʊ.diː / bah-zoe-dee. Euphoric confusion; dizzy/dazed happiness.

Béatitude. French / n. / beɪˈætɪtjuːd / bay-at-it-ude. Supreme happiness; a state of blessedness.

Beau geste. French / n. / bo ʒɛst / boh zhjest. A graceful, noble or beautiful gesture (especially if it is futile or meaningless).

Bēi xī jiāo jí (悲喜交集). Chinese / n. / beɪ.ɕi.dʒiɑʊ.dʒi / bay-shee-jeeow-jee. Intermingled feelings of sadness and joy.

Belum. Indonesian / aux v. / bæ.ləm / buh-luhm. Not yet, perhaps, hopeful wish.

Beruf. German / n. / bəˈruːf / buh-rooff. Trade, job, occupation; vocation, calling; religious calling.

Besa. Albanian / n. / ˈbeɪ.sæ / bay-sah. An inviolable promise; a word of honour; to keep an oath.

Beschaulich. German / adj., adv. / bəˈʃaʊlɪç / beh-shao-lish. Quiet, pensive; living a simple life; pleasantly contemplative, unhurried in a fashion that inspires mental well-being.

Bashert. Yiddish / n. / bɛˈʃeət / beh-sharyt / aka beshert. Lit. 'meant to be'; destiny; what is given to you (e.g., by God); often used to denote one's divinely-ordained soulmate, known as one's basherte (female) or basherter (male).

Bhakti/bhatti (भक्ति). Sanskrit/Pāli / n. / bʰʌk.ti: / bhahk-tee. Fondness, attachment, homage, reverence.

Bhagavad/t (भगवद्). Sanskrit / n. / bʰʌ.gʌ.vud / buh-guh-vudt. Blessed one; someone endowed with blessings accumulated through great merit; also a general term of endearment.

Bhāvanā (भावन). Sanskrit/Pāli / n. / bʰhɑ:wna: / bh-hav-nah. Application, development, cultivation, practice, meditation.

Bīja (बीज). Sanskrit/Pāli / n. / bi:.dʒʌ / bee-juh. Seed(s) (as per *bīja-niyāma*, i.e., the ‘law of seeds,’ namely the patterns in the realm of organic phenomena).

Bildung. German / n. / 'bɪldʊŋ / bill-doong. Education, formation, acculturation, cultivation, development.

Bildungsroman. German / n. / 'bɪldʊŋs .ʁo.ma:n / bill-doongs roe-mahn. A coming-of-age story; a narrative of education/formation.

Binah (בינה). Hebrew / n. / bi'næ / bih-nah. Understanding; the third sephirot in the Kabbalah tradition, denoting the process/quality which gives form to creation.

Binnenpretje. Dutch / n. / 'bi.nən.pret.dʒə / bih-nuhn-preyt-juh. Lit. ‘inside fun’; a private joke; amusement that is secret, or enjoyed by you alone.

Bodhi (बोधि). Sanskrit/Pāli / n. / 'baʊ.di / boe-dee. Enlightenment, awakening.

Bodhicitta (बोधिचित्त). Sanskrit/Pāli / n. / 'baʊ.di tʃi.dæ / boe-dee chi'dta. Enlightened/awakened mind; a mind that strives towards awakening for the benefit of all beings.

Boketto (ぼけっと). Japanese / adv. / bəʊ.ket.təʊ / boh-ket-toh. Idly; doing nothing; vacantly; e.g., gazing vacantly into the distance (without thought or sense of self).

Bonanza. Spanish / n. / bən'anza / b-nan-za. A boon/benefit (that is often unexpected); prosperity.

Bon appétit. French / int. / bɔ̃ apeti / bon app-et-ee. Lit. good appetite; enjoy your meal.

Bon vivant. French / n. / bɔ̃ vivã / boh vih-voh. Someone who enjoys and appreciates the good life.

Bon voyage. French / int. / bɔ̃ vwajaz / boh vwoy-arje. Lit. good voyage; enjoy your travels; wishing a safe and enjoyable journey.

Borrel. Dutch / n. / bɔ:rəl / bohr-uhl. Party, revelry; reception, meeting; get-together.

Botellón. Spanish / n. / bɔ.teɾ'jon: / boh-tay-yon. Lit. ‘big bottle’; people congregating in public spaces to socialize while drinking alcohol.

Brahma-charya (ब्रह्मचर्य). Sanskrit/Pāli / v. + n. / 'bra: mə tʃɑ:.jʌ / brah-muh char-yuh. Lit. ‘going after Brahman’ or behaviours that lead to Brahman; the ‘right’ use of energy; chastity when unmarried, and fidelity when married; one of the five yama in Hinduism.

Brahman (ब्रह्मन्). Sanskrit / n. / 'bra:ˌmən / *brah*-man. All-powerful and pervasive power or deity that continually creates the universe.

Brahma-vihārās (चत्वारि ब्रह्मविहारा). Sanskrit/Pāli / n. / 'bra:ˌmə viˈha:rə / *brah*-muh vi-*har*-ruh. Lit. abode or dwelling of Brahma(n); qualities that practitioners (e.g., in Buddhism) are encouraged to cultivate.

Brav. German / adj. / bra:f / *brraaf*. Pleasant, earnest, well-behaved.

Bricolage. French / n. / bri.kɔ.laʒ / *brih*-koh-laazge. DIY; a makeshift job; construction of something achieved by using whatever comes to hand.

Buddha (बुद्ध). Sanskrit/Pāli / n. / bʊdːhə / *bd-dha*. An awakened/enlightened being.

Budō (武道). Japanese / n. / bu:dəʊ / *boo*-doh. Lit. the art or way of war; martial arts.

Byt (быт). Russian / n. / bit / *bweet*. Everyday life, daily life, quotidian existence, material culture, private life, domestic life (often used somewhat pejoratively, in contrast to Bytie).

Bytie (бытие). Russian / n. / bitʲiˈje / *bweet-ee-ye*-ah. Being; authentic existence; spiritual existence.

C

Cacharpaya. Spanish / n. / kætʃ.ɑ:ˈpai.jə / *cat-char-pye*-ah. A send-off; a farewell party for someone who is going away.

Cafuné. Portuguese / n. / ˌka.fu.ˈnɛ / *cah-foo-neh*. The act/gesture of tenderly running one's fingers through a loved one's hair.

Cakrá/cakka (चक्र). Sanskrit/Pāli / n. / tʃʌk.ɾʌ / *chuk-ruh* / aka *chakra* (English). Lit. wheel, circle, disc; energy points in the body, identified and harnessed by various spiritual traditions.

Camarada. Spanish / n. / kamaˈraða / *cah-mah-rah*-dtha. Lit. 'chamber-mate' or room-mate; pal, friend; basis for the term 'comrade.'

Capoter. French (Quebec) / v. / kapɔte / *kah-poe*-tay. Lit. to overturn or derail; can be used in a positive way to express delight or ecstasy; can also be used in negative contexts to imply feeling overwhelmed and/or at a loss.

Carte blanche. French / n. / kart blɑ̃ / *kaart-bloh*. Lit. 'white card'; being granted or invested with power, authority to do as one wishes.

Catvāri āryasatyāni / cattāri ariyasaccāni (चत्वारि आर्यसत्यानि). Sanskrit/Pāli / n. / kʌtˈwa:ˌji ˈɑ:ˌjæ.sætˈjɑ:nɪ / *cat-wah-ree ah-ya-sat-yah*-nee. Lit. 'truths of the noble ones'; the 'noble truths.'

Celaje. Spanish / n. / seɪ.laːxeɪ / *say-lah-khay*. An image or figure (that is often unclear); akin to a mirage or hallucination, but with a suggestion that it is 'really' there (e.g., colours in the sky).

Chadō (茶道). Japanese / n. / tʃɑːdəʊ / chah-doh. The art or way of tea.

Chai pani (चाय पानी). Hindi, Urdu / n. / tʃaɪ 'paːniː / chiy pah-nee. Lit. 'tea and water'; favours or money given to someone to get something done (similar to a 'bribe', but without a negative connotation).

Charmolypi (χαρμόλυπη). Greek / n. / sɑːməʊ'liːpiː / sar-mo-lih-pee. Sweet or 'joy-making' sorrow; mourning joy; happiness and sadness intermingled.

Charis (χαρις). Greek / n. / 'kʰá.ris / khah-riss. Grace, kindness, beauty, nobility

Chán (禪). Chinese / n. / tʃæn / chan. The Chinese adaptation of *dhyāna/jhāna* (concentrated attention; absorption; intense contemplation of the nature of the object of meditation).

Chiaroscuro. Italian / n. / kjaros'kuro / kyar-oss-kour-oh. Contrasts of light and dark/shade (usually pertaining to art).

Chic. French / adj. / ʃiːk / sheek. Elegant, stylish, fashionable.

Ching (經). Chinese / n. / tʃɪŋ / ching / aka jīng. Rule, norm; plan; classic, great book; scripture.

Chipe. Spanish (Guatemalan) / n. / tʃiːpeɪ / chee-pay. Jealously or rivalry, usually related to feeling that a loved one's attention is being devoted to someone else (e.g., another family member).

Chokmah (חכמה). Hebrew / n. / xɑx.mæh / khokh-mah. Wisdom; the second sephirot in the Kabbalah tradition, denoting the primary force in the process of creation.

Chrysalism. English (new) / n. / 'krɪs.əlɪsm / kriss-uh-lissm. The amniotic tranquility of being indoors during a thunderstorm; coined by John Koenig.

Chutzpah. Yiddish / n. / 'xʊts.pə / khutz-puh. From the Hebrew *hutspā* (חֲצִפּוּת), meaning insolence, cheek, audacity. Nerve, effrontery, guts; sometimes used pejoratively.

Citta (चित्त). Sanskrit/Pāli / n. / tʃiː.dæ / chi'dta. Mind, consciousness, awareness; heart and mind combined.

Cocaigne. French / n. / kɔ.kɑ̃ / kok-ang / aka Cockaigne (English). A mythical land of ease and plenty (etymology uncertain).

Coitus. Latin / n. / 'kɔɪ.təs / koy-tss. Lit. coming, meeting, uniting together; attraction; magnetic force; sexual union.

Colo. Portuguese / n. / 'kɔ.lu / koh-loo. Area of body formed by chest and arms (used to refer to embracing or cradling).

Compadre. Spanish / n. / kəm'pɑːdrei / kom-pah-drray. Lit. 'co-fathers'; godfather; a term of respect and friendship for a man.

Concordia discors. Latin / n. / kon'kor.di.a 'dis.kors / kon-kor-dee-ah *diss*-kors. Harmony (concordia) from discord (discors); discordant harmony; the principle that conflicts or oppositions can nevertheless create harmony.

Connaisseur. French / n., adj. / kɔ̃.nɛ.sœʁ / koh-nay-sir. Lit 'one who knows'; expert; borrowed as connoisseur in English.

Convivencia. Spanish / n. / kã.vi'ven.si:ə / koh-vih-ven-see-uh. Lit. co-habitation, but also implying shared feelings, meanings and purpose.

Cornu copiae. Latin / n. / kɔ:nu: kəʊ.pi:ə / kor-noo koh-pee-uh. Lit. 'horn of plenty'; often a horn-shaped container filled with produce; a symbol of nourishment and abundance.

Coup. French / n. / ku / koo. Lit. strike; a well-executed manoeuvre; a sudden tactical victory.

Coup de foudre. French / n. / ku də 'fudrə / coo-de-foo-druh. Lit, a 'lightning bolt', sudden and powerful love at first sight.

Craic. Gaelic (Irish) / n. / kræk / crack. Fun, revelry, good times; 'what's going on'.

Curglaif. Scottish / n. / kɜ:glæf / kur-glaff. The bracing, shocking and/or invigorating feeling of suddenly entering (e.g., diving into) cold water.

Cwtch. Welsh / v./n. / kɔtʃ / kutch. As verb: to hug/cuddle (transitive); to get cosy (intransitive). As noun: a hug/cuddle; a sanctuary; a safe, welcoming place.

Cynefin. Welsh / n. / 'kɪn.vɪn / kun-uh-vin. Haunt, habitat; a place where one feels one ought to live; the relationship one has to the place where one was born and/or feels at home.

D

Dada. French / n. / da.da / da-da. Lit. hobby-horse; also, meaningless babble; an avant-garde art movement, concerned with rejecting logic, rationality, and modern conventions, aesthetics, and ideologies.

Dadirri. Australian Aboriginal (Ngangiwumirr) / n. / də'dɪ.ri / dah-dirrr-ee. A deep, spiritual act of reflective and respectful listening.

Daggfrisk. Swedish / n., adj. / dæ:g.frɪsk / daag-frisk. Lit. 'dew fresh'; the kind of pure, clean feeling one might have from waking refreshed in the early morning at sunrise.

Daímōn (δαίμονας). Greek / n. / 'ðe.mɔ.nas / *dthe*-moh-nas. A divine power that drives/guides human actions; a manifestation or channelling of divine power.

Dāna (दान). Sanskrit/Pāli / n. / dɑ:.nɑ / dah-nuh. Generosity, charity.

Dān tián (丹田). Chinese / n. / dæn.ti:ɛn / dan tee-en. Lit. energy centre; places in the body that are believed to be significant in the flow of qi; focal points for meditative exercises.

Das man. German / n. / das man / dass man. Lit. they-self; 'the they'; people, anyone; one.

Dasein. German / v. / 'da:zain / dah-zine. Lit. 'being here/there'; Heidegger's term for a human being, capturing the sense that people always exist in a context (e.g., in a world and in a certain mood).

Datsuzoku (脱俗). Japanese / n. / dæt.su:zəʊ.ku: / dat-soo-zoh-koo. Lit. shedding or removing (datsu) worldliness or mundanity (zoku); unworldliness, saintliness; freedom from habit, escape from the routine and conventional.

Davka (דאָפּקע). Hebrew / int. / 'dæv.kə / dav-kuh / aka dafke/a. Precisely, actually; even, in spite of; contrary to expectations; a spirit of contrariness.

Débonnaire. French / adj. / de.bɔ̃n.ɛʁ / deh-bon-ayr. Charming, well-mannered; suave, smooth; easy-going.

Deftig. Dutch / adj. / def.təɦ / def-tukh. Dignified, ceremonious, formal, genteel.

Degrassé. English (new) / n. / də.græs.eɪ / duh-grass-eh. Entranced and unsettled by the vastness of the universe; coined by John Koenig.

Débrouillard. French / adj., n. / de.brɥa.jaʁ / deh-brroo-yah. Resourceful; skilled at adapting to any situation; a resourceful person who can act independently or cope with any development (n.).

Se déhancher. French / v. / sə deãʃ / suh de-hon-shay. To sway or wiggle one's hips (e.g., while dancing).

Deliciate. English (old) / v. / də.lɪs.i.eɪt / duh-liss-ee-ayt. Luxuriating, revelling in intense pleasure.

Dēmētēr (Δημήτηρ). Greek / pronoun / dɛ'mi:tər / deh-mee-tuh. In Greek mythology, the Goddess of grain (also the harvest, agriculture, fertility); known as Ceres in Roman mythology.

Dēmokratīā (δημοκρατία). Greek / n. / ði.mo.kra'ti.a / dthi-moh-kra-tee-ah. Force or power (*krátos*) of citizens / the people (*dēmos*).

Denkmal. German / n. / 'dɛŋk.ma:l / denk-maal. Lit. think-sign or -mark; monument, memorial.

Dépayser. French / v. / de.pei.ze / deh-pay-zay. Disorientation; not necessarily unpleasant (e.g., a pleasant sense of strangeness from being in a foreign country).

Desbundar. Portuguese / v. / dʒizbũ'dar / dez-bun-dar. Exceeding one's limits; shedding one's inhibitions (e.g., in having fun).

Desengaño. Spanish / n. / dɛ.ɛn'gæn.jəʊ / deh-sen-gan-yo. Disenchantment or disillusionment; can also connote awakening, seeing through deceit, being liberated from an illusion.

Desenrascanço. Portuguese / n. / dɛ.zɐ̃j.ɐf.'kẽ.sɔ / deh-zen-hass-can-so. Artful disentanglement (e.g., from trouble); an improvised solution.

Despejo. Portuguese / n. / dʒis'peʒu / jiss-peh-zhu. Pertness and boldness (sometimes in a pejorative sense); brightness; self-confidence; discomposure; lack of reserve or inhibition.

Dewachen (བདེ་བ་ཅན་). Tibetan / n. / diːwə.tʃən / dee-wuh-chuhn / *aka* Sukhāvātī (Sanskrit). Lit. Land of pure bliss or happiness; a celestial 'Pure Land' in certain schools of Buddhism.

Dhāraṇā (धारणा). Sanskrit / n. / d̪ʱaːɾaɳ.jaː / dhar-run-yah. Concentration; fixing and holding attention (e.g., on a meditative object).

Dhárma/dhamma (धर्म). Sanskrit/Pāli / n. / 'd̪ʱaːmə or d̪ʱem.me / *dhar*-ma or *dam*-ma. Law; what is established; principles of the universe; guidelines for action; teachings (e.g., of the Buddha).

Dharmacakrá/dhammacakka (धर्म चक्र). Sanskrit/Pāli / n. / 'd̪ʱaːmə.tʃʌk.ɾʌ / *dhar*-ma.chuk-ruh. Wheel of dharma. A way of conceptualising, representing, and teaching the dharma.

Dhikr (ذِكْر). Arabic / n. / 'ðɪ.kər / zthi-krr. Lit. remembrance; devout contemplation; worship, particularly in the Sufi tradition (often involving music, singing, and dance).

Dhvani (ध्वनि). Sanskrit / n. / d̪ʱ.vʌ.nɪ / dh-vuh-nih. Sound, echo; hint, allusion; used in aesthetics and art appreciation to refer to allusion and implied or hidden meaning.

Dhyāna/Jhāna (ध्यान). Sanskrit/Pāli / n. / ɟnˈjaː.nə / gn-*yaa*-na. Concentrated attention; absorption; intense contemplation of the nature of the object of meditation.

Dietrologia. Italian / n. / 'dʒɛ.tro.dʒi.a / *jeh*-troh-loh-*jee*-uh. Lit. 'behind-ology'; what lies behind; conspiracy theory; the idea that there is another (truer) explanation behind the given one.

Différance. French / n. / di.fɛr.ɑ̃s / dih-fer-ahs. Difference and deferral of meaning; coined by Derrida in relation to his philosophy of deconstruction.

Dikaïosuné (δικαιοσύνη). Greek / n. / ði.ke.owˈsju.nɛ / thee-kay-oh-syoo-nay. Justice, righteousness, justice.

Dinnseanchas. Gaelic (Irish) / n. / diːn.jæ.nə / din-shan-uh. Lore or story of places (e.g., origins of place names); local legends and mythology; often involves acts of mythic/legendary figures.

Diónysos (Διόνυσος). Greek / p. / ðiό.ni.sos / dthe-oh-nee-soss. Greek deity; God of phenomena including wine (and grapes and winemaking), madness, frenzy, theatre, and ecstasy.

Disegno. Italian / n. / diˈsɛn.ɔ / dee-sen-yo. Lit. drawing or design; fine art drawing; the formal discipline required for representing the ideal form of an object in the visual arts.

Dō' (道). Japanese / n. / dəʊ / doh. Path or way (e.g., spiritual).

