

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

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

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

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

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

Aficionado. Spanish / n. / əfɪsjə'na:dəʊ / 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).

Afrodíti (Αφροδίτη). Greek / pronoun / a.fro.di.ti: / 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'ga:pi: / ag-ah'-pee. Selfless, unconditional, devotional love.

Agon (ἄγών). Greek / n. / a.gón / 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. / ʌ:.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'hɪmsa: / uh-him-sah. Non-harm, love.

Aidos (Αἰδώς). Greek / n. / ai.dō:s / ay-doose. A feeling of shame that prevents people doing wrong; a sense of humility that tempers self-aggrandisement.

Aiki (合気). Japanese / n. / ʌ.i:ki: / 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. / ε'on / ee-on. A lifespan; an allotment of time; an age or era; eternity.

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

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

Akrásia (ακρασία). Greek / n. / æ.kræ'si.a / 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).

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

Alethéia (ἀλήθεια). Greek / n. / ˌælɪ'θi.a / ah-lay-thee-ah. Truth, disclosure, 'unclosedness', 'unconcealedness'.

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

Ambedo. English (new) / n. / æm'bi:dəʊ / 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.

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.pr / a-moor-prrop-ruh. Lit. 'self-love'; self-esteem that is contingent on others' judgement.

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

Ananke (ἀνάγκη). n. / ə'næŋ.ki / uh-nang-kee. Necessity, compulsion, inevitability, fate.

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

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

Anitya/anicca (अनित्य). Sanskrit/Pāli / n. / æ'ni:t.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.si:ə / 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 (อ่อน). 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.ɛr.it.if / ah-per-ree-teef. A drink taken before dinner (and the social occasion involving this).

Aphaíresis (ἀφαίρεσις). Greek / n. / ɛfə'ri:sɪs / 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/Pali / n, adj. / æp.ræ.ɱɑ:ɳə / ap-ra-mah-na. Immeasurable, boundless.

Arcigola. Italian / n. / ,art.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:.baɪdʂˈs,ɡlɪ / 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. / aʁ.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).

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. / ætə'ʌæk.siə / atta-*rak*-sia. Robust and lucid tranquillity; peace of mind; calmness.

Ātman/attā (आत्मन्). Sanskrit/Pāli / n. / 'ɑ:tmən / 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. / 'aʊf.ˌhe:bm / 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 / əʊm: / aohmm. A sacred syllable/mantra associated with various traditions; the 'cosmic sound' encapsulating all teachings; the beginning (alpha) and end (omega) of all things.

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

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

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

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

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. / ˈbʌ.rʌ.kʌ / buh-ruh-kuh. Spiritual energy; 'sanctifying power'.

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.

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.ɕjiao.ɕji / 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. / bæˈruːf / 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. / bæˈʃaulɪç / beh-shao-lish. Quiet, pensive; living a simple life; pleasantly contemplative, unhurried in a fashion that inspires mental well-being.

Bhakti/bhatti (भक्ति). Sanskrit/Pali / n. / bʰʌhk.tiː / 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 (भावना). Sanskrit/Pali / n. / bʰhaː.wnaː / bh-hav-nah. Application, development, cultivation, practice, meditation.

Bīja (बीज). Sanskrit/Pali / n. / biː.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 .ʁoˌmaːn / *bill*-doongs *roe*-mahn. A coming-of-age story; a narrative of education/formation.

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

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

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'anzə / *b-nan*-za. A boon/benefit (that is often unexpected); prosperity.

Bon vivant. French / n. / bɔ̃.vivɑ̃ / *bon vih*-voh. Someone who enjoys and appreciates the good life.

Borrel. Dutch / n. / bɔːrəl / *bohr*-uhl. Party, revelry; reception, meeting; get-together.

Botellón. Spanish / n. / bɔ.ter'jɔnː / *boh*-tay-*yon*. Lit. 'big bottle'; people congregating in public spaces to socialize while drinking alcohol.