Dōjō (道場). Japanese / n. / dəʊ.dʒəʊ / doh.joh. Lit. place of the way/path; a room/hall in which martial arts are practised.

Doch. German / particle / dɔx / dokhh. But, nevertheless, all the same, though, after all.

Dökkálfar. Old Norse / n. / dɔk.æɫ.fɑ / dok-al-far. Dark elves (in Norse mythology); swarthy spirit beings who live within/under the earth.

Don de soi. French / n. / dɔ̃ də swa / doh duh swah. Giving/donating oneself; self-sacrifice; altruism.

Doxa (δόξα). Greek / n. / 'dok.sə / *dok-sah*. Common belief, popular opinion; behaviour or practice in worship; glory.

Dr̥ṣṭi/diṭṭhi (दृष्टि). Sanskrit/Pāli / n. / dʰr̥ʃ.tʰɪ / *dsh-tih*. View, gaze, sight (as per *dr̥ṣṭi-vāc*, of the Noble Eightfold Path).

Druptap (ལྷུ་ཐབས་). Tibetan / n. / drap tʰæp / *drup-tap* / *aka* sgrub thabs, sādhanā (Sanskrit). Lit. 'means of accomplishing something'; exertion towards a spiritual goal; advanced meditation practices.

Duende. Spanish / n. / 'dwɛn.ɢɐ / *de-wen-deh*. A heightened state of emotion, spirit and passion (often associated with art/dance).

Dugnad. Norwegian / n. / du:g.nɑ:d / *doog-nard*. A collectively pursued/undertaken task; voluntary community work.

Duḥkha/dukkha (दुःख). Sanskrit/Pāli / n. / dʊ'h'kʰə / *d uh-kuh*. Suffering or dissatisfaction.

Dunyā (دُنْيَا). Arabic / n. / dən'jɑ: / *dun-yaa*. Lit. closer or lower; the temporal world (in contrast to Ākhirah (الْآخِرَة), the afterlife); earthly concerns, delights, and possessions.

Duša (душа). Russian / n. / dʊ'sʌ / *doo-shah*. One's inner heart and soul.

Dvāpara Yuga (द्वापर युग). Sanskrit / n. / dvɑ:pʌ.rʌ ju:gʌ / *dvah-puh-ruh yoo-gah*. The age/era (Yuga) of 'two ahead' (dvāpara), i.e., third place, thought to have lasted 864,000 years; the third of four eras in Hinduism; further diminishing spirituality of humankind (from the previous eras).

Dwaal. Afrikaans / n. / dwɑ:l / *dwahl*. A dreamy, dazed, or absent-minded state.

E

Ein sof (אין סוף). Hebrew / n., adj. / ɛn'sɒf / *en-soff*. Lit. unending or infinite; in the Kabbalah tradition, refers to God in 'His' pure, transcendent essence, prior to self-manifestation

Ego. Latin / pronoun / 'ɛ.go / *eh-go*. I, we me; used by Freud's translator to represent the German *Ich*, which in Freud's theory was the term given to one's self construct, and to the feeling of self.

Ekstasis (ἔκστασις). Greek / n. / ɛk'sta:sis / *ek-stah-sis*. The state of being or standing outside oneself; trance, displacement; ecstasy, rapture.

Ehrenmal. German / n. / 'e:rən.ma:l / *eer-en-maal*. Lit. honour-sign or -mark; monument or memorial (to honour something or someone).

Eigenwillig. German / adj. / 'aɪn.vɪlɪç / *i-gn-vill-isch*. To have a will of one's own; behaving and doing things in a manner that reflects one's own personality and idiosyncrasies.

Eidólon (εἶδωλον). Greek / n. / 'aɪ.ðo.lon / *eye-dtho-lon*. Image; representation; reflection; phantom; idol.

Eigentlichkeit. German / n. / 'aɪnt.lɪç.haɪt / iy-gnt-leesh-kiyt. Lit. ownedness, being owned, being one's own; often rendered as 'authenticity.'

Eikón (εἰκών). Greek / n. / e:'kɔ:n / aye-kone. Likeness; image.

Einfühlung. German / n. / ain.fy:lʊŋ / ayn-foo-long. Lit. 'feeling into'; close to empathy, but also often used in the context of art (e.g., the ability to directly perceive its quality or meaning).

Ein sof (אין סוף). Hebrew / n., adj. / ɛn'sɒf / en-soff. Lit. unending or infinite; in the Kabbalah tradition, refers to God in 'His' pure, transcendent essence, prior to self-manifestation

Eiréné (εἰρήνη). Greek / n. / ɪ'reɪ.neɪ / ih-ray-nay. Peace; wholeness, oneness; quiet, rest.

Èit. Gaelic (Scottish) / n. / aɪt / iyt. Placing quartz stones/crystals in streams (e.g., so that they shine/sparkle in the moonlight, thereby attracting salmon).

Élan. French / n. / ɛ'lɔ̃ / ay-loh. Lit. spring, bound, dart; spirit, enthusiasm; style, grace; flash, panache.

Eleuthería (ἐλευθερία). Greek / n. / e.leu.th'e'ri:a / el-yoo-theh-ree-ya. Freedom, liberty, licence.

Eleutheriôtēs (ἐλευθεριότης). Greek / n. / ɛ'ljʊ:θə,ri'o.teɪs / ell-ee-yoo-theh-ri-oh-tace. Generosity; being in a free condition.

Eleutheromania (ἐλευθερομανία). Greek / n. / ɛ'ljʊ:θə,rəʊ.ma.nía / ell-ee-yoo-theh-roh-mah-nee-ah. An intense, irrepressible desire for freedom.

Ella (aka cella, cilla). Yup'ik / n. / ɛl.lə / ell-lah. Awareness; environment, world, universe; weather; mood; can imply the notion that life as a whole (and all elements within it) possesses awareness.

Elohim (אֱלֹהִים). Hebrew / n. / ɛl.ɔ:'hɪm / el-or-him. Gods (plural), deities, angels, sacred beings/messengers.

Empalagar. Spanish / v. / ɛm.pæ.læ.ɡa: / em-pah-lah-gar. To be too sweet or rich (in taste).

Ēn (恩). Chinese / n. / ɜ:n / uhn. Moral indebtedness; duty, obligation.

Engelengeduld. Dutch / n. / 'ɛŋ.gə.lən'ɣə.dʊlt / eng-uhl-uhn-kher-dult. Angelic patience (i.e., great patience).

Engentado. Spanish / v. / ɛn.xɛn'ta:dəʊ / en-khen-tah-doh. Lit. dazed or confused; used colloquially to describe being 'peopled out', to wish for solitude.

Enkidu (𒂗𒋼𒃶). Akkadian / p. / ɛn.ki:du: / en-kee-doo. Lit. Enki's (a Sumerian God) creation; a wild, mythological figure, emblematic of nature, in the Epic of Gilgamesh; friend of the main protagonist, his death teaches Gilgamesh about mortality.

En plein air. French / phrase / ɑ̃ plɛn ɛʁ / ohn-plen-ayrr. Outdoors; in the open air.

Enraonar. Catalan / v. / ɛn.ra.o'na / en-ra-oh-na. To discuss in a civilised, reasoned manner.

S'entendre. French / v. / sã.tã.dr / soh-toh-drruh. Lit. to hear one another or oneself; to agree; to understand; to get on.

Enthousiasmos (ένθουσιασμός). Greek / n. / en.θu.si.as' mos / en-thoo-sias-mous. The state of being inspired or possessed by a divine being / forces; being driven/guided by a higher power.

Epíkouros (Επίκουρος). Greek / p. / ,epi' kjo:ras / eh-pee-koor-uhs. Lit. ally, friend, comrade; Greek philosopher (341-270 BCE), as per Epicureanism.

Epithymia (Επιθυμία). Greek / n. / e.pi.θy' mi.a / epi-thy-mia. Desire; sexual passion.

Epistémē (ἐπιστήμη). Greek / n. / ep'i'sti:mi / ep-e-stee-me. Knowledge or understanding (e.g., in a scientific sense).

Epoché (ἐποχή). Greek / n. / 'e.pə,kē / eh-puh-keh. Refraining from drawing a conclusion; the theoretical moment when judgement about the world, and hence action, is suspended.

Ereignis. German / n. / ɛɐ' | aignɪs / err ihg-niss. Something 'coming into view'; the realm in which the 'truth of being' is manifested.

Erfolgserlebnis. German / n. / ɜ:' fɒlks.ɜ:li:b.nɪs / er-folks-er-lee-b-niss. Lit. 'success experience'; a feeling of success, a sense of achievement.

Eros (ἔρως). Greek / n. / 'e.rɔ:s / eh-ross. Desire; passionate love; in Greek mythology, the God of desire (or love); known as Cupid in Roman mythology.

Erschlossenheit. German / n. / ɛɐ'ʃlɔsn.haɪt / err-schloss-un-hite. World disclosure; the process by which things become intelligible and meaningfully relevant to human beings.

L'esprit de l'escalier. French / phrase / lɛs'pri də lɛs'kal.je / less-prree-duh-less-kal-ee-ay. Lit. staircase wit (cf. Treppenwitz); a witty and/or incisive rejoinder that comes to mind just *after* an interaction.

Etağfurullah. Turkish / int. / ɛst'ɑ:fru:la: / est-ah-froo-lah. Lit. 'may God grant me mercy'; used to express 'don't mention it' (e.g., in response to receiving praise).

Estrenar. Spanish / v. / ɛs.tɾen.ɑ:reɪ / ess-tren-ah-reh. To use or wear something for the first time (and perhaps imbuing the wearer with a sense of confidence).

Et (תא). Hebrew / particle / ɑ:t / aht. A structural word (e.g., indicating the direct object of the sentence); its two letters – *aleph* (א) and *tav* (ת) – also the first and last letters of the Hebrew alphabet; as such, it can also imply the beginning and the end of something (cf. alpha and omega).

Ethikos (ἠθικός). Greek / n. / iθikós / ee-th'ee-koss. Habit, custom, usage; character, bearing.

Etterpåklokskap. Norwegian / n. / 'ɛt.ə.pək.lək.skɑ:p / eh-tuh-puk-luk-skarp. Lit. 'after wisdom'; the knowledge you gain from making a mistake (cf. hindsight).

Eudaimonia (ευδαιμονία). Greek / n. / ju:dɑ' moʊniɑ / you-de-moe-nia. Lit. 'good spirit'; fulfilment, flourishing, being infused with divine grace.

Eucatastrophe. English (new) / n. / ju:kə.tæ.strə.fi / yoo-kah-tah-stoh-fee. A sudden, favourable resolution of events; a happy ending. Coined by J. R. R. Tolkien.

Eunoia (εὐνοία). Greek / n. / ju:'nɔɪ.ə / yoo-noi-ya. Good / beautiful thinking; a well mind.

Euphoria (εὐφορία). Greek / n. / eu.pʰo.ri.a / yoo-for-ria. Lit. being of 'good bearing'; more recently used to imply intense excitement or joy.

Eutrapelia (εὐτραπεία). Greek / n. / ju:træ.pe'li:ə / yoo-trah-peh-liah. Wit, pleasantry, humour.

F

Fā qì (发氣). Chinese / v. / fæ tʃ'i: / fah chee. Projecting qi to the exterior/outside of the body; can also mean expressing anger.

Famn. Swedish / n. / fæm / fam. The area or space within two arms, e.g., 'in my arms'. As a verb, att famna – 'to embrace'.

Fanaa (فناء). Arabic / n. / fə.nɑ: / fuh-nar. Annihilation, destruction; e.g., used in Sufism to describe the 'annihilation' or overcoming of the ego, leading to enlightenment and union with God.

Fàng xīn. Chinese / v. / fæŋ ʃɪn / fang shin. Lit. to put, place, release, set free (fang) one's heart (xīn); to relax; to feel reassured/relieved; to be at ease.

Fargin. Yiddish / n. / fɑ:gɪn / fah-gin. Ungrudging and overt (expressed) pride and happiness at other's successes.

Feestvarken. Dutch / n. / feɪst.vɑr.kən / fayst-var-ken. Lit. party pig; someone in whose honour a party is thrown.

Feierabend. German / n. / faɪəʔa:bənt / fire-ar-bent. Lit. 'evening celebration'; the festive mood that can arrive at the end of a working day; can also just mean the end of the working day (with no particular festive connotation).

Fein. German / adj. / faɪn / fine. Fine, tender, noble, honourable, unique.

Fēng shuǐ (風水). Chinese / n. / fɛ̃ŋ ʃwèi / fung shoo-ay. Lit. 'wind-water'; a philosophy of space and spatial arrangements (e.g., in relation to the flow of qì).

Fēng yùn (風韻). Chinese / n. / fɛ̃ŋ ju:en / fung yoo-en. Charm; grace; elegant bearing.

Fernweh. German / n. / 'fɪz:n.ve: / fiern-vay. Lit. far/distant (*Fern*) pain/woe (*Weh*); the 'call of faraway places'; homesickness for the unknown.

Ficar. Portuguese / v. / fi'kar / fih-kar. To be; one of three verbs for being in Portuguese, used to denote a completed condition and a precise place and time.

Fiero. Italian / n. / 'fjɛ:ro / fee-yeah-ro. Pride/satisfaction in one's achievements (usually with the implication of this feeling being deserved/warranted).

Fiesta. Spanish / n. / fɪ'ɛstə / fee-ess-tah. A party, celebration.

Fika. Swedish / n. / fi:kæ / fee-kah. From *kaffe* (coffee); a coffee-break.

Fingerspitzengefühl. German / n. / 'fɪŋɐʃpɪtsŋɡə,fy:l / fing-ah-shpitz-en-gu-foo-eh. Lit. 'fingertip feeling'; the ability to act with tact and sensitivity.

Firgun (פִּירְגּוּן). Hebrew / n. / 'fɪɾ.gu:n / feer-goon. Ungrudging and overt (expressed) pride and happiness at other's successes.

Fitra (فطرة). Arabic / n. / fɪ.træ / fih-trah. Disposition; nature; instinct; used in religious discourse to describe an innate purity and closeness to God.

Fjaka. Croatian / n. / fjâ.ka / fyah-kah. Relaxation of body and mind; sleepiness, drowsiness; the 'sweetness of doing nothing'.

Fjellvant. Norwegian / adj. / fjɛl:vɑ:nt / fyell-varnt. Being accustomed to being or walking in the mountains.

Flâner. French / v. / fla.ne / fla-nay. Leisurely strolling (e.g., through the streets). As noun (Flâneur): one who strolls (e.g., to experience the city).

Fluks. Afrikaans / adj. / flæks / fluhks. Hard-working, industrious; diligent, careful; deft, skilled.

Focolare. Italian / n. / fo.ko'la:re / fo-co-lah-reh. Hearth; the fireplace at the physical / emotional centre of a home.

Folkelig. Danish / adj. / fɔl'kɪ.li: / foll-ki-lee. Folkish; belonging to the people; democratic national spirit/sentiment; having broad popular appeal.

Forelsket. Norwegian / adj. / fɔ'ɛls.ɡ̊əð / for-elz-kut. Falling or being in love; forelskelse as a noun.

Fremdschämen. German / n. / 'frɛmt.ʃɛ:mən / fremt-shay-mn. To be embarrassed/ashamed (*schämen*) for someone else (Fremd); vicarious embarrassment; shame on behalf of another person; a cringing feeling.

Freier Einfall. German / n. / 'fraie 'ein.fəl / frhyer ain-ful. Free, spontaneous (freier) irruption, association, invasion, idea (Einfall); the original Freudian term for 'free association.'

Frimousse. French / n. / frimus / free-moose. A sweet/cute little face.

Frisson. French / n. / frɪsɔ̃ / free-soh. A sudden feeling of thrill, combining fear and excitement.

Friluftsliv. Norwegian / n. / fri:lu:fts'li:v / free-loofts-leev. Lit. 'free air life'; open-air living; living in tune with nature.

Fukinsei (不均整). Japanese / n. / fu'kɪn.sei / foo-kin-say. Natural / spontaneous asymmetry or irregularity.

Fuubutsushi (風物詩). Japanese / n. / fu.bu.tsu.ji / foo-boo-tsoo-shi. Stimuli/phenomena that evoke / remind one of a particular season.

G

Gadugi. Cherokee / n. / gæ'du:gi: / gah-doo-gee. Cooperative labour; working together for the common good.

Gaia (Γαῖα). Greek / n. / 'γɛ.a / keh-a. Earth; the earth; in Greek mythology, the primordial Mother Earth.

Gaman (我慢). Japanese / n. / gæ.mæn / gah-mahn. Patience, fortitude, endurance, self-control/restraint.

Ganbaru (頑張る). Japanese / v. / gām'ba:ɾu^β / gam-bar-ou. Lit. 'to stand firm'; to do one's best.

Ganzheit. German / n. / 'gænz.haɪt / ganz-hite. Unity; integrated whole; undivided completeness; total and complete.

Gaudere. Latin / v. / gaʊ'dɪə.ri: / gau-deer-ee. To rejoice; to take joy in.

Gaupasa. Basque / n. / gaw'paʃa / gao-pasha. Lit. to spend the night, or 'all-nighter'; e.g., o spend the night partying and to arrive home at dawn.

Geborgenheit. German / n. / gə'boʁgn̩.haɪt / geh-bor-gen-hite. Feeling protected and safe from harm.

Gedenkstätte. German / n. / gə'dɛŋk.ʃtɛtə / guh-dengk-shtet-uh. Lit. place of remembrance, memory, reflection; memorial, shrine.

Geis. Gaelic (Irish) / n. / ʒɛʃ / gesh. Taboo, prohibition; injunction; something you do (or don't do), upon which your life depends, or which defines your life.

Geistig. German / adj. / 'gɑi.stɪç / gie-steesh. Spiritual; intellectual.

Gelassenheit. German / n. / gə'lasn̩.haɪt / geh-lah-sen-hiyt. Self-surrender/abandonment; yielding to God's will; serenity, calmness.

Gemas. Indonesian / n. / gə'mæs / guh-mass. A feeling of love or affection; the urge to squeeze someone because they are so cute.

Gemilut hasadim (גְּמִילּוּת חַסָּדִים). Hebrew / n. / gɛ.mi'lu:t hæ.sæ'di:m / geh-mee-loot hah-sah-deem. Acts of loving-kindness.

Genki (元気). Japanese / adj., n. / 'gɛŋ.ki: / geng-kee. Lit. the origin (gen) of ki (energy or 'life force'); being healthy, energetic, and full of life.

Gemütlichkeit. German / n. / gə'my:tlɪçkaɪt / geh-*moot*-lish-kite. a feeling of comfort, cosiness, homeliness. As adjective (Gemütlich): cosy, homely, comfortable.

Gesamtkunstwerk. German / n. / gə'zamt,kʊnstvɛrk / guh-*zamt*-koonst.vurk. Lit. 'total work of art', total art; comprehensive, synthesising, all-embracing art; artworks that strive to utilise multiple artistic modalities (even as many as possible).

Gestalt. German / n. / gə'ʃtalt / guh-*shtalt*. An overall pattern / configuration; the notion that the whole is greater than the sum of its parts.

Gevurah (גבורה). Hebrew / n. / gə.vu:'rə / guh-voo-*rruh*. Power, might; judgement; the fifth sephirot in the Kabbalah tradition, denoting the enactment of justice.

Geworfenheit. German / n. / gə'vɔ:fən.haɪt / guh-*vor*-fuhn-hite. 'Thrownness'; existence as characterised by the condition of being thrown into contexts that are not of one's choosing).

Gezellig. Dutch / adj. / ɣə'zɛl.əʏ / khe-*zell*-ikh): cosy, warm, intimate, enjoyable; often a shared experience (with close others).

Ghahr Kardan (قهر کردن). Persian / v. / gɑ:r keə.dæn / gahr-*kayr*-dan. To cease communicating with someone (because you are upset or angry at them).

Gigil. Tagalog / n. / 'gʰi:ɡɪl / *ghih*-gill. The irresistible urge to pinch/squeeze someone because they are loved or cherished.

Giri (義理). Japanese / n. / ɡɪ.ɾɪ / gih-*rih*. Duty, obligation; a debt of honour.

Gjensynsglede. Norwegian / n. / ɡjɛn.si:n.ɡlɪ / gyen-*seen*-glil. Lit. goodbye happiness; the joy of meeting someone you haven't seen in a long time.

Glas. Welsh / adj. / glæs / glass, Blue and/or green; also white, sparkling, dazzling, pristine, youthful.

Glasnost (гласность). Russian / n. / 'glaz,nɔst / glaz-*nost*. A process of engaging in open discussion, relationships and/or governance.

Gluggaveður. Icelandic / n. / 'glu:.kʌ.ve.dər / *gloo*-ka-ve-dhurr. Lit. 'window weather. Weather that is pleasant to look at through a window, but unpleasant to be outside in (e.g., cold, windy).

Gnōmōn (γνώμων). Greek / n. / 'noʊmɒn / noh-*mon*. Lit. one who knows, examines, judges; the vertical shadow-caster on a sundial.

Go (igo) (囲碁). Japanese / n. / gəʊ / go. Lit. surround game; a board-game originating in ancient China.

Gökotta. Swedish / n. / ɔ̌ʒ:ku:'tæʰ / jer-*koo*-*tah*. Lit. 'early-morning cuckoo'; waking up early to hear the first birds sing.

Gōng fu (功夫). Chinese / n. / ɡoŋ.fu / gong-*foo*. Lit. work/achievement (by a person); refers generically to acquisition of a skill (particularly if it takes time and effort); more recent usage reserves it specifically for martial arts.

Gōng hé (工合). Chinese / v. / ɡoŋ.ɣɜː / gong-hur. Lit. work together; the basis for the anglicised term gung-ho.

Goraikou (御来光). Japanese / n. / ɡo̞a̠.ɒ̞i̞.ɰ̞ / gor-aye-ee-cor. Lit. sacred or honorable delivery of light; sunlight seen from a mountain top; the rising sun.

Gourmand. French / adj. / ɡurmɑ̃ / goor-mohn. A person who appreciates and/or consumes good food and drink; possible connotations of greed or gluttony.

Goya (گويا). Urdu / conj. / ɡo.jæ / go-yah. As if; suppose it were; can be used to denote a suspension of disbelief (e.g., in storytelling).

Grisaille. French / n. / ɡri.zaʒ / grrih-zy. Lit. greyness, or dullness; a monochromatic art technique, involving use of a single colour (especially grey), often to generate a three-dimensional effect.

Grok. English (new) / v. / ɡrɒk / grok. Complete empathy and understanding; to understand someone or something thoroughly that observer becomes part of the observed; coined by Robert H Heinlein.

Guān xì (關係). Chinese / n. / ɡwən.çiː / gwun-shee. A build-up of relationships and good social karma.

Guò yǐn (過癮). Chinese n./ ɣwɔ̌.ɟǐɲ / kwor-yi-in. Satisfaction of a craving; a highly pleasurable and enjoyable experience.

Gula. Spanish / n. / ˈɡuːlə / goo-lah. Gluttony, greed; indulgence; eating simply for the taste (i.e., not from hunger).

Gümüş servi. Turkish / n. / ɡə.muːʃ se̞.ɰ̞i̞ / guh-moosh ser-vee / aka serv-i sîmîn (original phrasing). Lit. silver cypress tree; the shining white glimmering of moonlight on water.

Gunnen. Dutch / v. / ˈɣʌn.ən / khun-un. To think that someone deserves something (good); to feel happy for them getting it.

Guru (गुरु). Sanskrit/Pāli / n. / ɡʊɾʊ / goo-roo. A religious /spiritual teacher, guide, master, and/or person of reverence.

H

Habseligkeiten. German / n. / ˈhaːpzeːlɪçkəitn / hab-zee-lish-ky-ten. Lit. belongings; can imply one's most precious, treasured possessions (especially if one has few possessions).

Hachnasat orchim (הכנסת אורחים). Hebrew / n. / hax.na.fat ɔːxɪm / hakh-nash-at orh-khim. Welcoming or 'bringing in guests'; offering hospitality and respect to strangers.

Háidēs (Ἅιδης). Greek / pronoun, n. / haːj.dɛːs / har-dees. In Greek mythology, the God of the underworld (also of death, the dead, and riches); the underworld itself; known as Pluto in Roman mythology.

Hahn (한). Korean / n. / hæ:n / han. Sorrow, resentment, regret, possibly with a sense of patiently waiting or hoping for amelioration.

Haiku (俳句). Japanese / n. / hai:ku / hai-koo. A form of Japanese poetry, usually just 17 syllables long (with lines of 5, 7, and 5 syllables), involving the sudden juxtapositions of ideas or images, and often focused on natural (e.g., seasonal) phenomena.

Halāl (حلال). Arabic / n. / hæ'la:l / huh-*lahl*. Allowed, permissible; in accordance with Islamic law (especially relating to food).

Hallelujah (הללויה). Hebrew / v., n. / ,hæli'lu:jə / ha-leh-loo-yuh. Lit. praise ye Yah (Yahweh); God be praised; an expression of worship or rejoicing.

Harikoa. Māori / n. / hæri'koa / hah-ree-*koa*. Joyful, euphoric, delighted, exuberant, elated, thrilled, ecstatic, jubilant.

Harmonía (ἁρμονία). Greek / n. / a:maʊ'ni:jə / ah-moh-*nee*-yuh. Concordance, union, agreement (e.g., of sounds).

Hatha (हठ). Sanskrit / n., adj. / hʌ.θə / huh-thuh. Lit. force, effort, exertion; a branch of *yoga* focusing on the practice of *asanas* (postures) and *vinyasa* (dynamic transitions).

Haute cuisine. French / n. / 'o kɥizin / oh-kwee-*zeen*. Lit. high cooking; fine dining (e.g., involving rare and/or expensive ingredients, eaten in exclusive establishments).

Khavruta, Havruta, Chavruta (חברותא). Hebrew / n. / xav'ʊta / khav-*roo*-tah. Lit. fellowship; the practice of paired/shared learning (e.g., of religious texts), and the bond that can develop as a result.

Hedersmann. Norwegian / n. / 'heə.dəʃ.mʌn / hair-dsh-mun. A man of honour, honesty, integrity.

Heimat. German / n. / 'haɪ.ma:t / hi-mat. Home; a place to which one feels one belongs; a homeland.

Heimlich. German / adj. / 'haɪm.lɪç / hime-lisch. secretive, clandestine.

Heimelig. German / adj. / 'haɪ.mə.lɪç / hi-m-lig. Cosy, homely, secure.

Herrliche Gefühle. German / n. / 'hɛrlɪç gə'fy:l / hair-leesh guh-*foool*. Glorious, lovely, gorgeous (Herrliche) feelings, sentiments (Gefühle); a notion associated with Goethe, who described these as forces that 'give us life.'

Herzklopfen. German / n. / hɛrts.klɔp.fən / hairts-klop-uhn. Lit. 'heart-knock'; the thumping of the heart in anticipation of something good (or bad) happening.

Hésed/chésed/khésed (חסד). n. / 'hɛ.sɛd / khe-sed. Loving-kindness, loyalty, mercy, faithfulness, goodness, salvation; the fourth sephiroth in the Kabbalah tradition, denoting the love of creation.

Hiraeth. Welsh / n. / hira.ɪθ / heerr-ithe. Longing for one's homeland, with nostalgia and wistfulness.

Hod (הוד). Hebrew / n. / hʊd / hood. Majesty, splendour; the eighth sephiroth in the Kabbalah tradition, denoting the glory of creation.

Holon. English (new) / n. / hæʊ.lɒn / hoe-lon. Combining holos (all, whole) with on (denoting a part), reflecting the idea that everything is simultaneously a whole and a part; coined by Arthur Koestler.

Holos (ὅλος). Greek / n. / hɒ.lɒs / hoh-loss. All; whole.

Ho'oponopono. Hawaiian / v. / hɒ | 'ɒ.pɒ.nɒ. pɒ.nɒ / hoh oh-poh-noh-poh-noh. A practice or interaction of mutual forgiveness and restitution.

Hózhó. Navaho / n. / hɔ̃.ʒɔ̃ / hoh-zho. Peace, balance, beauty and harmony.

Hubris (ὕβρις). Greek / n. / hý.bris / hoo-briss. Extreme pride, arrogance, or overconfidence; especially associated with behaviour that challenges or defies the gods.

Hugfanginn. Icelandic / adj. / 'hu:.fʌŋ.ɡɪn / hoo-fun-gin. Lit. 'mind-captured', to be charmed or fascinated by someone/something.

Hygge. Danish/Norwegian / n. / 'hʊ:.gə / hhoo-guh. A deep sense of place, warmth, friendship, and contentment. As an adjective (hyggelig): enjoyable, warm, friendly, pleasant.

Hypomonē (ὑπομονή). Greek / n. / i.pɒ.mo'ni / ee-poe-moe-nee. Constancy, endurance, 'standing firm'.

I

Ib. Egyptian / n. / ɪb / ib. Heart (physical and metaphysical); the seat of emotion, thought, will and intention; one of five parts of the soul in Egyptian thought.

Id. Latin / pronoun / ɪd / id. It or that; used by Freud's translator to represent the German *Es*, which in Freud's theory was the term given to instinctual drives.

Idealtypus. German / n. / ide'a:l.tu:pɒs / ih-dee-al-too-poss. Lit. ideal or pure type; the standard or normative form of a given phenomenon, featuring elements common to most actual instances of it.

Idée fixe. French / n. / ide.fiks / ee-day-feex. Lit. fixed idea; a fixation; an idea that dominates or preoccupies the mind (including despite attempt to modify it).

Ignōrāmus. Latin / int. / ɪɡ.nəʊ'ɹɑ:məs / ig-noh-ah-mss. Lit. 'we do not know' (e.g., the spirit of scientific enquiry), or 'we take no notice of' (used in legal contexts, e.g., when deemed evidence to be inadmissible).

Ikigai (生き甲斐). Japanese / n. / i:ki:ai / ee-kee-gaee. Lit. iki (life) gai (result, worth, use, benefit); a 'reason for being'; meaning/purpose in life.

Iktsuarpok. Inuit / n. / ɪk.ʈsua:.pɒk / ik-tsua-pok. Anticipation one feels when waiting for someone, and keeps checking if they're arriving.

Inat. Serbian / n. / i:næt / ee-nat. Proud, defiant stubbornness and self-preservation (sometimes to the detriment of others and even oneself).

Innig. German / adj., adv. / 'ɪn.ɪç / *in-eeekh*. Heartfelt, tender; devoted, intimate; dear.

Inuuqatigiittiarniq. Inuktitut / n. / ɪnu:kæt.ɪg.i:t ɪɑ:nɪk / *ih-noo-kat-ig-eet-ee-ah-nik*. Being respectful of all people; healthy communities; neighbourliness; living in peace and harmony with others.

Ilunga. Tshiluba / n. / i:lu:ŋ.gæ / *ee-loong-ah*. The capacity of being ready to forgive a first time, tolerate a second time, but not a third time.

Insha-Allah (إِنْ شَاءَ اللَّهُ). Arabic / v. / ɪnʃ'ɑ.lə / *in-shall-ah*. God willing ('may Allah wish it'), a hopeful wish.

Ishq (عشق). Arabic / n. / ɪʃk / *ishk*. Fervent, true, all-consuming love.

Islam (الإسلام). Arabic / n. / 'islɑ:m / *iss-lahm*. Many meanings, including surrender, peace; the religion of Muslims.

Iṣṭadevatā (इष्टदेवता). Sanskrit/Pāli / n. / ɪʃ.tʰɑ.deɪ.wɑ.ta: / *ish-tuh-day-wuh-tar*. Reverence (*iṣṭa*) of divine beings (*devatā*); deity meditation.

Īśvarapraṇidhāna (ईश्वरप्रणिधान). Sanskrit / n. / ɪʃ.vɑ.rɑ.pɾɑn.ji: dʱɑ:nɑ / *ish-vuh-ruh-prah-nyee-dhar-nuh*. Meditation, desire, prayer; paying attention to (Praṇidhāna) Lord/God/Brahm (Īśvara); one of the five niyama in Hinduism.

J

Jaksaa. Finnish / v. / 'jak.sa: / *yak-sah*. To have energy, enthusiasm, and spirit (e.g., for a task).

Janteloven. Danish/Norwegian / n. / 'jandə,lou'ən / *yan-deh-low-ven*. Lit. The 'Laws of Jante' (a fictional community in a novel by Aksel Sandemose); a set of rules which discourages individualism in communities.

Jatorra. Basque / adj. / xɑ'tɔ:ra / *khuh-torr-ah*. Genuine, nice, trustful, truthful, agreeable.

Jayus. Indonesian / n. / gæ.ju:s / *gah-yoose*. A joke that is so unfunny (or told so badly) that you just have to laugh.

Je ne sais quoi. French / phrase / ʒə nə sei 'kwa / *zhe ne say kwar*. Lit. 'I don't know what'; a positive quality that is indefinable, ineffable, or hard to express.

Jeito. Portuguese / n. / 'ʒejtu / *jay-too*. Hack, solution; to find a way by any means (often circumventing rules or social conventions).

Jeong/jung (정). Korean / n. / t͡ɕʌŋ / *chung*. Deep affection, affinity, connectedness (may or may not be romantic).

Jīng shū (驚輸). Chinese / n. / d͡ʒɪŋ.fu / *jing-shoo* / *aka kiasu* (Hokkien). Fear of losing or missing out (FOMO); can denote a selfish, grasping attitude.

Joie de vivre. French / n. / ʒwaː də 'vi:vʁə / *jwa-de-vee-vruh*. Joy of living / for life; exuberance, ebullience; zest for life, the knack of knowing how to live.

Jouissance. French / n. / ʒ'wi.sãs / *szh-wee-sonse*. Physical or intellectual pleasure, delight, or ecstasy; an orgasm.

Jūdō (柔道). Japanese / n. / dʒuːdəʊ / *joo-doh*. Lit. gentle way; a form of martial art, centred around grappling with one's opponent with the aim of pinning them to the floor.

Jugaad (जुगाड). Hindi / n. / dʒuː'gaːd / *joo-gaard*. The ability to 'make do' or 'get by'; a 'hack' or improvisation.

K

Ka (kꜣ). Egyptian / n. / kæ / *kah*. Vital essence; that which separates a living being from a dead one; one of five parts of the soul in Egyptian thought.

Kabbalah (קבלה). Hebrew / n. / ka.ba'la / *kah-bah-lah*. Lit. received tradition; an estoreric spiritual tradition within Judaism.

Kæk. Danish / adj. / kæk / *kek*. Spirited, bold, cheeky, cocky.

Kairos (καῖρος). Greek / n. / kɛ'ros / *keh-ross*. The opportune, ideal, 'supreme' moment for decision or action.

Kaizen (改善). Japanese / n. / kai.zen / *kai-zen*. Gradual, incremental (and often continuous) improvement.

Kali Yuga (कलियुग). Sanskrit / n. / kʌ.liː juːgʌ / *kuh-lee yoo-gah*. The age/era (Yuga) of the demon, or sin (Kali), thought to last 432,000 years; the fourth and current of four eras in Hinduism; an age of degeneration, discord, and fall.

Kalyāṇa-mitratā/mittatā (कल्याणमित्र), Sanskrit/Pāli / n. / kæl'ja:nə mɪt.rə'taː / *kal-yah-nuh mit-ruh-tar*. Lit. 'auspicious compassion'; spiritual friendship.

Kanso (簡素). Japanese / n. / 'kæn.sə / *kan-soh*. Simple, plain; in art, refers to an elegant simplicity, an attractive absence of clutter.

Kanyi(r)ninpa. Pintupi / v. / 'kæn.jɪn'ɪn.pə / *can-yin-in-puh*. Lit. 'to hold', connoting an intimate and active relationship between carer and caree.

Kào pǔ (靠譜). Chinese / adj. / kʌʊ.pu.uː / *kow-poor*. Reliable, responsible; able to do things without causing problems.

Kāmesu micchācāra (कामेसुमिच्छाचारा). Sanskrit/Pāli / n. / kʌː.meɪ.sʊ mɪk.hɑːtʃɑːrʌ / *kar-may-soo mik-har-char-uh*. Misconduct or unwholesome behaviours concerning sense pleasures (i.e., refraining from which is the third of the five precepts in Buddhism).

Karma/kamma (कर्म). Sanskrit/Pāli / n. / 'kɑ:mə / *kar-ma*. Lit. action, work, or deed; a theory/principle of causality, particularly with respect to ethical behaviour.

Karmānta/kammanta (कर्मन्त). Sanskrit/Pāli / n. / kɑ.mɑ:n.tɑ / *kuh-marn-tuh*. Action, management, administration (as per *karmānta-vāc*, of the Noble Eightfold Path).

Karuṇā (करुणा). Sanskrit/Pāli / n. / kæ.rʊ'ɳɑ: / *ka-roo-nar*. Empathy, compassion, identifying with the other's suffering.

Kashér (כָּשֵׁר). Hebrew / n. / kʌʃ'eə / *kash-air*. Proper, legal, permissible; in accordance with Jewish law (especially relating to food).

Kartería (Καρτερία). Greek / n. / kɑ.tɛ'ɾi:ə / *ka-teh-ree-uh*. Stubbornness; toughness.

Kavanah (כְּוָנָה). Hebrew / n. / kʌ.vʌ.nʌ / *kuh-vuh-nuh* / aka Kavana, Kavannah. Intentionality; sincerity; the 'direction of the heart' (e.g., in the context of prayer).

Kayf (كَيْف). Arabic / n. / keɪf / *kayf*. Pleasure, satisfaction; wellbeing; humour; mood; will.

Kawaakari (かわあかり). Japanese / n. / kɑ:wæ.kɑ:ɹi: / *kar-wah-kar-ree*. Lit. river bright; the glow/gleam of the river at dusk (or in the darkness).

Kefi (κέφι). Greek / n. / 'keə.fi / *keh-fee*. Joy, passion, enthusiasm, high spirits, frenzy.

Kekau. Indonesian / n. / kə.kau / *kuh-kow*. Waking up suddenly from sleep (e.g., if startled); regaining consciousness and returning to reality after a nightmare.

Kenopsia. English (new) / n. / kən'ɒp.si:ə / *ken-op-see-uh*. From the Greek roots kenosis (emptiness) and opsia (seeing); appraising the lack or absence of something (especially people); the strange eeriness of empty or abandoned places; coined by John Koenig.

Kenshō (見性). Japanese / n. / kɛn.ʃəʊ: / *ken-shoh*. Seeing (ken) one's nature or essence (shō); perceiving one's Buddha nature; sometimes interpreted as an initial or brief awakening.