Brahma-charya (ब्रह्मचर्य). Sanskrit/Pāli / v. + n. / 'brɑːmə tʃɑːjɐ / *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. / 'brɑːmən / *brah*-man. All-powerful and pervasive power or deity that continually creates the universe.

Brahma-vihārās (चत्वारि ब्रह्मविहारा). Sanskrit/Pāli / n. / 'brɑːmə vɪ'hɑːrə / *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. / braːf / *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. / buːdəʊ / *boo*-doh. Lit. the art or way of war; martial arts.

Byt (быт). Russian / n. / bɪt / *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. / bɪt'ɪˈje / *bweet*-ee-*yee*-ah. Being; authentic existence; spiritual existence.

C

Cacharpaya. Spanish / n. / kætʃ.ɑːˈpaɪ.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.

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.

Celaje. Spanish / n. / seɪ.lɑːxeɪ / 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. / tʃɑːdɔʊ / chah-doh. The art or way of tea.

Chai pani (चाय पानी). Hindi, Urdu / n. / tʃaɪ ˈpaːni / chiya 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. / sɑːməʊˈlɪ.pi / sar-mo-lih-pee. Sweet or 'joy-making' sorrow; mourning joy; happiness and sadness intermingled.

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/Pali / n. / kʌtˈwɑːɹi ˈɑː.jæ.sætˈjɑːni / cat-wah-ree ah-ya-sat-yah-nee. Lit. 'truths of the noble ones'; the 'noble truths.'

Charis (χαρις). Greek / n. / ˈkʰɑː.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. / kjarosˈkuro / kyar-oss-kour-oh. Contrasts of light and dark/shade (usually pertaining to art).

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

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

Chrysalism. English (new) / n. / ˈkrɪs.əl.ɪsm / 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 *hutspâ* (חֲצִפָּה), meaning insolence, cheek, audacity. Nerve, effrontery, guts; sometimes used pejoratively.

Citta (चित्त). Sanskrit/Pāli / n. / tʃɪ.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).

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'pa:dreɪ / *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.

Convivencia. Spanish / n. / kã.vɪ'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 / n. / kræk / *crack*. Fun, revelry, good times; 'what's going on'.

Curglaff. 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. / kʊtʃ / *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. / 'kɪnɪ.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

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

Daggfrisk. Swedish / n., adj. / də: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.

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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. / dɑː.nə / *dah-nuh*. Generosity, charity.

Dān tián (丹田). Chinese / n. / dæn.tiːən / *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. / 'daːzain / *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.suːzəʊ.kuː / *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.

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

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

Débrouillard. French / adj., n. / de.brɥ.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 deɑ̃ʃe / *suh de-hon-shay*. To sway or wiggle one's hips (e.g., while dancing).

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

Dēmētēr (Δημήτηρ). Greek / pronoun / dɪ'miːtər / *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 (*dêmos*).

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. / ,di.zẽj̃.ɐf̃.'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.

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

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

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

Dhvani (ध्वनि). Sanskrit / n. / d̪ʰ.vɐ.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. / ,gn̪'jaː.næ / gn-*yaa*-na. Concentrated attention; absorption; intense contemplation of the nature of the object of meditation.

Dietrologia. Italian / n. / 'dʒe.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.fer.ãs / dih-fer-ahs. Difference and deferral of meaning; coined by Derrida in relation to his philosophy of deconstruction.

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

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

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

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

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

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

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

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

Dugnad. Norwegian / n. / duːg.nɑːd / doog-nard. A collectively pursued/undertaken task; voluntary community work.

Duḥkha/dukkha (दुःख). Sanskrit/Pali / n. / dʊˈkʰə / d uh-kuh. Suffering or dissatisfaction.

Dunyā (دُنْيَا). Arabic / n. / dənˈjɑː / 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. / dʊˈʂa / doo-shah. One's inner heart and soul.