Keter (כֶּתֶר). Hebrew / n. / 'kɛ.teə / *keh-tair*. Lit. crown; the first sephiroth in the Kabbalah tradition, denoting the the initial impulse of Ein Sof to become manifested in the world.

Khalas (خلاص). Arabic / n. / kʰæ.læs / *kha-lass*. Something (e.g., a task) that is irrevocably done, over, finished (often with an implication of liberation or deliverance as a result).

Khaos (χάος). Greek / n. / xɑos / *khah-oss*. Chaos; in Greek mythology, the void preceding the birth of the cosmos.

Khôros (χώρος). Greek / n. / 'kʰɔ:ɹɒs / *khoh-ross*. A place/locale (usually denoting the quality of the place – often somewhere that one feels affection towards).

Kikay. Tagalog / n. / 'ki:kʌ / *kee-kie*. A flirtatious girl or woman.

Kilig. Tagalog / n. / kɪ'li:g / kih-/leeg. Lit. shaking/trembling; feeling of butterflies arising from interacting with someone one loves or finds attractive; exhilaration/elation (not necessarily related to romance).

Kitsch. German / n. / kɪʃ / kitch. Pleasantly tacky objects or art; objects whose beauty and/or charm is superficial or 'fake', but is somewhat appreciated nonetheless.

Klexos. English (new) / n. / 'kleks.əs / klek-sohss. The art of dwelling on the past; coined by John Koenig.

Kōan (公案). Japanese / n. / 'kəʊ.ən / koh-an. Lit. public record, or official business; principles of reality existing outside of subjective opinion; an 'unanswerable' question or riddle, used in Zen to facilitate awakening.

Koev halev (כואב לי הלב). Hebrew / v. / xəʊv xə.lev / khoh-ev hah-lev. Lit. the heart aches; empathy, compassion, identifying with the other's suffering.

Koinonia (κοινωνία). Greek / n. / kɔɪ'non.ɛə / coy-non-ee-uh. Fellowship, communion, joint participation, connection, intimacy.

Komorebi (木漏れ日). Japanese / n. / kɔ.mɔ're.bi / ko-mo-reh-bi. Lit. wood is 'leaking' sunlight; dappled sunlight filtering through leaves.

Kosher (כשר) (Hebrew, n.): lit. right, proper, lawful; used to denote foods prepared in accordance with Jewish dietary law; used more informally to denote something genuine and legitimate.

Kilig. Tagalog / n. / kɪ'li:g / kih-/leeg. A feeling of butterflies arising from interacting with someone one loves or finds attractive; exhilaration/elation (not necessarily related to romance).

Kintsugi (金継ぎ). Japanese / n. / kɪn.tsu:gi / kin-tsu-gi. Lit. 'golden joinery'; the art of repairing broken pottery using gold; metaphorically meaning to render our flaws and fault-lines beautiful and strong.

Koi no yokan (恋の予感). Japanese / n. / 'kɔi.nɔ.jp'kæn / cor-ee-nor-yor-can. Premonition or presentiment of love; the feeling on meeting someone that falling in love will be inevitable.

Koko (考古). Japanese / n. / kɔ.ko / ko-ko. Weathered beauty; austere sublimity.

Kokoro (心). Japanese / n. / kəʊ.kəʊ.rəʊ / koh-koh-roh. Heart and mind (and even spirit) combined.

Kokusaijin (国際人). Japanese / n. / kɔ.ku:sai:dʒi:n / koh-koo-sah-ee-jeen. Lit. an 'international person'; someone who is cosmopolitan, flexible, and open-minded.

Kombinować. Polish / v. / kɔm'bin.əs.vætʃ / kom-bin-oh-vach. To fix, sort out, arrange; working out an unusual solution to a problem; can sometimes have negative connotations (e.g., scheming or hustling).

Komorebi (木漏れ日). Japanese / n. / kɔ.mɔ'je.bi / ko-mo-reh-bi. Lit. wood is 'leaking' sunlight; dappled sunlight filtering through leaves.

Konfliktfähigkeit. German / n. / kɒn'flikt.feɪ.ɪç.haɪt / kon-*flict*-fay-ikh-hite. The ability to manage interpersonal conflict constructively, without becoming personally involved.

Kos. Norwegian / n. / 'kɔ:.sʰa / kor-sa. Cosiness, warmth, intimacy; kose as a verb; koselig as an adjective.

Kosmos (κόσμος). Greek / n. / 'kós.mos / koss-moss. Lit. something ordered / an ordered system; the world or universe as a complex and orderly system.

Kosmopolitês (κοσμοπολίτης). Greek / n. / 'kós.mo.pó'lit.is / koss-moh-poh-*lit*-iss. Citizen of the cosmos (world, universe).

Кохати. Ukrainian / v. / kɔ'xan.nʲa / koh-han-khya. To love passionately, intimately, romantically.

Koyaanisqatsi. Hopi / n. / 'kɔɪ.ɑ:nɪs'kɑ:tɪ / koy-an-iss-*kah*-tsee. Nature out of balance; a state of affairs (e.g., dysfunctional) that calls for another way of living.

Kreng-jai (เกรงใจ). Thai / n. / krɛn.dʒaj / krren-jiy. Deferential heart; respect and consideration for others' feelings (ahead of one's own); the wish to not trouble someone by burdening them.

Kuài lè (快乐). Chinese / n. / ,kwai'le: / kwy-*ler*. Lit. fast/quick (kuài) cheer/joy (lè); pleasure/satisfaction; hedonic happiness.

Kuṇḍalinī (कुण्डलिनी). Sanskrit / n. / kən.dʌ.li:ni: / kun-duh-lee-nee. Lit. the 'coiled one'; a source of form of subtle or primal energy, thought to be located at the base of the spine, that can be 'awakened' through meditative practices.

Kulturbärare. Swedish / n. / kəl.tu:'bɑ:rɑ:rə / kul-toor-*bar*-ah-ruh. Lit. culture-bearer or culture-carrier; a phenomenon (e.g., person or idea) that upholds a culture and/or moves it forward.

Kuśala/Kusala (कुशल). Sanskrit/Pāli / n., adj. / kʊ.ʃʌʌ / kuh-shull-uh. Virtue, goodness; skilful, ethical.

Kvell. Yiddish / v. / kvɛl / kvell. To feel strong and overt (expressed) pride and joy in someone's successes.

L

La'asot chaim (לעשות חיים). Hebrew / v. / 'la.ɑ:sɔt 'xai.i:m / lah-ah-sot *kha*-eem. Lit. 'to do or to make life'; to live fully, to have a good time.

Lagom. Swedish / n. / 'la:ɡɔm / laar-gom. Moderation; doing anything to just the right degree.

Laissez-faire. French / n. / le.se fɛʁ / ley-say fare. The tendency or willingness to leave things to take their own course, without interfering.

Lakṣaṇa/lakshana (लक्षण). Sanskrit/Pāli / n. / 'lək.ʃʊn.ə / look-shn-a. symptom, sign, quality, attribute; 'marks of conditioned existence'.

Landvættir. Old Norse / n. / 'lʌnt.vet.teə / *lunt-veh-teear*. Land spirits, wights, sprites (in Norse mythology).

L'chaim (לַחַיִּים). Hebrew / phrase / lə'xai.i:m / *luh-khai-im*. Lit. 'to life'.

Lebenslüge. German / n. / 'le:bns.ly:gə / *lee-bns-loo-guh*. Lit. life lie; falsehoods (e.g., about one's past) that one tells oneself in order to live with oneself.

Leggiadria. Italian / n. / ˌledˌdʒä'dr̥i:ä / *led-jah-dree-ah*. Gracefulness, loveliness, prettiness, elegance.

Lekker. Dutch / adj. / 'lɛ.kər / *leh-ker*. Tasty (food); relaxed, comfortable; pleasurable; sexy.

Lepos. Latin / n. / 'lɛ.pə / *leh-poh*. Charm, grace, wit, elegance, allure.

Lex. Latin / n. / lɛks / *leks*. A system or body of laws; a particular law.

Lha'i rnal 'byor (ལྷའི་རྣམ་འབྱུང་). Tibetan / n. / lə.hæi: rə.næl bəjɔ: / *luh-hah-ee ruh-nall buh-yor*. Deity meditation/yoga; an advanced practice in which one visualises interacting with, or 'accomplishing' (i.e., being), a deity.

Lǐ (理). Chinese / n. / li:i / *lee-e*. Law, order, rational principle; often used particularly with respect to the organic order found in nature (e.g., a flower as a systematic, cohesive organism).

Lǐ (禮). Chinese / n. / li:i / *lee-e*. Etiquette, decorum, ceremony, custom, propriety.

Lebenskrankheit. German / n. / le:bns'kʁʌŋkˌhɛɪt / *lee-buns-krank-hite*. Lit. life sickness/disease; existential anomie; world-weariness; coined by Hermann Hesse.

Līla (लीला). Sanskrit / n. / li:læ / *lee-lah*. Lit. game, play; used in Hinduism to describe reality as being the outcome of creative play by the divine absolute (Brahman).

Listopad (листопад). Russian / n. / 'lɪst.əʊ.pæd / *list-oh-pad*. Falling leaves.

Leitourgia (λειτουργία). Greek / n. / li:təər'gi:ə / *lee-toor-gee-yuh*. Lit. public service; a charitable act; the work of the people; worship.

Livsnjutare. Swedish / n. / 'li:f.səˌnju:ta.rei / *leef-suh-nyoo-ta-rey*. Bon vivant; someone who loves life and lives it to the full.

Ljósálfar. Old Norse / n. / lʃou:s.æl.fɑ: / *lyoos-al-far*. Light elves (in Norse mythology), who live in Álfheimr (land of the elves).

Logos (λόγος). Greek / n. / 'lo.ɣos / *loh-yoss*. Word, reason, plan; in theology, the principle of divine reason and creative order.

Lotność umysłu. Polish / n. / ɫɔt.nɔʃt 'ũ.mi.sw / *lot-nosht oo-mih-see*. Lit. buoyant or vivacious (lotność) mind (umysł); a state of mind that is simultaneously acute, vivacious, light and sharp.

Luchtkasteel. Dutch / n. / 'lyxt.kʌ.stɛɪl / *lookht-kuh-still*. Lit. 'air castle'; illusion, dream.

Ludus. Latin / n. / 'lu:.dʊs / loo-dss. Game/play; used to denote playful, 'game-playing' love.

Lus. Afrikaans / n. / lʊs / looss. Desire, craving; greed; fancy, cupidity; inclination, tendency.

Lust. German / n. / lʊst / loost. Pleasure, joy; desire, wish; satisfaction.

Lutalica. English (new) / n. / lu:tæ.lɪ.kə / loo-tah-lik-ah. The part of your identity that doesn't fit into categories; coined by John Koenig.

M

Maat (mꜣt). Egyptian / n. / mɑ:t / mart. Justice and truth, order and equity; the foundational principle of ancient Egypt; personified as a goddess (daughter of sun God Ra).

Madhyama marga / majjhima magga (मध्यम मार्ग). Sanskrit/Pāli / n. / 'mɒdʰ.jɒ.mɒ 'mɒɹ:ɡɒ / mudh-yuh-muh mur-guh. The middle way/path.

Maadoittuminen. Finnish / v. / 'mɑ:doɪ.tu:mi.en / mah-doi-too-min-en. Grounding, earthing; rooting oneself in nature.

Magari. Italian / adv. / ma'ɡɑ:ri / ma-gah-ree. Maybe, possibly; hopeful wish, wistful regret; in my dreams, if only.

Mahalo. Hawaiian / n./v. / ma'ha.lo / ma-ha-lor. Thanks, gratitude, admiration, praise, respect.

Mahābhūta (महाभूत). Sanskrit/Pāli / n. / mɒ.hɑ:bʰu:tə / muh-har-bhoo-tuh. Great elements/forces; the dimensions/components that comprise the physical world (i.e., space/ether, air, fire, water and earth).

Maitrī/mettā (मैत्री). Sanskrit/Pāli / n. / 'mait̪ri or met'ta: / mi-tree or met-tar. Loving-kindness; benevolence.

Majime (真面目). Japanese / adj. / mɑ:dz̩.me / mah-jee-meh. Reliable, responsible, diligent; seriousness, formality.

Makários (μακάριος). Greek / n. / ma'ka:ri.u / mah-kah-ree-oo. Blessed, happy.

Makrothumeó (μακροθυμέω). Greek / n. / mæk.rəʊ.θu:'meɪ.əʊ / mak-roth-oo-mey-oh. Patience, forbearance.

Malchut (מלכות). Hebrew / n. / mɒl.hu:t / mal-hoot. Realm; the final sephiroth in the Kabbalah tradition, denoting the 'finished product' of the manifest world itself.

Mana. Polynesian languages / n. / 'manə / ma-nuh. Spiritual energy / power, a sacred, impersonal force.

Mana whenua. Māori / n. / 'manə 'fɛnʊə / ma-nuh fen-ooa. T: the mana held by people who have demonstrated moral authority / guardianship over a piece of land / territory.

Mandala (मण्डल). Sanskrit / n. / 'mʌn.dʌ.lʌ / mun-duh-luh. Lit. circle; a spiritual symbol (e.g., in Buddhism and Hinduism), usually geometric in form, representing the cosmos (or aspects of it).

Mandi. Italian (Friulano) / phrase / 'mæn.di: / *man-dee*. In God's hands; a contraction of *mano* (hand) and *Dio* (God); used as a greeting, and as a wish.

Mania (μανία). Greek / n. / ma.nía / mah-nee-ah. Madness, frenzy, possession.

Manna (מָן). Hebrew / n. / mæ.næ / mah-nah. Edible food that sustained Israelites in the wilderness; spiritual food.

Mannvasanai. Tamil / n. / mæn.væ.sæ.nai / man-vah-sah-niy. Lit. earth smell; the scent of rain on dry earth; cf. *petrichor*.

Mantra (मन्त्र). Sanskrit/Pāli / n. / mʌn.trʌ / mun-truh. Lit. mind tool; a meaningful word, phrase or sound that is taken as an object of focus in meditation.

Mamihlapinatapei. Yagán / n. / 'mæ.mi.læ.pi.næ.tæ'pai / *mah-me-lah-pee-nah-tah-pie*. A look between people that expresses unspoken but mutual desire.

Manaakitanga. Māori / n. / ma.na: ki.tʌŋə / *ma-nah-ki-tung-uh*. Hospitality, kindness, generosity, support, respect, and care for others.

Mångata. Swedish / n. / 'mo:ŋ.gʌ:ta / *moo-on-gah-tah*. Lit. moon (*måne*) road/street (*gata*); the path of glimmering light that moonlight makes on water.

Mahnmal. German / n. / 'ma:n.ma:l / *marn-marl*. Memorial/monument to past tragedy (serving as a warning against it being repeated).

Maraṇa smṛti/sati (मरण स्मृति). Sanskrit/Pāli / n. / mʌ.rʌ.nʌ smɾi'ti: / muh-ruh-nuh smrih-tee. Meditation on (or awareness of) death/mortality.

Mārga/magga (मार्ग). Sanskrit/Pāli / n. / 'mʌ:ɡʌ / mur-guh. A spiritual path or way.

Mazal tov (מָזָל טוֹב). Hebrew / inj. / 'mɑ:zəl tɒf / *mah-zul-toff*. Lit. 'good fortune'; a blessing of health and happiness.

Mbuki-mvuki. Swahili / v. / mbu:ki: mvu:ki: / mm-boo-kee mm-voo-kee. Lit. to take off in flight (*mbuki*), to dance wildly (*mvuki*); to shed clothes in order to dance; possible origins of the phrase 'boogie woogie'.

Me yia (με γεια). Greek / int. / mi: jeə / mee yee-uh. A congratulation / blessing for others.

Mechaye. Yiddish / n. / mɛ.kʰaɪ.jɛ / meh-khy-eh. Joy, pleasure; something that gives great joy/pleasure.

Megaloprépeia (μεγαλοπρέπεια). Greek / n. / ,meg.ə.ləʊ'preɪ.pɪə / meh-gah-lo-*pray*-pia. Magnificence; dignity.

Megalopsychia (μεγαλοψυχία). Greek / n. / ,mɛg.ə.ləʊ'sʌɪ.kɪə / meh-gah-lo-sye-kia. Greatness of soul; magnanimity.

Melmastia (مېلمستيا). Pashto / n. / mɛl'mæs.tɪə / mel-mass-tiah. Hospitality, moral obligation to offer sanctuary and respect to all visitors.

Memento mori. Latin / n. / mə'mentəʊ 'mɔ:ri / meh-men-toh *moor*-ee. Lit. remember death; an object or symbol that reminds or warns you of death/mortality.

Memento vivere. Latin / phrase / mə'mentəʊ 'vi.ve.re / meh-men-toh *vee*-ver-eh. Remember life; remember to live (or that you must live).

Mensch. Yiddish / n. / məntʃ / mentsh. Derived from the German term for person; used to describe a good human being in its fullest sense.

Mentalizar. Spanish / v. / mən.tæ.lɪ.zɑ: / men-tah-lih-zar. To get into a frame of mind; to make aware.

Meraki (μεράκι). Greek / n. / mə'ræk.i: / meh-*rrack*-ee. Ardour (in relation to one's own actions and creations).

Meriggiare. Italian / v. / mə.ɾɪ'dʒɛɑ:ɾɪ / me-*rri-jah*-rri. To rest at noon (in the shade).

Mesos (μέσος). Greek / n. / 'me.sos / meh-soss. Mean; middle.

Messiah (מָשִׁיחַ) (Hebrew, n.): lit. anointed one; saviour / liberator / redeemer of a group of people; a king of high priest.

Metaxy/u (μεταξύ). Greek / n. / mə.tæk.su: / meh-tax-oo. In-between or middle ground; a separation that is also a link; someone/something partaking in different spheres/realms (e.g., human and divine).

Mitdenken. German / v. / mɪt'dɛŋkən / mit-deng-ken. Lit. 'with thinking'; being able to follow another person's thoughts; reaching sound conclusions without having to be told; the ability to think for oneself; cognitive empathy.

Milczeć. Polish / v. / mi:l.tʃɛtʃ / meel-chech. To keep quiet; to refrain from speaking.

Mīmēsis (μίμησις). Greek / n. / 'mɪ.mɪ.sɪs / *mih*-mih-siss. Imitation; receptivity; artistic representation.

Mir (мир). Russian / n. / 'mir / meerr. Peace; world; community.

Mierenneuker. Dutch / n. / 'mi:rənø:gər / meer-uh-noer-guh. Lit. 'ant-f***er'; a nitpicker; someone who takes pleasure in, or obsesses over, seemingly small or trivial details.

Mishloach manot (משלוח מנות). Hebrew / n. / mɪʃ'lo.əχ ma'not / mish-loah ma-not. Lit. 'sending of portions'; exchanging gifts of food and drink.

Mitsein. German / v. / mɪt.zain / mit-zine. Lit. 'being with'; coined by Heidegger to capture the way that, ontologically, humans are always already with others of their kind.

Mitzvah (מצוה). Hebrew / n. / 'mits.və / *mitz-vah*. A commandment; a good deed (e.g., performed out of religious duty).

Mnemosyne (Μνημοσύνη). Greek / p. / mnɛ:mo.sý:nɛ: / *mnee-moh-sy-nee*. The goddess (or personification) of memory in Greek mythology; one of the Titans, and mother of the muses.

Mojo. Creole (Gullah) / n. / məʊ.dʒəʊ / *mow-joe*. Lit. witchcraft; a magic charm or spell; sex drive/appeal; personal magnetism or charm.

Mohamaatam. Telugu / n. / məʊ.hæ.mɑ:əm / *moh-har-maar-tum*. Complaisance; hesitation, tentativeness; shyness; willingness to please.

Mokita. Kivila / n. / məʊ.ki:tæ / *moh-kee-tah*. A truth that everyone knows but no-one talks about.

Mokṣa/moksha (मोक्ष). Sanskrit/Pāli / n. / 'mo:k.jə / *mok-shuh*. Emancipation, liberation, release (e.g., from saṃsāra).

Mokusatsu (黙殺). Japanese / v. / mɒ.ku:sæt.su: / *mo-koo-sat-soo*. To ignore or keep silent (e.g., when rejecting a bargaining offer).

Mono no aware (物の哀れ). Japanese / n. / mɒ.nɒ.nɒ.e.we.rei / *mo-no-no-a-wah-ray*. Pathos of understanding the transiency of the world and its beauty.

Montivagant. English (old) / adj., n. / mɒn.ti.və.gənt / *mon-tiv-a-gnt*. Wandering over mountains or hills (as adj.); one who wanders so (n.).

Mōrēs. Latin / n. / 'mo:re:s / *mor-ehs*. Habit, usage, custom, manner.

Morgenfrisk. Danish / adj. / 'mɔ:n.frisk / *morn-frisk*. Lit. 'morning-freshness'; feeling rested after a good night's sleep.

Morkkis. Finnish / n. / mɔ:ks / *morks*. A moral or psychological hangover; post-hoc embarrassment or shame at one's drunken behaviour (and dread or confusion about what one *might* have done).

Morriña. Galician / n. / mo'riɲa / *moh-rreen-yah*. Longing; homesickness; nostalgia.

Mot juste. French / n. / mo ʒyst / *moh szhoost*. Lit. just or fair word; the exactly right word or phrasing.

Moūsai (Μοῦσαι). Greek / p. / mō:sai / *mooh-sai*. The muses; goddesses in Greek mythology who were the divine inspiration for knowledge and the arts.

Mousiké (μουσική). Greek / n., adj. / mo:si.kē / *moo-sih-keh*. Lit. 'of the muses'; art forms of the muses, especially music and lyrical poetry; basis for 'music.'

Mu (無). Japanese / n. / mu: / *mooh*. Negative, void, nothingness, non-being; used in Buddhism to imply 'neither yes nor no'.

Muditā (मुदिता). Sanskrit/Pāli / n. / mɒ.dɪ'tʰɑ: / *moo-de-tar*. Sympathetic/vicarious happiness.

Mudrā/muddā (मुद्रा). Sanskrit/Pāli / n. / mʊ.dɹɑː / moo-drah. Lit. sign, token, seal; physical gestures and postures; symbolic hand gestures (e.g., in Buddhist iconography).

Muraqaba (مراقبة). Arabic / n. / mʊə.rə.kʌ.bʌ / mooh-reuh-kuh-buh. Watchful attention; vigilance; wakefulness; used for a form of Sufi meditation.

Musāvādā (मुसावादा). Sanskrit/Pāli / n. / mʊ.sɑː.wɑː.dɑː / moo-sah-vwah-dah. False speech (i.e., refraining from which is the fourth of the five precepts in Buddhism).

Musica humana. Latin / n. / muːsɪ.kə uːmæ.nə / moo-sih-kuh oo-mah-nuh. Harmony of the person; concordance and sympathy within the individual.

Musica instrumentalis. Latin / n. / muːsɪ.kə ɪn.stroʊ.mənˈtaːlɪs / moo-sih-kuh in-stroo-men-tah-liss. Instrumental music or harmony; actual, practical music (i.e., produced by an instrument).

Musica mundana. Latin / n. / muːsɪ.kə mʌn.dæ.nə / moo-sih-kuh mun-dah-nuh. Harmony of the world, spheres, universe; concordance and sympathy between heavenly bodies, and within the cosmos generally.

Mustérion (μυστήριον). Greek / n. / muːsˈteɪ.riːɒn / moos-tay-ree-on. Mystery, secret; a secret doctrine; a truth that requires initiation to experience/understand.

Myötähäpeä. Finnish / n. / muːɜːtə.hæ.pei.ə / moo-er-tuh-hah-pay-uh. Vicarious embarrassment, shame; a cringing feeling.

Mysa. Swedish / v. / ˈmyːsɑ / mee-sah. To be engaged in a pleasant or comfortable activity; to be content or comfortable; to get cosy; to snuggle up.

N

Nachat (נחַת). Hebrew / n. / ˈnʌ.xət / nuh-khut. Joyful pride in someone's successes (e.g., your progeny or student).

Naches. Yiddish / n. / ˈnʌ.xəs / nuh-khuz. Joyful pride in someone's successes (e.g., your progeny or student).

Nachträglichkeit. German / n. / ˈnaːx.trɛːklɪç.haɪt / nark-tye-leekh-hite. Deferred action, retroaction, 'afterwardsness'; retroactive attribution of meaning to earlier events.

Nadryv (надрыв). Russian / n. / nɐˈdrɪf / nuh-dreef. Lit. a tear, rend, or break; an outburst of emotion or passion, often uncontrollable and possibly also irrational, when deeply hidden feelings are released.

Nakama (仲間). Japanese / n. / nɑːkɑːmɑː / nah-kah-mah. Best friend; close buddy; one for whom one feels deep platonic love.

Namaste (नमस्ते). Hindi / int. / nʌˈmæsteɪ / nuh-mah-stay. From the Sanskrit namas (bowing) te (to you); often interpreted in spiritual ways as 'I bow to the divine in you'.

Nam jai (น้ำใจ). Thai / n. / næm.dʒaɪ / nam-jiy. Lit. water from the heart; selfless generosity and kindness.

Natsukashii (懐かしい). Japanese / adj. / nɑ:t.su:ka:ʃi: / naht-soo-kah-shee. Missed, precious, yearned for, 'dear old ...'.

Natura naturans. Latin / phrase / nəˈtʃʊərə 'nat.jʊr.anz / nuh-choor-rah nah-choor-anz. Nature naturing; nature as a creative force or process; nature as the expression or manifestation of the divine.

Naz (ناز). Urdu / n. / nɑz / nuz. Assurance, pride, confidence (arising from feeling unconditionally loved).

Að nenna. Icelandic / v. / a:ð 'nen:a / arth nen-nah. The capacity or state of being bothered to do something; the ability or willingness to persevere through tasks (especially that are hard or boring).

Nemawashi (根回し). Japanese / n. / nɛ.mɑ:wɑ:ʃi: / neh-mah-wah-shee. Lit. revolving or going around the roots (e.g., preparing a tree for transplant to different soil); laying the foundations for a proposed project or change; consensus-building.

Nemesis (Νέμεσις). Greek / p. / nɛ.mə.sɪs / neh-muh-sis. A process of justice and/or retribution, personified as a goddess; a force of divine punishment against evil deeds, undeserved fortune, and particularly against hubris (arrogance against the Gods).

Netzach (נצח). Hebrew / n. / nɛɪ.tsæx / nay-tsakh. Endurance, eternity; fortitude, triumph; the seventh, denoting the endurance of Ein Sof in the act of creation.

Ngarong. Dayak / n. / ən.gæ.rɔ:ŋ / nn-gah-rawng. Spirit guide or protector (sometimes but not always an ancestor); dream helper; a guide who appears in a dream or vision (e.g., providing a solution to a problem).

Nichtwollen. German / n. / nɪçt'vɔlə / neekht-voh-ley. Non-willing, non-wishing, non-wanting.

Nirodha (निरोध). Sanskrit/Pāli / n. / nɪ.rəʊd.hɑ / ni-rode-huh. Cessation; the third noble truth (that *duḥkha* can be addressed by ceasing craving).

Nirvāṇa/nibbāna (निर्वाण). Sanskrit/Pāli / n. / nɪə'wɑ:nə / nir-vwah-nuh. Lit. 'extinguished' or 'blown out' (e.g., as per a flame); release from saṃsāra; 'ultimate' happiness, total liberation from suffering.

Niyama (नियम). Sanskrit/Pāli / n. / nɪ'ja:..mɑ / nee-yah-muh. Lit. observances, positive duties; recommended habits/practices for right living.

Nja. Swedish / int. / njɑ: / nyah. Combining no (nej) and yes (ja); neither yes or no (or both yes and no); expressing uncertainty.

Njuta. Swedish / v. / njʉ:..ta / nyoo-ta. To deeply enjoy, to profoundly appreciate.

Noblesse oblige. French / phrase / nɔb.lɛs ɔ.bliz / noh-bless ob-leejz. Lit. nobility obligates; that whoever claims to be noble must act nobly; that social or economic standing does not only confer privileges, but also responsibilities (e.g., to look after those less fortunate).

Nodus Tollens. English (new) / n. / 'nəʊ.dəs 'tɒl.əns / *no-dus toll-uns*. From the Latin roots *nodus* (a knot) and *tollens* (to remove or lift up); the feeling that your life doesn't make narrative sense, or fit into a neat story; coined by John Koenig.

Nombrilisme. French / n. / nɔ̃.bʁi.lism / *noh-bree-leezm*, Lit. 'bellybuttonism' or navel-gazing; self-centredness, self-absorption; egoism.

Nous (voûv). Greek / n. / nu:s / *nooss*. Mind, understanding, reason, intellect.

Novaturient. English (new) / adj. / nəʊ.və.tjʊə.riənt / *noh-vah-tyuur-ient*. Latinate, meaning the desiring or seeking of strong changes in one's behaviour or situation.

Numen. Latin / n. / 'nu:men / *noo-men*. Divine power, force, presence, will.

Nunchi (눈치). Korean / n. / nən.tʃi: / *nuhn-chee*. Lit. 'eye-measure'; the ability to 'read' emotions and situations and to respond skilfully.

Nutaan atam. Yup'ik / int. / nu:tɑ:n ʌt.ʌm / *noo-taan ut-um*. 'Now that's good'; stating that a situation is good, ready, and/or complete.

Nyaka (নয়কা). Bengali / adj. / nai.jæ.kə / *niy-ah-kuh*. Coy, coquettish; feigning ignorance (often used pejoratively).

O

Ohanami (お花見). Japanese / n. / əʊ.hæ.næ.mi / *oh-ha-na-me*. Lit. flower (*hana*) *mi* (viewing). The culturally valued activity of gathering to appreciate flowers (and specifically cherry blossoms).

Oikeiôsis (οἰκείωσις). Greek / n. / əʊ.kai'əʊ.sɪs / *oh-kye-oh-siss*. The perception of something as one's own, as belonging to oneself; appropriation, familiarization, affinity, affiliation, endearment.

Ojalá. Spanish / v. / oxa'la / *oh-khah-lah*. Derivation of *Insha-Allah*, God willing ('may Allah wish it'); a hopeful wish.

Omega (Ωμέγα). Greek / n. / o'me.ɣa / *oh-mey-kha*. Lit. 'great O'; the last letter of the Greek alphabet (Ω, ω); can denote the end of a series, of the conclusion of something.

Omoiyari (おもいやり). Japanese / n. / o.moi.ja.ri / *oh-moy-yah-rih*. Altruistic sensitivity; an intuitive understanding of others' desires, feelings and thoughts, and consequent action on the basis of this understanding.

Omphalos (ὀμφαλός). Greek / n. / om'pʰa.lós / *om-fah-loss*. Lit. navel; a heb, centre, pivotal point; in mythology, the 'navel' (i.e., central point) of the universe (often in the form of a religious stone artefact).

On (恩). Japanese / n. / ɒn / *on*. A feeling of moral indebtedness, relating to a favour or blessing given by others.

Ondinonk. Iroquoian / n. / ɒn.diːnuːnk / on-dee-noonk. The secret, innermost desires or wishes of the soul (e.g., as revealed in dreams).

Onsay. Boro / v. / 'ʌn.seɪ / uhn-say. To pretend to love.

Onsra. Boro / v. / 'ʌns.rɑː / uhns-rah. To love for the last time; the feeling that love won't last.

Ö-pa-me (ཨོ་པ་མེ). Tibetan / p. / əʊ.pɑːmeɪ / oh-par-may / aka Amitābha (Sanskrit). Celestial Buddha of infinite light and goodness; creator of the 'Pure Land' (Sukhāvatī in Sanskrit).

Opia. English (new) / n. / 'əʊ.piə / oh-pee-ah. The ambiguous intensity of eye-contact; coined by John Koenig.

Orenda. Huron / n. / ɔ'ɹɛn.də / or-en-duh. Power, force (often with spiritual connotations).

Orka. Swedish / v. / 'ɔr.ka / orr-kah. To have the energy for something; being resilient, spirited, and/or enthused.

Osher (אושר). Hebrew / n. / ɒʃʊʁ / oh-shuh. Joy; contented happiness.

Otsukaresama (お疲れ様). Japanese / int. / o.tsu.ka.rɛ.sa.mɑ / oh-tsoo-kah-reh-sah-mah. 'Thank you for your hard work', gratitude and appreciation.

Ouranus (Οὐρανός). Greek / n. / oːra.nós / oo-rah-nohs. Sky; heaven; in Greek mythology, the deity of the sky/heavens (son and/or husband of *Gaia*).

Overskud. Danish / n. / 'ɒwes.gud / oh-wuhs-good. Extra/excess energy; do have sufficient resources to do something; profit (in an economic context).

P

Pacha. Quechua / n. / pæ.tʃæ / pah-chah. Lit earth or world; a way of dividing realms (spatially and temporally) in Incan cosmology; the spirit animating earth/nature (cf. *Gaia*).

Paixnidi/pachnidi (Παιχνίδι). Greek / n. / pekʰ'niː.di / pekh-nee-dee. Game/play; used to denote playful, 'game-playing' love.

Panache. French / n. / pa.naʃ / pah-nash. Lit. plume (e.g., on a helmet); a stylish, original, confident, even flamboyant way doing things.

Pāṇātipātā (पाणातिपाता). Sanskrit/Pāli / v. + n. / paː.naː.tɪ.paː.taː / pah-nah-ti-pah-tah. Harming or killing living beings (i.e., refraining from which is the first of the five precepts, e.g., in Buddhism).

Pañcaśīlāni/pañcasīlāni (पञ्चसीलानि). Sanskrit/Pāli / n. / pʌn.tʃʌʃiː'laː.nɪ / pun-shuh shee-lah-ni. Five precepts (e.g., in Buddhism).

Państwo. Polish / n. / 'paɲ.stfɔ / pang-stfoh. A country, state; a household, family, married couple.

Parea (Παρέα). Greek / n. / pɑːreɪə / pah-ray-uh. Informal party, revelry.

Parole. French / n. / pa.ʁɔl / pah-rrol. Word, speech, promise, oath.

Pashtunwali (پښتونوالی). Pashto / n. / pʌʃ.tuːn.wɑːliː / puhsh-toon-wah-lee / *aka* Pakhtunwali. Lit. the way of the Pashtuns; the ethical code of the Pashtun people.

Passeggiata. Italian / n. / päs.säd.jaːtä / pa-saj-yah-ta. A leisurely stroll/turn/walk.

Pasthāna/paṭṭhāna (स्मृत्युपस्थान). Sanskrit/Pāli / n. / pʌs.θɑːnʌ / puhs-thah-nuh. Conditions; setting forth, going forward.

Páthos (πάθος). Greek / n. / 'pæ.θɒs / pah-thoss. Suffering; emotion; experience.

Pena ajena. Spanish / n. / 'pe.nə a'xe.na / *peh*-nah ah-*khen*-nah. Pain (pena) for others (ajena); vicarious embarrassment/shame; a cringing feeling.

Persephónē (Περσεφόνη). Greek / p. / pər'sɛ.fə.ni / pur-she-feh-nee. Queen of the underworld in Greek mythology; daughter of Zeus and Dēmētēr; known as Proserpina in Roman mythology.

Pertu. Hungarian / n. / 'peə.ty / *pear*-too. Lit. by/for you; a drinking or bonding ritual (signifying the establishment or maintenance of friendship).

Peiskos. Norwegian / n. / paɪs.kɔːs / piys-kors. Lit. 'fireplace coziness, sitting in front of a crackling fireplace enjoying the warmth.

Petrichor. English (new) / n. / 'petrɪkɔː / *pet*-rih-kor. From the Greek stems petro/a (stone/rock) and ichor (fluid; watery discharge); the earthy scent produced when rain falls on dry soil; coined by Isabel Joy Bear and Richard Thomas.

Phi (φεῖ). Greek / n. / pʰēː / fee / *aka* pheî. The 21st letter of the Greek alphabet; the symbol for the 'golden ratio' (1.618...).

Philia (φιλία). Greek / n. / fi'li.a / fi-*lee*-ya. Friendship, platonic love (e.g., based on familiarity or shared interests).

Philautia (φιλαυτία). Greek / n. / fi'lbɔːtiə / fi-*law*-tia. Self-love (encompassing, in its benevolent forms, self-respect, self-compassion, etc.).

Philotimo (φιλότιμο). Greek / n. / fi'lɔːti.mɔ / fill-*oh*-tee-moh. 'Love of honour;' the importance of respecting and honouring friends/family.

Philoxenia (φιλοξενία). Greek / n. / fi'lɔːx.sen.iə / fill-*oh*-kh-sen-*ia*. Love of strangers, guests; a hospitable act of welcome.

Phronēsis (φρόνησις). Greek / n. / froʊ'niːsɪs / froh-*nee*-siss. Practical wisdom; discernment; wisdom and knowledge in determining ends and the means of attaining them.

Pietas. Latin / n. / 'pi.e.taːs / pe-eh-tass. Familial affection; loyalty, patriotism; piety.

Pihentagyú. Hungarian / adj. / pi:hɛn.tæʒ.juː / pee-hen-tazj-yoo. With a relaxed brain; being quick-witted and sharp; can sometimes be used pejoratively (implying insufficient deployment of mental resources/attention).

Pittiarniq. Inuit / n. / pɪt.iɑːni:k / pih-tee-ah-neek. Loving-kindness; being kind and good.

Pius. Latin / adj. / 'pi.əs / pe-oos. Conscientious, upright, faithful, patriotic/dutiful, respectful, righteous.

Plámás. Gaelic (Irish) / n., v. / 'plɔːmɔːs / *plaw*-mawse. Flattery, ingratiation, sweet-nothings; can have the implication of being hollow or insincere.

Pneúma (πνεῦμα). Greek / n. / pnéu.ma / pnyoo-mah. Wind; breath; spirit.

Pneumatikós (πνευματικῶς). Greek / adj. / pnɛβ.ma.ti'kos / pnev-mah-tee-kose. Spiritual; pertaining to the spirit; being with/of the spirit of God.

Pochemuchka (почемушка). Russian / n. / pə.tʃɪ'mu.tʃkə / puh-chee-mooh-chuh. Someone (often a child) who asks a lot of questions.

Poiēsis (ποίησις). Greek / n. / poí.ɛː.sis / poy-ee-sis. Productive and creative disciplines.

Poldermodel. Dutch / n. / 'pɔl.dər.mɔ.dɛl / pol-duh-moh-del. From polder (a piece of land); consensus-based decision making. As a verb (polderen): to solve problems using dialogue.