Dwaal. Afrikaans / n. / dwɑːl / dwahl. A dreamy, dazed, or absent-minded state.

E

Ein sof (אין סוף). Hebrew / n., adj. / ɛnˈsof / 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 / ˈɛ.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. / ékˈstaːsis / ek-stah-sis. The state of being or standing outside oneself; trance, displacement; ecstasy, rapture.

Eigenwillig. German / adj. / ˈaɪn.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. / ˈaɪ.ðo.lon / eye-dtho-lon. Image; representation; reflection; phantom; idol.

Eikón (εἰκών). Greek / n. / eːˈkɔːn / aye-kone. Likeness; image.

Einfühlung. German / n. / ain.fyːlʊŋ / 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. / ɛnˈsof / en-soff. Lit. unending or infinite; in the Kabbalah tradition, refers to God in 'His' pure, transcendent essence, prior to self-manifestation

Eleuthería (ἐλευθερία). Greek / n. / e.leu.tʰeˈriːa / el-yoo-theh-ree-ya. Freedom, liberty, licence.

Eleutheriôtēs (ἐλευθεριότης). Greek / n. / ɛˈljuːθəˌriˈo.teɪs / ell-ee-yoo-theh-ri-oh-tace. Generosity; being in a free condition.

Eleutheromania (ἐλευθερομανία). Greek / n. / ɛˈljuːθəˌrəʊ.ma.nía / ell-ee-yoo-theh-roh-mah-nee-ah. An intense, irrepressible desire for freedom.

Ella (aka cella, cilla). Yup'ik / n. / ɛl.læ / 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.ɔːˈhɪm / el-or-him. Gods (plural), deities, angels, sacred beings/messengers.

Empalagar. Spanish / v. / ɛm.pæ.læ.ɡɑː / 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.xen'ta:dəθ / *en-khen-tah-doh*. Lit. dazed or confused; used colloquially to describe being 'peopled out', to wish for solitude.

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

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

S'entendre. French / v. / sɑ̃.tɑ̃.dʁ / *soh-toh-drruh*. Lit. to hear one another or oneself; to agree; to understand; to get on.

Enthousiasmos (ἐνθουσιασμός). 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.

Επίκουρος (Επίκουρος). Greek / p. / ,ɛpi'kɔ:rəs / *eh-pee-koor-uhs*. Lit. ally, friend, comrade; Greek philosopher (341-270 BCE), as per Epicureanism.

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

Epistēmē (ἐπιστήμη). Greek / n. / ɛpi'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'laɪnɪs / *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.

Estağfurullah. 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:ɾeɪ / *ess-tren-ah-reh*. To use or wear something for the first time (and perhaps imbuing the wearer with a sense of confidence).

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

Eudaimonia (ευδαιμονία). Greek / n. / ju:də'moʊniə / 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:'noɪ.ə / yoo-noi-ya. Good / beautiful thinking; a well mind.

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

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

F

Fā qì (发气). Chinese / v. / fæ tʃʰiː / 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.nɑː / 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.

Fargin. Yiddish / n. / fa: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. / fɿŋ 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. / fɿŋ juːən / fung yoo-en. Charm; grace; elegant bearing.

Fernweh. German / n. / 'fɪz:n.veː / 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 (פִּירְגוּן). Hebrew / n. / 'fɪ.ɡu: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).

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

Forelsket. Norwegian / n. / fɔ'ɛls.ɡəð / for-elz-kut. The euphoric act/feeling of falling in love.

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.

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

Frisson. French / n. / frisɔ̃ / 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'kin.sei / foo-kin-say. Natural / spontaneous asymmetry or irregularity.

Fuubutsushi (風物詩). Japanese / n. / fu.bu.tsu.ʃi / 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 / kheh-a. Earth; the earth; in Greek mythology, the primordial Mother Earth.

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

Ganbaru (頑張る). Japanese / v. / gām'ba:ɾu^ɸ / 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'di:ri: / gau-*deer*-ee. To rejoice; to take joy in.