Pole. Swahili / int. / pɔ.leɪ / poh-lay. Sorry; can also express empathy and understanding.

Polis (πόλις). Greek / n. / pó.lis / *poh*-liss. City-state; a body of citizens.

Politeia (πολιτεία) (Greek, n.): the ways and reasons of a people to live together; the whole order of social and political relationships in a polis.

Poprawiny. Polish / n. / pɔ.pɔɾ.viːnɛ / po-pra-vee-neh. A party/reception held the day after a wedding (usually in the morning).

Poseidôn (Ποσειδῶν). Greek / pronoun / po.see.dɔ́ɔn / por-seh-dorn. In Greek mythology, God of the ocean (and also earthquakes, storms, horses); known as Neptune in Roman mythology.

Poshlost (пóшлость). Russian / n. / 'pʌʃ.ləst / *puhsh*-luhst. Triviality, banality; philistinism; something devoid of meaning or beauty; the 'falsely' meaningful or beautiful; a misguided belief that happiness can be found in phenomena that are not conducive to it (e.g., consumerism).

; philistinism;

Poteo. Basque / n. / pə'tei.əʊ / puh-tay-oh. To tour a street's bars in the evening drinking potes (small measures of wine or beer).

Potlatch. Chinook / n. / pɒt.lætʃ / pot-lach. Lit. to give, or gift; a ceremonial feast in which possessions are given away (e.g., to enhance one's prestige).

Pragma (πράγμα). Greek / n. / 'prax.ma / prag-mah. A deed, action, or 'thing done'; used to denote rational, 'sensible' love.

Prāṇā (प्राण). Sanskrit/Pāli / n. / pra:na: / prah-nah. Air, breath; spirit; 'life force/energy'.

Prāṇāyāma (प्राणायाम). Sanskrit / n. / pra:na:j:na / prah-nah-yah-muh. Control, regulation of the breath (or energy or 'life force').

Prajña/paññā (प्रज्ञ). Sanskrit/Pāli / prān.ja: / prun-yah. Wisdom and experiential insight.

Pratés (πράτης). Greek / n. / pra:'t.eis / prah-oh-tace. Gentleness, mildness, meekness, kindness.

Pratītya-samutpāda / paṭicca-samuppāda (प्रतीत्यसमुत्पाद). Sanskrit/Pāli / n. / pra'ti:t.ja sa.mot'pa:.da / prah-teet-yah sa-muut-pah-dah. Dependent origination; the law of conditionality.

Pratyahara (प्रत्याहार). Sanskrit / n. / prāt.ja.ha.ra / prut-yuh-huh-ruh. Withdrawal of the senses (from external stimuli); internalisation of consciousness/awareness (e.g., to focus on an internal reflection of God).

Pravda (правда). Russian (and other Slavic languages) / n. / 'pra:v.da / prarv-duh. Truth and justice.

Praxis (πράξις). Greek / n. / prā:kʰ.sis / prakh-sis. Deed/action; the process by which a theory, lesson, or skill is enacted, embodied, or realised.

Pretogjes. Dutch / n. / pret'o:x.ji:s / pret-oh-yeess. Lit. 'fun eyes'; the twinkling eyes of someone engaging in benign mischief or fun.

Proairesis (προαίρεσις). Greek / n. / prəθ'ei:sis / pro-air-ee-sis. Lit. before (pro) choice (haireisis); desiring reason, or 'easening desire; the ability to choose/decide.

Profanus. Latin / adj. / prɔ'fa:nos / proh-far-noos. Lit. before (pro), i.e., outside, the temple (fanus); secular, non-religious; origin of 'profane.'

Prostor (простор). Russian / n. / 'prost.sto:r / proh-storr. Spaciousness, freedom, absence of constraint.

Prōtōgonos (Πρωτογόνος). Greek / n. / pro'to.ɣo.nos / pror-tor-khor-nors. Lit. first-born; in Greek mythology, the first 'generation' of deities.

Psalmós (ψαλμός). Greek / n. / sæl'mos / sal-moss. Scripture set to music (particularly a harp); sacred music; later, scripture (not necessarily musical).

Pulchritudo. Latin / n. / pul.kʰri'tu:do / pool-kree-too-doh. Corporeal beauty and moral excellence.

Pundonor. Spanish / n. / pun.do.no: / pun-doh-nor. Point of honour; adherence to a code of honour; dignity; self-respect.

Purim (פּוּרִים). Hebrew / n. / 'pʊərim / poor-rim. An annual celebration in Judaism (commemorating the saving of the Jewish people from a figure named Haman).

Q

Qanglaagix. Aleut / n. / kæn.gla:ghɪx / kan-glah-ghikh / *aka* Tulukaruq (Yup'ik). The Raven, mythological figure of the Inuit, Aleut and Yupik peoples; not a creator deity per se, but a figure who guides the people and shapes their world (although can also feature in stories as a 'trickster' figure).

Qarrtsiluni. Inuit, Iñupiaq / v. / kɛ:rʒ.sɪ.lu:nɪ / kartz-sih-loo-nih. Sitting together in the darkness, perhaps expectantly (e.g., waiting for something to happen or to 'burst forth'); the strange quiet before a momentous event.

Qì (氣). Chinese / n. / tɕʰi: / chee. Lit. air, breath; 'life force/energy'.

Qì chāng (氣場). Chinese / n. / tɕʰi: tʃæŋ / chee chang. Energy field (e.g., between/surrounding multiple people).

Qì gōng (氣功). Chinese / n. / tɕʰi: gɒŋ / chee-gong. Lit. 'qì/breath work'; a practice of developing mastery over body and mind; cultivating *qi* as a way to improve health, and as a way of self-defence.

Qì zhì (氣質). Chinese / n. / tɕʰi: tʃʒʌ / chee jrr. Quality of character, disposition, style, charm, attractiveness, magnetism.

Quadratura. Italian / n. / kwad.ra'tu.ra / kwod-rah-*toor*-ah. Lit. squaring, balancing; an illusionist form of visual art, involving painting architectural details onto flat surfaces (ceilings, walls) to create the impression of three-dimensional space.

Querencia. Spanish / n. / kɛ'ɹɛnsɪə / keh-*ren*-sia. A place where one feels secure, from which one draws strength.

Qué será será. Spanish / int. / ke se'ra se'ra / keh seh-*rah* seh-*rah*. Lit. 'what will be will be'; acceptance of (or resignation to) fate.

Te quiero. Spanish / v. / te'kje.ro / teh-kyeh-roh. Lit. 'I want you'; perhaps between I like you and I love you, implying tender affection.

Quotīdīānus. Latin / adj. / kʷo.ti:di'a:nəs / kwo-tee-dee-ah-nus. Occurring daily; mundane, ordinary; rendered in English (via French) as quotidian.

Qur'ān (قرآن). Arabic / n. / kɔ:|ɑ:n / korr-ahn / *aka* Koran. Lit. recitation; the sacred scripture of Islam.

R

Raaskia. Finnish / v. / 'rɑ:skia / rah-skee-ah. To have the heart, courage to do something.

Ragnarök. Icelandic / n. / 'jæg.nə.ɹɔk / rag-nuh-rok. Lit. fate, judgement (rök) of the Gods (Ragna); 'twilight of the Gods'; a pivotal event in Norse mythology, involving the fall of many Gods, followed by existential renewal (of life, the Earth, and some Gods).

Rasa (रस). Sanskrit / n. / rʌ.sə / ruh-suh. Lit. 'juice' or 'essence'; the emotional theme of an artwork, and/or the feeling evoked in the audience.

Ramé. Balinese / n. / ɹa:'meɪ / rah-may. A lively and/or boisterous social occasion; an event that is both chaotic and joyful.

Ṛddhi/iddhi (ऋद्धि). Sanskrit/Pāli / n. / rɪd. dʰɪ / rid-dhih. Lit. success, accomplishment, increase; used in Buddhism to denote extraordinary (e.g., 'psychic') powers.

Recherché. French / adj. / ʀ(ə)ʃɛʀʃe / suh-sheer-shay. Rare, exotic, unusual; not understood or appreciated by many people.

Að redda. Icelandic / v. / a:ð 'red:a / arth red-dah. To save someone or fix something in a time sensitive manner.

Reiki (霊気). Japanese / n. / ɹe:'ki: / ray-kee. Lit. soul, spirit, miraculous, divine (rei) life-force (ki, aka qi); a system of alternative medicine usually credited to Mikao Usui (circa 1922) involving the 'laying' of hands on the body (to direct the flow of ki).

Rén (仁). Chinese / n. / ɹen / ren. Humanity, benevolence; the positive feeling enjoyed by a virtuous person through altruistic behaviour.

Ren (rn). Egyptian / n. / rən / rn. Name (given at birth); person believed to live as long as that name was spoken; one of five parts of the soul in Egyptian thought.

Renaissance. French / n. / ʀ(ə).nɛ.sɑ̃s / ruh-nay-sohs. Lit. rebirth or revival; a period of European history, usually dated between the 14th and 17th centuries, driven by the rediscovery of Classical works, and associated with great humanistic art and philosophy.

Riposo. Italian / n. / ri'pɔso/ rre-poor-soh. Rest, repose; a nap; cf. siesta.

Resfeber. Swedish / n. / ri:s'fi:bɛr / reess-fee-burr. Travel fever/bug; the feeling of excitement and nervousness experienced by a traveller before undertaking a journey.

Retrouvailles. French / n. / ʀə.tʁu.vaj / ruh-trroo-vy. Lit. 'rediscovery'; a reunion (e.g., with loved ones after a long time apart).

Rococo. French / n., adj. / 'ʀɔkɔko / rroh-koh-koh. Adapted from *rocaille*, meaning shell-work or pebble-work; whimsical and/or elaboratively decorative forms of art.

Ṛta (ऋत). Sanskrit / n. / rə.tə / rh-t. Order, rule; truth; that which is properly or excellently joined; the principle of natural order which regulates and coordinates the operation of the universe.

Rūpa (रूप). Sanskrit/Pāli / n. / ru:pə / roo-puh. Matter, body, material form; in Buddhism, the first *skandha* (i.e., the material body).

Ryvok (Рывок). Russian / n. / ri:vɔ:k / rree-vork. A final dash or acceleration; a fast movement or change (that is often associated with progress, but can also tear/disrupt things).

S

Sabi (寂). Japanese / n. / sɑ:bɪ / sa-be. Lonely, desolate, aged beauty.

Sabsung. Thai / n. / sɑ:b.su:ŋ / saab-soong. A feeling of revitalisation through something that livens up or gives meaning to one's life; something that brightens one's day.

Sacer. Latin / adj. / 'sa:tʃer / sar-cher. Sacred, holy, hallowed, consecrated; something 'set apart' (which did not necessarily have to be benign); origin of term 'sacred.'

Sacrare. Latin / v. / sæk.ra:r / sak-rar. From verb sacrō; to consecrate, anoint, dedicate, make holy, make sacred.

Sadaqah (صدقة). Arabic / n. / s'a.da.qa / suh-duh-kuh. Lit. justice, righteousness; generosity/charity (mandated by justice); required righteous giving.

Sadae (사대). Korean / v. / sɑ:deɪ / sar-day. Dealing with, or serving, the great and/or powerful; can be used in relation to diplomacy (e.g., in relationships between nations).

Sādhana (साधना). Sanskrit / n. / sɑ:dʌ.nʌ / sar-duh-nuh. Lit. realization, or 'means of accomplishing something'; exertion towards a spiritual goal; advanced meditation practices.

Sādhu (साधु). Sanskrit / n. / sɑ:du: / sah-doo. Lit. a good man; a holy person; a religious ascetic, renunciant; a monk.

Śakti/satti (शक्ति). Sanskrit/Pāli / n. / ʃək.ti: / shuk-tee / aka shakti, sakthi. Lit. power or empowerment (to be able to, have the power to); primordial cosmic energy, identified and harnessed by various spiritual traditions.

Salām (سلام). Arabic / n. / sa'la:m / sah-lahm. Peace, harmony, wholeness, prosperity, welfare and tranquillity; used also as a greeting/parting salutation.

As-salāmu 'alaykum (السَّلَامُ عَلَيْكُمْ). Arabic / inj. / as:a'la:mu ʕa'lajkum / ah-sah-lah-mu kha-lay-koom. Lit. peace be upon you; a standard form of greeting.

Salon. French / n. / salɔ̃ / sall-ohh. Lit. lounge or sitting room; cultural events or groupings, usually devoted to literature and art, and often run by a female host.

Samādhi (समाधि). Sanskrit/Pāli / n. / sʌ'mɑ:.dʰɪ / suh-mah-dee. Lit. getting hold of (dha) integration/togetherness (sam); acquisition of integration, wholeness, truth; intense concentration/absorption; one-pointedness / unification in meditation.

Sama (سَمَاع). Arabic / n. / 'sa.ma / sah-mah. Lit. listening; devout contemplation; worship, particularly in the Sufi tradition (often involving music, singing, and dance).

Samar (سمر). Arabic / v. / 'sa.mar / *sah-mahrr*. To sit together in conversation at sunset/ in the evening.

Śamatha/samatha (शमथ). Sanskrit/Pāli / n. / ʃa.mə.θa / *shuh-muh-thuh*. Lit. pacification, rest, slowing/calming down; one-pointed meditation (e.g., as a means to calming the mind).

Śambhalaḥ (शम्भल). Sanskrit / n. / ʃa.m.bə.la / *shum-buh-luh* / *aka* Shambhala. A mythical kingdom and various spiritual traditions (e.g., Hinduism, Buddhism); a spiritual utopia; a pure land.

Sambo. Swedish / n. / səm.buː / *sam-boo*. An unmarried couple that live together.

Samṅha / saṅgha (संघ). Sanskrit/Pāli / n. / 'saŋ.ɡa / *sung-huh*. Lit. assembly; a Buddhist religious/spiritual community.

Samjñā/sañña (संज्ञा). Sanskrit/Pāli / n. / sɔ̃.ɡɲaː / *suh-gnyah*. Perception, cognition.

Samkalpa/sankappa (संकल्प). Sanskrit/Pāli / n. / sũ.kə.lə / *suhm.kul.puh*. Resolve, determination; purpose, intention (as per *saṃkalpa-vāc*, of the Noble Eightfold Path).

Samprajanya/sampajañña (संप्रज्ञा). Sanskrit/Pāli / n. / sa.m.pɾa.dʒa.ja / *sum-pruh-jun-yuh*. Clear comprehension; mindfulness imbued with a sense of spiritual progress.

Samṣāra (संसार). Sanskrit/Pāli / n. / ,sæm'saː.rə / *sam-sah-ruh*. Lit. 'wandering' or 'world'; cyclic, circuitous change; a theory of rebirth; the nature of 'mundane' (conventional) existence.

Samṣkāra (संस्कार). Sanskrit/Pāli / n. / sɔ̃.skəːrə / *suh-skar-uh*. Mental volitional formations, karmic imprints, 'conditioned things'.

Samtoṣa/santosa (संतोष). Sanskrit/Pāli / n. / sũ.təʋ.ʃa / *suhm-toe-shuh*. Complete/entire (saṃ) contentment/satisfaction (toṣa).

Samudaya (समुदाय). Sanskrit/Pāli / n. / sa.mʊ'daɪ.ja / *suh-moo-dye-uh*. Origin, cause; the second noble truth (that *duḥkha* has a cause, i.e., craving).

Samyak/sammā (सम्यक्). Sanskrit/Pāli / n., adj. / sa.m.ja / *sum-yuk*. Right, correct, best.

Saper vivere. Italian / n. / sə'peə.rə viːveə.rə / *sah-pare-eh vee-vare-eh*. The ability to handle people and situations with charm, diplomacy and verve; cf. savior faire (French).

Sarang (사랑). Korean / n. / sə'raŋ / *sah-rung*. Strong love.

Satchitananda (सच्चितानन्द). Sanskrit / n. / sa.tʃɪd̪.a.nə.n.də / *sut-chidt-ah-nun-de*. Truth, existence (sat), consciousness (cit), and happiness, bliss (ananda); perception of the ultimate, unchanging reality (and the liberation that arises as a result).

Satori (悟り). Japanese / n. / sɑːtəʋ.riː / *sar-toh-ree*. Understanding, comprehension; awakening, enlightenment.

Sattva (सत्त्व). Sanskrit / n. / 'sʌt.vʌ / sut-vuh. Goodness, purity, balance, wholeness; one of three qualities of nature in Vedanta; can also refer (e.g., in Buddhism) to a sentient being.

Satya/sacca (सत्य). Sanskrit/Pāli / n. / sʌt.jʌ / sut-yuh. Truth; truthfulness (in speech, thought, and action); refraining from falsehoods or distortions.

Satya Yuga (सत्य युग). Sanskrit / n. / sʌt.jʌ ju:gʌ / sut-yuh yoo-guh / aka Sat Yuga, Krta Yuga, Krita Yuga. The age/era (Yuga) of truth (satya), thought to have lasted 1,728,000 years; the first of four eras in Hinduism; the golden age, the moral and spiritual highpoint of the ongoing cycle of Yugas.

Saudade. Portuguese / n. / sew'ðãði / sow-dhadh. Melancholic longing, nostalgia, dreaming wistfulness.

Saudosismo. Portuguese / n. / saw.do'ziz.mu / sow-doo-ziz-moo. A movement that promulgated saudade as a national spiritual value that could have transformative power.

Saudosista. Portuguese / n. / saw.do'ziz.tə / sow-doo-ziz-tuh. Someone given to nostalgia; a follower of Saudosismo.

Savoir-être. French / n. / sav.war.etr / sav-wah-et-ruh. Lit. knowing how to be; knowing how to be and carry oneself; 'soft' or interpersonal skills.

Savoir-faire. French / n. / sav.war.fær / sav-wah-fare. Lit. knowing how to do; the ability to behave in a correct and confident way in different situations.

Savoir-vivre. French / n. / sav.war.viv.r / sav-wah-veev-ruh. Lit' knowing how to live (particularly in an elegant or refined way); being familiar with norms and customs.

Sawol. English (old) / n. / 'sa:wol / sah-wol. Soul; immortal principle; possibly from the Proto-Germanic *saiwala* (potentially meaning 'of the sea').

Sayang (سايق). Malay, Indonesian, Tagalog / n., v., int. / sa.jaŋ / sah-yang. Love (not necessarily romantic); tender affection; also, if used as an interjection, can express regret or pity (e.g., in relation to loss, longing, or unrealised desire).

Schnapsidee. German / n. / ʃnaps i'de: / shnaps-ee-day. Lit. liquor idea; a daft or ridiculous plan (thought up usually, though not necessarily, while drunk); generally used pejoratively.

Schulbildend. German / adj. / ju:l.bɪl.dənt / shoo-bill-dnt. Inspiring or leading to the creation of schools of thought.

Schwärmerei. German / n. / ʃvɛr.mə'rai / shver-mer-ay. Excessive or extreme enthusiasm or sentimentality.

Schwellenangst. German / n. / 'ʃvɛl.ə.ŋst / shvell-uhn-ungst. Fear, anxiety relating to crossing a threshold (literally or metaphorically).

Sébmōi (σέβομαι). Greek / v. / 'seb.ɔm.ai: / seb-ohm-aaee. To revere, to honour, to be in awe of.

Sehnsucht: German / n. / 'zeɪn.zuːxt / zeen-zukht. Life longings, intense desire for alternative paths and states; lit. an 'addiction' (Sucht) to longing/pining (Sehn).

Seijaku (静寂). Japanese / n. / ,seɪ'dʒɛ.kə / say-ja-ku. Quiet (sei) tranquillity (jaku); silence, calm, serenity (especially in the midst of activity or chaos).

Selcouth. English (old) / adj. / 'sɛl.kuːθ / sell-kooth. Rare, strange, marvellous, wondrous.

Selah (סֶלָה). Hebrew / n. / siːləː / see-lah. A pause for reflection; a musical interlude (e.g., in a psalm).

Semaphorism. English (new) / n. / sɛm'æ.fə.rɪz.əm / sem-ah-fur-ism. An enigmatic, conversational hint that you have something personal to say on a subject; coined by John Koenig.

Seny. Catalan / n. / seɪŋ / sayng. A blend of common sense and wisdom; a practical and even-keeled judiciousness; insight, awareness, and integrity.

Sephirot/ṣəphîrôṭ (סְפִירוֹת). Hebrew / n. / 'sɛfɪrɒθ/ she-feer-ohth. Emanations; in the Kabbalah tradition, the ten attributes/emanations through which Ein Sof manifests 'him/itself' in/as the universe.

Serdeczność. Polish / n. / sɜː'dɛʃ.nɜː / ser-dech-ny. Cordiality, warmheartedness, directness, and sincerity. Serdeczny as an adj.

Sfumato. Italian / v., adj. / sfu'ma.to / sfoo-mah-toh. Derived from fumo (to smoke); to soften, or shade into; to taper, or fade out; as adj. – vague, blurred, mellow; a painting technique in which colours are subtly shaded into one another.

Shabbat (שַׁבָּת). Hebrew / n. / ʃə'ba:t / shuh-bart / aka šabbāt, Sabbath. From the verb *shavat*, meaning to rest or cease; a day each week kept aside for rest, abstinence, and/or worship in various religious traditions.

Shalom (שָׁלוֹם). Hebrew / n. / ʃɔː'ləʊm / shor-lome. Peace, harmony, wholeness, prosperity, welfare and tranquillity; used also as a greeting/parting salutation.

Shān shuǐ (山水). Chinese / n. / ʃæ:n ju.ɛɪ / shan shoo-ay. Lit. mountain-water; a style of Chinese painting that focuses on natural landscapes and phenomena.

Shaucha (शौच). Sanskrit / n. / sʰaʊ.ʈʃɐ / shao-chuh. Purity, cleanliness and clearness; purity of mind, speech and body; one of the five niyamas in Hinduism.

Shemomechama (შემომეძამა). Georgian / v. / ʃɛ.mɔ.mɛdʒɑ:mə / sheh-moh-meh-djah-muh. To eat past the point of satiety (e.g., due to enjoyment of the food).

Shěnměi píláo (审美疲劳). Chinese / n. / ʃɛn.meɪ piːlɑʊ / shen-may pee-lao. Aesthetically fatigued; exposure to so much beauty that one ceases to appreciate it.

Sheut (šwt). Egyptian / n. / ʃwɛt / shwet. Shadow, silhouette; the ever-present shadow of death; one of five parts of the soul in Egyptian thought.

Shibumi (渋味). Japanese / n. / ʃi:bu:mi: / shee-boo-mee. Simple, subtle, unobtrusive and effortless beauty.

Shinrin-yoku (森林浴). Japanese / n. / ʃɪn.ri:. jɒk.ə / shin-ree-yok-uh. Lit. 'bathing' in the forest (literally and/or metaphorically); appreciating the restorative/rejuvenating power of nature.

Shiv'ah (שבועה). Hebrew / n. / ʃi'vʌʰ / shee-vuh. Lit. seven; the week-long period of mourning prescribed in Judaism.

Shizen (自然). Japanese / n. / ʃi:zɛ̃n / shee-zun. Naturalness, absence of pretence, contrivance, or premeditation (e.g., in art).

Shù (恕). Chinese / n., v. / ʃu: / shoo. Forgiveness (to forgive as verb); mercy; reciprocity.

Siddhārtha/siddhattha (सिद्धार्थ). Sanskrit/Pāli / n. / sɪd.dɑ:r.θʌ / sid-dar-thuh. Derived from siddha (achievement) and arth (meaning, purpose); one who has successfully achieved an aim or object.

Siesta. Spanish / n. / si'ɛstə / see-est-a. A short nap, usually taken in the early afternoon.

Ṣifr (صفر). Arabic / n. / sɪfr / sif-rr. Void; empty place; zero, cypher; possibly adaptation of Sanskrit Sūnya; origin of 'zero' in English.

Siga siga (Σιγά σιγά). Greek / adv. / si'ɣa si'ɣa / see-yah see-yah. Slowly, slowly (i.e., being unhurried).

Śīla/sīla (शील). Sanskrit/Pāli / n. / ʃi:.lʌ / shee-luh. Morality, ethics, virtue; custom, practice; conduct, disposition, nature, tendency.

Simpatía. Spanish / n. / sim.pa'ti:æ / sim-pah-tee-ah. Accord and harmony within relationships and/or society.

Sirimiri. Basque / n. / si.ri.'mi.ri / sih-ree-mih-ree. A very light mist of rain (that is often long-lasting).

Sirva vigad. Hungarian / v. / ʃi:rvo vigod / sheer-va vig-od. Lit. crying, weeping (sirva), rejoicing, merrymaking (vigad); taking one's pleasures tearfully; a melancholic intermingling of joy and sorrow.

Sisu. Finnish / n. / 'si.su / si-su. Extraordinary determination/courage, especially in the face of adversity.

Sitzfleisch. German / n. / 'zɪtsflaɪʃ / zitz-flysh. Lit 'sitting flesh'; the ability or willingness to persevere through tasks that are hard or boring.

Sjövættir. Old Norse / n. / 'sjø.vet.teə / shyoor-veh-teear. Sea spirits, wights, sprites (in Norse mythology).

Skandha(s)/ khanda(s) (स्कन्ध). Sanskrit/Pāli / n. / 'skʌn.dʌs / skun-duss. Aggregate(s) / heap(s) / grouping(s); used to describe the groupings of five 'elements' that constitutes the human being.

Smṛti/sati (स्मृति). Sanskrit/Pāli / n. / smṛi'ti: / smrih-tee. Lit. 'recollection' or 'remembrance'; mindfulness/awareness of the present moment.

Smultronställe. Swedish / n. / smʊl.trɒn'stel.ɛ / smool-tron-stel-eh. Lit. a 'forest berry patch'; a quiet, cultivated place to which one goes to retreat or relax.

Snillisme. Norwegian / n. / 'snɪl.iz.mə / snill-iz-muh. Lit. 'kind-ism'; a philosophy/approach of being kind to people; often used in a critical way (implying that someone is *too* kind/generous).

Sobornost (Соборность). Russian / n. / se'bor.nəst / sah-bohr-nust. Lit. to gather, to be united; spiritual harmony based on collective love; the principle of spiritual unity and religious community.

Sobremesa. Spanish / n. / so.bre'me.sa / soh-brreh-may-sah. Lit. over/on/above table; sitting around the table after eating; when the food has finished but the conversation is still flowing.

Sobytie (Событие). Russian / n. / sɒ.bi'tɪ'je / soh-bweet-ee-yee-ah. Lit. co-being, being bound together; event; when many different processes of being converge to create an event.

Socha. English (new) / n. / səʊ.hɑː / soe-khah. The hidden vulnerability of others; the illusion of others' invulnerability arising from their distance from ourselves; coined by John Koenig.

Soirée. French / n. / swa.re / swah-rray. A relatively cultured evening party, often centred around music or conversation

Sólarfrí. Icelandic / n. / səʊ.lɑːfriː / soh-lah-free. Lit. sun holiday, i.e., when workers are granted unexpected time off to enjoy a particularly sunny/warm day.

Soler. Spanish / v. / səʊ'leər / soh-lair. To usually do; to be in the habit of doing something.

Solivagant. Latin / n., adj. / səʊ'livəɡənt / so-liv-a-gnt. Noun: A lone wanderer. Adjective: characterised by lone wandering.

Sollen. German / v. / 'zɔlən / zo-len. To be supposed to; to ought to.

Sonder. English (new) / n. / 'sɒndə / son-duh. Possibly from the French verb sonder (to probe) and/or the German adjective Sonder (special); the realization that everyone has a life as vivid and complex as your own, which proceed despite one's own lack of awareness of these); coined by John Koenig.

Sophiā (σοφία). Greek / n. / so'fi.a / soh-fee-ya. Wisdom.

Sophrosyne (σωφροσύνη). Greek / n. / sɔː.pʰro'sý.ne / sor-phro-sy-neh. Excellence of character and soundness of mind; leads to other beneficial qualities, such as moderation and self-control.

Sprachgefühl. German / n. / 'ʃpraːxɡə'fʏːl / sprark-geh-fuul. Lit. 'language feeling'; an intuitive sense of what is linguistically appropriate; the character of a language.

Sprezzatura. Italian / n. / ,sprɪt.sə't(j)ʊə.rə / spritz-uh-toor-uh. Nonchalance; art and effort are concealed beneath a studied carelessness.

Śrīvatsa (श्रीवत्स). Sanskrit / n. / ʃriːvʌt.sʌ / shree-vut-suh. Lit. beloved of Śrī (the goddess); name for the symbol of the eternal or endless knot; representing teachings such as the interconnected nature of existence.

Startijenn. Breton / n. / sta:t.i'ʒɛn / start-ih-zjen. A kickstart/boost of energy; also denotes perseverance.

Stehaufmännchen. German / n. / 'ʃte:|auf'mɛn.çən / shteh-orf-men-khen. Lit. tumbler, a roly-poly toy; used for someone who always bounces back.

Stimmung. German / n. / 'ʃtɪ.mʊŋ / shtee-moong. Mood, feeling; atmosphere; harmonisation, imbrication.

Strikhedonia. English (new) / n. / strɪk.hɛ'dəʊ.ni:ə / strik-he-doh-nee-uh. Lit. 'strike out pleasure' (i.e., striking out in a new direction); the joy of not caring, of saying 'to hell with it'.

Stoá (στοά). Greek / n. / sto.ǎ: / stor-ah. Lit. portico or porch; the basis for the philosophical school of Stoicism.

Storgē (στοργή). Greek / n. / stor'ɣə / store-geh. Filial love; care and affection (e.g., between family members).

Sturmfrei. German / adj. / ʃtʊrm.frai / shturm-frriy. Lit. 'storm-free'; unassailable; having a free house; the freedom of being alone, without being watched by someone (e.g., a parent), to do as one pleases.

Stushevatsya (стышеваться). Russian / v. / stu:ʃə.vɑ:tsjɐ / stoo-shu-varst-yuh. To leave quietly; to drop gently out of view, or out of existence; to fade into the background; to become less important; coined by Fyodor Dostoevsky.

Suaimhneas croí. Gaelic (Irish) / n. / sɪv.ni:æs kr'i / siv-nyass kree. Lit. happy, peaceful relaxed (Suaimhneas) heart, core (croí); happiness, contentment (e.g., in relation to finishing a task).

Substantia. Latin / n. / sʊp'stan.ti.ə / soop-stan-tee-ah. Essence, substance; material, contents; self-subsistence (i.e., an entity or phenomenon that depends upon nothing else for its existence); something that stands under or grounds things.

Sud'ba (судьба). Russian / n. / su:d.bɑ / suud-bah. Fate, destiny, fortune.

Sukha (सुख). Sanskrit/Pāli / n. / sʊ'kʰə / suh-kuh. Pleasure; ease; satisfactoriness (the antonym of dukkha).

Sukhāvātī (सुखावती). Sanskrit / n. / su:kɑ:vɐ.ti: / soo-kar-vuh-tee. Lit. Land of pure bliss or happiness; a celestial 'Pure Land' in certain schools of Buddhism.

Summetría (συμμετρία). Greek / n. / ,sɪ.mə'tri:ə / sih-muh-tree-uh. The agreement between the parts and the whole; proportionality and symmetry.

Sumud (صمود). Arabic / n. / sə'mu:d / suh-mood. Steadfastness; perseverance; a determined struggle to persist.

Sunao (素直). Japanese / adj. / su:nɑ.əʊ / soo-nah-oh. Meek, docile and submissive (in a positive, deferential way); authentic, and honest with oneself.

Sūnyatā/suññatā (शून्यता). Sanskrit/Pāli / n. / ʃʊn.jʌ'tɑː / shoon-yuh-tah. Emptiness; boundlessness; boundarylessness; the idea that phenomena come into being dependent upon conditions.

Superego. Latin (new) / pronoun / 'sʊ.pər 'ɛ.ɡo / su-per eh-go. Lit over/above-I; used by Freud's translator to represent the German *Über-Ich*, which in Freud's theory was the term given to internalised societal norms/values.

Surāmeraya-majja pamādatṭhānā (सुरा-मेरय-मज्ज पमादट्ठाना). Sanskrit/Pāli / n. / sʊ'raː.meɪ.rʌ.jʌ mʌ.ɖʒʌː pʌ.mɑː.dʌt.hɑː.nɑː / soo-rah-may-ruh-yuh muh-juh puh-mah-dut-hah-nuh. Intoxicating and/or unmindful states related to alcohol or drugs (i.e., refraining from which is the fifth of the five precepts in Buddhism).

Sūtra/sutta (सुट्टा). Sanskrit/Pāli / n. / 'su trə / soo-truh. Lit. thread, string; teaching, rule, aphorism.

Svādhyāya (स्वाध्याय). Sanskrit / n. / swɑːdʱjɑːjʌ / swah-dhyar-yuh. Lit. 'self-study' or 'one's own reading'; introspection; study of the self, and of religious teachings; one of the five niyama in Hinduism.

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Taarradhin (تراضي). Arabic / n. / 'tæh.ræh.diːn / takh-rah-deen. A 'win-win'; a positive agreement, solution, compromise.

Ta'ârof (تعارف). Persian / n. / tʰɑː'roʃ / thar-rof. Politeness, social intelligence (e.g., in relation to receiving/offering hospitality/gifts).

Tabanca. Creole (Trinidad and Tobago) / n. / tæ.bæ.kæ / tah-bah-kah. Love-sickness (e.g., after being left by a person you're in love with).

Tai (太). Chinese / n. / tai / ty. Great, greatest, supreme, ultimate.

Tàí jí [Tai chi] (太極). Chinese / n. / tai tʃiː / ty-chee. Lit. supreme/ultimate force/energy; a form of martial art involving slow, deliberative movements.

Taizé. French / n. / 'tɛ.zeɪ / teh-zay. Contemplative Christian worship practiced by the ecumenical Taizé community in France (characterised by music and/or singing, interspersed with readings, prayers, and silence).

Talanoa. Fijian / v. / təlɑːnoːə / tuh-luh-nor-uh. To tell stories; to chat or gossip (in ways that can serve as a 'social adhesive').

Talkoot. Finnish / n. / 'tal.koːt / tahl-koort / aka talko (Swedish). A collectively pursued or undertaken task; voluntary community work.

Tantra/tanta (तन्त्र). Sanskrit/Pāli / n. / 'tʌn.trə / tun-truh. Lit. weave or loom; any systematic teaching, method or practice; more recently, used to denote sexual-spiritual practices.

Tao (道). Chinese / n. / tʰɑʊ / t/d-ao. All-powerful and pervasive power, path or way; the unfolding dynamic process of reality itself.

Tapas (तपस). Sanskrit / n. / 'tʌ.pʌs / tuh-puhs. Lit. heat, blaze, pain, suffering (from root 'tap'); intensive meditation, perseverance, austerity/asceticism; one of five niyamas in Hinduism.

Tarab (طرب). Arabic / n. / 'tɑːrəb / tah-rrb. Musically-induced ecstasy or enchantment.

Tarbiya (تربية). Arabic / n. / tɑːbiːjə / tar-bee-yuh. Education; development; training; can refer to on-going moral and spiritual development.

Tarjeta. Finnish / v. / tɑːr'jet.ə / tarr-yet-uh. To be able to withstand the cold (and function effectively).

Tarruru. Ngarluma / n. / tɑːrʊə.ru / tah-roor-ruh. Evening glow; dying down; peace of mind.

Taşawwuf (التصوف). Arabic / n. / tʌ'saʊf / tuh-souwʃ. Lit. one who wears wool; Arabic name for a mystical, esoteric branch of Islam.

Tathāgata-garbha (तथागत गर्भ). Sanskrit/Pāli / tʌt'hɑːgʌ.tʌ gɑːrb.hɑ / tuh-tar-guh-tuh garr-bha. Lit. 'one who has thus gone'; Buddha nature.

Tat Tvam Asi (तत्त्वमसि). Sanskrit / phrase / tʌt.twʌm.æsiː / tut-twum-ahsee. Lit. thou are that; a central expression of *Ādvaita* philosophy, articulating the oneness of *ātman* and *Brahman*.

Te (德). Chinese / n. / tɜː / ter / aka dé. Virtue; morality; integrity; inner power.

Techne (τέχνη). Greek / n. / 'tɛk'hɛː / tekʰ-nee. Craftsmanship; practical expertise.

Tempus fugit. Latin / phrase / 'tɛm.pəs 'fuːdʒɪt / tem-puss foo-jit. Time flies, flees, escapes.

Terroir. French / n. / tɛrwaʁ / tayr-wahr. Lit. earth or soil; the natural ecosystem/environment in which a product is grown, and the qualities imbued within the product as a result.

Tertulia. Spanish / n. / tɛr'tulja / terr-tool-ya. A social gathering or conversation, usually with literary or artistic overtones.

Theōria (θεωρία). Greek / n. / θe.o'ri.a / thee-oh-ree-yah. Contemplative, theoretical, and/or abstract reflection.

Theosophiā (θεοσοφία). Greek / n. / θeɪ.ɒ.sə'fi.a / thay-oss-oh-fee-ah. Lit. God (theós) wisdom (sophiā); divine wisdom; knowledge concerning the divine.

Petta reddast. Icelandic / phrase / 'θæ.tæ 'rɛtːast / tha-ta-reh-dst. 'It will all work out ok' (used especially when things don't look optimistic!).

Thukdham (ཐུགས་དམ་). Tibetan / n. / tʰʊk.dʰʌm / tuk-dhum / aka tukdam. A Tibetan Buddhist Tantric practice, in which advanced meditators are purportedly able, post-death, to meditatively prevent or stall dissolution and decay of their body.

Thumos/thymos (θυμός). Greek / n. / θy'mos / thoo-moss. Spiritedness; carries connotations of flesh and blood; also refers to the human desire for recognition.

Tiān mìng (天命). Chinese / n. / ti:æn mɪŋ / tee-an ming. Lit. heaven decree; mandate of heaven; the bestowal upon a leader of a mandate to govern/rule (granted by the heavens, i.e., the cosmos).

Tīeow (เที่ยว). Thai / v. / ti:əw / tee-ow. To wander or roam around in a carefree way.

Tiferet (תפארת). Hebrew / n. / tif'ʔeθ / tif *air*-eth. Beauty; balance; the sixth sephiroth in the Kabbalah tradition, integrating *Hésed* and *Gevurah*.

Titânes (Τιτᾶνες). Greek / n. / ti.tan:əs / tih-tah-ness. Titans; in Greek mythology, the second generation of deities.

Tithadesh (תתחדש). Hebrew / int. / tit.xa'deʃ / tit-kha-desh. Lit. 'get new'; salutation given to someone who has acquired a new possession or positive change in circumstances.

Tizita (ትዝታ). Amharic / n. / ti.zi:tə / tih-zee-tuh. A bittersweet remembrance and longing for a time, person, thing gone by.

Tjotjog. Javanese / v. / tʃəʊ.tʃəʊg / choh-chog. 'To fit', accord and harmony within relationships and/or society.

Tjuvsmaka. Swedish / v. / ʧʉ:v. smɔ:kɛʰ / shoov-smor-keh / *aka* Tyvsmake (Norwegian). Lit. sneak, thief (Tjuv) taste (Smaka); to taste or eat small pieces of food (e.g., when cooking); cherry-picking the best morsels (rather than to improve the meal).

Tonglen (ཐོག་ལོན་). Tibetan / n. / ton.ɣen / tong-len. Lit. giving and taking, or sending and receiving; a meditation practice, involving 'breathing in' the suffering of others, transmuting it in one's heart, and 'breathing out' love, happiness, compassion, joy to them.

Torschlusspanik. German / n. / 'tɔ:ʃ.lu:s.pæ.nɪk / *torsh*-looss-panik. Lit. 'gate-closing panic'; the worry/fear about diminishing life opportunities as one gets older; also refers to people acting hastily generally when time is running out.

Toska (тоска). Russian / n. / tɐ'ska: / tuh-skah. Longing (often, though not limited to, one's homeland; can also include other times, people, and places), with nostalgia and wistfulness.

Touché. French / v. / tu.ʃe / too-shay. Lit. to touch (past part.), used to acknowledge a hit in fencing; acknowledgement of a good point being made (e.g., by an interlocutor in an argument).

Treppenwitz. German / n. / 'trɛ.pən.vɪts / *treh*-pn-vitz. Lit. staircase wit (a calque of *L'esprit de l'escalier*); a witty rejoinder that comes to mind just *after* an interaction.

Treta Yuga (त्रेता युग). Sanskrit / n. / treɪ.tɐ.ju:ɡɐ / tray-tuh yoo-guh. The age/era (Yuga) of 'three things' (treta), namely avatars of Vishnu, thought to have lasted 1,296,000 years; the second of four eras in Hinduism; diminishing power and spirituality of humankind (from the high point of the Satya Yuga).

Tripti (तृप्ति). Sanskrit / n. / tɾɪp.tɪ / trip-tih. Complete satisfaction (e.g., of sensual pleasures).

Trompe-l'œil. French / n. / trɔ̃p lœj / trohp loy. Lit. deceives the eye; visual illusion in art (especially regarding tricking the eye into perceiving three dimensions).

Trouvaille. French / n. / tʁu.vaj / tkhroo-vay. A lucky find; something good/valuable discovered by chance.

Trygghet. Swedish / n. / tru:g.hiz:t / trroog-he-ert. Security, safety, confidence, certainty, trust.

Tsavd danem. Armenian / int. / tsæv danem / tsav dah-nem. Lit. 'let me take away your pain'; used in various ways to position the speaker as interested in / caring about the other.

Tuko pamoja. Swahili / n. / tu:kə pæ'məʊ.ɔ̌jə / too-kuh pah-moh-jah. Lit. 'one place'; 'we are together', community togetherness.

Tulukaruk. Yup'ik / pronoun. / tu:lu:kə:ru:k / too-loo-kah-rook / aka Qanglaagix (Aleut). The Raven, mythological figure of the Inuit, Aleut and Yupik peoples; not a creator deity per se, but a figure who guides the people and shapes their world (although can also feature in stories as a 'trickster' figure).

Turangawaewae. Māori / n. / tə,ɾɒŋgə'waɪwaɪ / tur-ranga-why-why. Lit. a place to stand; a place where we feel rooted, empowered, and connected.

Tyvsmake. v. / ɕɐ:v. smɔ:kɛʰ / shoov-smor-keh / aka Tjuvsmaka (Swedish). Lit. sneak, thief (Tyv) taste (Smake); to taste or eat small pieces of food (e.g., when cooking); cherry-picking the best morsels (rather than to improve the meal).

Tzedaka (צדקה). Hebrew / n. / s'ə.ðə:'qɑ: / su-tha-khaa. Lit. justice, righteousness; generosity/charity (mandated by justice); required righteous giving.

Tzniut (צניעות). Hebrew / n. / tsni:u:t / tsnee-oot. Modesty, privacy, humility (e.g., in dress, speech and behaviour).

U

Ubuntu. Zulu (& Xhosa) / n. / ʊ'bu:ntʊ / uu-boon-tuu. Being kind to others on account of one's common humanity.

Uitwaaien. Dutch / v. / 'əʊt.vai.ɛn / oat-vye-en. Lit out-windy; to walk in the wind; to go out into nature (perhaps to clear one's head).

Ukiyo (浮世). Japanese / n. / ʊk.i:jəʊ / ook-ee-oh. Lit floating/drifted world; appraising the ephemerality of the world; living within transient moments of fleeting beauty.

Uffda. Norwegian / int. / u:f.ta / oof-tah / aka oofta, huffda. An expression covering a range of feelings, including surprise, astonishment, weariness, dismay, and relief.

Umami (うま味). Japanese / n. / u:mɑ:mi / oo-mah-mee. A rich, pleasant, savoury taste.

Umay. Tagalog / n. / ə.meɪ / uh-may. To become weary or tired with something through overuse or satiety.

Unbewusste. German / adj., n. / ʊn.bə'vʊst / oon-buh-voost. Unconscious; used as a noun in psychoanalytic theory (Das Unbewusste) to denote aspects of mind not accessible to conscious inspection.

Uitbuiken. Dutch / v. / 'əʊt.bɜːɣən / oat-ber-ghen. Lit. 'outbellying'; to relax satiated between courses or after a meal.

Upaniṣads (उपनिषद्). Sanskrit / n. / ʊ'pə.ɳɪ.ʃəd / oo-puh-nee-shuud. Lit. 'sitting down near'; the foundational texts of what is now referred to as Hinduism; the concluding sections of the four *Védas*.

Upekṣā/upekḥā (उपेक्षा). Sanskrit/Pāli / n. / u.pek'h'saː / oo-pek-sah. Equanimity, detachment; calmness, balance.

Utakata (泡沫). Japanese / n. / uːtɑːkɑːtɑː / oo-tah-kah-tah. Lit. bubbles, foam; ephemerality, transiency.

Utepils. Norwegian / n. / 'uːtəˌpɪlz / oo-tuh-pilz. Lit. outdoor lager; a beer that is enjoyed outside (especially in the sunshine).

Utu (उतु). Sanskrit/Pāli / n. / ʊtʊ / uu-tuu. Seasons (as per *utu-niyāma*, i.e., the 'law of the seasons,' namely the regularity of environmental phenomena).

Utsura-ustura (うつらうつら). Japanese (Gitaigo) / v. / uːt.sjʊə.rə uːt.sjʊə.rə / oot-soor-ah oot-soor-ah. To drift between sleep and wakefulness.

V

Vāc/vācā (वाच). Sanskrit/Pāli / n. / wɑːk / vwahk. Speech, voice (as per *samyak-vāc*, of the Noble Eightfold Path).

Vættir. Old Norse / n. / vɛt.teə / veh-teear. Nature spirits, wights, sprites (in Norse mythology).

Vajrayāna (वज्रयान). Sanskrit / n. / ˌvɹ.ɖʒrə'jɑːnə / vid-jruh-yah-nuh. Lit. diamond or thunderbolt (vajra) path or way (yāna); an esoteric branch of Buddhism, involving advanced teachings and practices (often referred to as Tantric).

Vatnavættir. Old Norse / n. / vaht.nə.vɛt.teə / vaht-nuh-veh-teear. Water spirits, wights, sprites (in Norse mythology); guardians of the specific waters

Véda (वेद). Sanskrit / n. / 'wei.də / vway-duh. Lit. knowledge, wisdom; the *Védas* are the name of the foundational texts of what is now referred to as Hinduism.

Vedanā (वेदना). Sanskrit/Pāli / n. / vei.dʌ.nɑː / vey-duh-nar. Feeling tone; fundamental valence of a sensory object (pleasant, unpleasant, or neutral).

Versenkung. German / n. / fɛr'sɛn.kʊŋ / ferr-sen-koong. Lit. lowering, sinking; contemplation, meditation; complete immersion in an activity; total focus upon the task in hand.

Vertumnus. Latin / p. / vɜːˈtʌm.nəs / ver-tum-nuss. Roman God of change and the seasons (and of gardens and orchards); shapeshifter; from the verb *vertere* meaning to turn or change.

Vidunder. Swedish / n. / viːˈduːdə / vee-doon-duh. Miracle; prodigy; monster; an impressive or threatening entity which inspires awe.

Vijñāna/viññāṇa (विज्ञान). Sanskrit/Pāli / n. / vɪg.njɑːnə / vig-yah-nuh. Consciousness, mind, discernment.

Víðsýni. Icelandic / n, adj. / ˈviθ.siːni / veeth-see-nee. A panoramic view; open-mindedness.

Vinyāsa (विन्यास). Sanskrit/Pāli / n. / vɪnˈjɑːsə / vin-yah-suh. Lit. to place (*nyāsa*) in a special way (*vi*); a form of yoga, centring on dynamic movement between *āsanas*.

Vipāka (विपाक). Sanskrit/Pāli / n. / wɪˈpɑː. kʌ / vwih-pah-kuh. Ripening; the result, ripening or maturation of karma.

Vipaśyanā/vipassanā (विपश्यना). Sanskrit/Pāli / n. / vɪ.pʌʃ.jʌ.nɑː / vih-push-yuh-nah. Insight; clear-seeing; seeing ‘into’; cultivating awareness (e.g., into the nature of reality).

Viriditas. Latin / n. / vɪəˈrɪd.ɪt.əs / veer-id-it-ahss. Lit. greenness; viridity; vitality, fecundity; coined by Hildegard Von Bingen to describe the sacred healing power of nature.

Virtus. Latin / n. / ˈwir.tuːs / weer-toos. Valour, manliness, excellence, courage, character, and worth.

Vīrya/viriya (वीर्य). Sanskrit/Pāli / n. / wiːr.jʌ / vweer-yuh. Energy, diligence, enthusiasm, effort.

Volta (βόλτα). Greek / n. / ˈvolto / voll-tah. A leisurely stroll/turn/walk in the streets.

Vorfreude. German / n. / ˈfoːʁfʁɔɪ̯.də / for-fhroy-duh / aka voorpret (Dutch). Intense, joyful anticipation derived from imagining future pleasures.

Vozdukh (Воздух). Russian / n. / ˈvɔz.dux / voorz-dukh. Lit. ‘the stack of spirits’; air, breath; to take the spirit inside (when breathing in), to take the spirit outside (when breathing out).

Vorführeffekt. German / n. / ˈfoːˈfʏːɛ.fekt / for-fyer-ef-ekt. Demonstration effects; the impact of being observed upon people’s behaviour (the observed and/or the observer); often implying that something that was possible or easier when unobserved becomes more difficult when observed.

Vybafnout. Czech / v. / vɪˈbæf.naʊt / vih-baf-nowt. To jump out and surprise someone by saying ‘boo’.

Vyāyāma/vāyāma (व्यायाम). Sanskrit/Pāli / n. / wjɑː.jɑː.mʌ / vyah-yah-ma. Effort, exercise, training (as per *vyāyāma-vāc*, of the Noble Eightfold Path).

W

Wabi (侘) Japanese / n. / wɑːbɪ / wa-be. Imperfect, rustic, remote, weathered beauty.

Wabi-sabi (侘寂): Japanese / n. / wɑːbɪ sɑːbɪ / wa-be sa-be. Imperfect and aged beauty; the aesthetics of impermanence and imperfection; a 'dark, desolate sublimity'.

Wahnfried. German / n. / 'vɑːn.friːd / *varn-frreed*. Peace, freedom (Friede) from illusion, delusion, madness (Wahn).

Wai-wai (ワイワイ). Japanese (Gitaigo) / n. / wɑɪ.wɑɪ / wa-iy wa-iy. The sound of children playing.

Waldeinsamkeit. German / n. / valt'ain.za:m.kait / valt-ayn-sam-kite. Lit. forest solitude; the strange feeling of solitude or loneliness when alone in the woods.

Wanderlust. German n. / 'væn.dɛ'lʊst / *van-deh-loost*. Lit. desire (Lust) to hike (Wander). A longing/desire/predilection for travel and adventure.

Weemoed. Dutch / n. / vei.mu:t / *vay-moot*. Lit. sadness, woe (wee) courage, daring, mood (moed); soft mood; light melancholy; having the strength to overcome a feeling of sorrow (e.g., arising in relation to nostalgia).

Weinseelig. German / adj. / vain.ze:li:g / *viyn-zee-leeg*. Lit. wine (Wein) soulfulness or feeling (Seelig); merriment brought on by intoxication through drinking wine.

Weltschmerz. German / n. / 'velt.ʃmeəts / *velt-shmerts*. World-weariness, world-hurt; causeless melancholy; existential sadness (e.g., relating to despair at the state of the world).

Weltanschauung. German / n. / 'veltænʃaʊŋ / *vell-tan-shao-ung*. Lit. world (Welt) view (Anschauung); an overarching/all-encompassing worldview or philosophy of life.

Whakakoako. Māori / v. / wæ.kæ.kɔɑ.kɔɑ / wah-kah-koah-koah. To cheer up.

Wiki. Hawaiian / v., adj. / wi:ki / wee-kee. To hasten, speed up, be swift, be speedy (as verb); quick, fast (as adjective); adapted into English by Ward Cunningham to denote a website that allows anyone to add, change or delete content via their web browser.

Willkür. German / n. / 'vilky:ə / *vill-kuah*. Following/obeying the will; choosing to obey oneself; arbitrariness, capriciousness.

Wissenschaft. German / n. / 'vɪsn.ʃaft / *viss-en-shaaft*. The systematic pursuit of knowledge, learning, and scholarship; science.

Wohlweh. German / n. / vo:l.ve: / *vool-vey*. Lit. well-pain; pain that is pleasurable (e.g., massaging aching muscles).

Woke. English (new) / n., adj. / woʊk / woke. Social, political awareness; actively aware of systematic prejudice and injustice; prominence attributed to Erykah Badu.

Wú (無). Chinese / n. / wu: / woo. Negative, void, nothingness, non-being; can imply 'neither yes nor no'.

Wú jí (無極). Chinese / n. / wu: tɕʰi: / woo chjee. Lit. without highest point, utmost point, ridgepole; ultimate, boundless, limitless; the primordial universe; original nature.

Wú wéi (無爲). Chinese / n. / wu: wei / woo way. Lit. non-action or non-doing; natural, spontaneous, effortless action; aligning with the Tao.

Würfeln. German / v. / 'vʏr.fl / ver-ferl. To cast/throw dice.

X

Xenia (ξενία). Greek / n. / x.sen.ía / kh-sen-ia. Guest-friendship; the importance of offering hospitality and respect to strangers.

Xiào (孝). Chinese / n. / ɕi.aʊ / shee-aow. Filial piety; family reverence.

Xibipíio. Pirahã / n. / ɪ.pi: 'biəʊ / ih-bih-pee-oh. Experiencing liminality; a phenomenon on the boundaries of perception or experience; going in and out of existence or range.

Xìng fú (幸福). Chinese / n. / ɕɪŋ. fʊ: / shing-fuu. Fortunate (xìng) blessing (fú); contentment; deep happiness; blessedness.

Xīn (心). Chinese / n. / ɕɪn / shin. Heart and mind (and even spirit) combined.

Xìn (信). Chinese / n. / ɕɪn / shin. Truth/truthfulness; sincerity; trust/trustworthiness.

Xīn kǔ (辛苦). Chinese / n. / ɕɪn. ku: / shin-koo. Appreciation and recognition for others and their efforts.

Xíng qì (行氣). Chinese / v. / ɕɪŋ tɕʰi: / sing chee. Volitionally (e.g., mentally) circulating or directing qì.

Xiū liàn (修煉). Chinese / n. / ɕi.u li.en / see-oo lee-en. Spiritual training; self-cultivation; practising asceticism or austerities.

Y

Yama (यम). Sanskrit / n. / jʌ.mʌ / yuh-muh. Lit. 'death' (or the God of Death); self-restraint/control; a set of proscriptions within Hinduism for right living.

Yesod (יסוד). Hebrew / n. / jɪs.sɒd / yiss-sod. Foundation; the ninth sephirot in the Kabbalah tradition, denoting the actual creation of the manifest world.

Yhvh (יהוה). Hebrew / n. / jɛ.həʊ.væ / yeh-hoh-vah. The Hebrew name of God (usually held to be unpronounceable, and/or too sacred to be uttered).

Yì (義). Chinese / n. / ji: / ee. Duty; justice; a moral disposition towards goodness.

Yilugnta (ደህንነት). Amharic / n. / jɪ.lɒnj.tə / yih-lun-ytuh. A feeling of obligation to consider and defer to the opinion of others (in a positive way).

Yīn yáng (陰陽). Chinese / n. / 'ji:n'jɒŋ / yin-yung. Cloud/cloudy (Yīn), sun/sunlit (Yang); holistic duality; dialectical (co-dependent) opposites.

Yoga (योग). Sanskrit / v., n. / jəʊ.gə / yoh-guh. Lit. to yoke / add / join / unite / attach (from root yuj); a psychophysical system of spiritual training and development.

Yuán bèi (圓備). Chinese / n. / juən.bei / yoo-en-bey. Preparation completed; being reunited; full recovery, especially of the physical body; a sense of complete accomplishment.

Yuán fèn (緣分). Chinese / n. / juən'fən / yoo-en-fen. A relationship ordained by fate/destiny; natural affinity or chemistry.

Yūgen (幽玄). Japanese / n. / 'ju:. gən / yoo-gn. Obscurity, cloudy impenetrability, unknowability, mystery.

Z

Załatwić. Polish / v. / zæ'læt.vi:tʃ / zalat-veech. To deal with / take care of things, to sort things out, to get a job done.

Zanshin (残心). Japanese / n. / zān.ʃɪn / zan-shin. Lit. 'remaining/enduring heart-mind'; a state of relaxed mental alertness (especially in the face of danger or stress).

Zeitgeist. German / n. / tsait.gaist / ziyt.giyst. The definition spirit / mood of the age.

Zen (禪). Japanese / n. / zēn / zun. The Japanese adaptation of *dhyāna/jhāna* (concentrated attention; absorption; intense contemplation of the nature of the object of meditation).

Zeus (Ζεύς). pronoun / zε.us / zeh-oos. In Greek mythology, sky or thunder God (also of law, order, justice); king of the Olympian Gods; known as Jupiter in Roman mythology.

Zhi (智). Chinese / n. / tʃʰɿ / jrr. Wisdom, perspicacity, knowledge.

Zielschmerz. English (new) / n. / tsi:l.fɜːmɜːts / tseel.shmairts. Based on the German roots Ziel (goal, destination) and Schmerz (pain, woe); the exhilarating dread of finally pursuing a lifelong dream; coined by John Koenig.

Zugunruhe. German / n. / tsu:k.u:n.ru:ə / tsook-oon-roo-uh. Migration, move (Zug) agitation, anxiety, restlessness (Unruhe); anxious behavior in migratory animals.

Zwischenraum. German / n. / 'tsvi:.fɪn.raum / zvish-en-raum. An open or empty space in or between things.