Gaupasa. Basque / n. / gaw'paʒa / 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'boʁŋhɛɪt / geh-*bor*-gen-hite. Feeling protected and safe from harm.

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

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

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 (גְּבוּרָה). Hebrew / n. / gə.vu:'ɾə / 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. / ʒəˈzɛl.əʃ / *khe-zell-ikh*: cosy, warm, intimate, enjoyable; often a shared experience (with close others).

Gigil. Tagalog / n. / ˈɡʰiː.ɡɪlː / *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.siːn.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. / ˈglaz.nɔst / *glaz-nost*. A process of engaging in open discussion, relationships and/or governance.

Gluggaveður. Icelandic / n. / ˈɡluː.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).

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

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

Gōng fu (功夫). Chinese / n. / ɡoŋ.fuː / *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.χɜː / *gong-hur*. Lit. work together; the basis for the anglicised term gung-ho.

Goraikou (御来光). Japanese / n. / ɡɔ̌ə.ɒɪ.ɪ.kɔ / *gor-aye-ee-cor*. Lit. sacred or honorable delivery of light; sunlight seen from a mountain top; the rising sun.

Gourmandise. French / v., n. / ɡurmɑ̃diz / *goor-mohn-deez*. Appreciation and/or consumption of good food and drink (as verb); appreciation or consumption of the same (as noun); possible connotations of greed or gluttony.

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

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. / ɡwɔn.çiː / *gwun-shee*. A build-up of relationships and good social karma.

Guò yīn (過癮). Chinese n./ kʷɔ̌.jiəŋ / kwor-yi-in. Satisfaction of a craving; a highly pleasurable and enjoyable experience.

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

Gümüş servi. Turkish / n. / gə.mu:ʃ seə.vi / 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. / 'ɣən.ən / khun-un. To think that someone deserves something (good); to feel happy for them getting it.

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

H

Habseligkeiten. German / n. / 'ha:pze:lɪçkəitn / 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 ʔ:ɔɪm / hakh-nash-at orh-khim. Welcoming or 'bringing in guests'; offering hospitality and respect to strangers.

Háidēs (Ἅιδης). Greek / pronoun, n. / ha:j.dɛ:s / 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. / hæn / han. Sorrow, resentment, regret, possibly with a sense of patiently waiting or hoping for amelioration.

Halāl (حلال). Arabic / n. / hə'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.

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).

Khavruta, Havruta, Chavruta (חברותא). Hebrew / n. / xav'ʁuta / 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.lɪg / *hi*-m-lig. Cosy, homely, secure.

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

Herz-klopft. German / n. / hɛrts. klɔpft / *hairts*-kloptf. Lit. 'heart-knock'; the thumping of the heart in anticipation of something good (or bad) happening.

Héséd/chéséd/khéséd (חֶסֶד). 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.

Hugfanginn. Icelandic / adj. / 'hu:.fʌŋ.gɪn / *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.

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.ˈtsuɑː.pɒk / ik-*tsua*-pok. Anticipation one feels when waiting for someone, and keeps checking if they're arriving.

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

Innig. German / adj., adv. / ˈɪn.ɪç / in-eehk. Heartfelt, tender; devoted, intimate; dear.

Inuuqatigiittiarniq. Inuktitut / n. / ɪnuːkæt.ɪg.iːt ɪɑːnɪk / 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. / iːluːŋ.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. / ɪnʃˈɑːlə / 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. / ˈɪslɑːm / iss-lahm. Many meanings, including surrender, peace; the religion of Muslims.

Iṣṭadevatā (इष्टदेवता). Sanskrit/Pāli / n. / ɪʃ.tʰɑː.deɪ.wɑː.tɑː / ish-tuh-day-wuh-tar. Reverence (*iṣṭa*) of divine beings (*devatā*); deity meditation.

Īśvarapraṇidhāna (ईश्वरप्रणिधान). Sanskrit / n. / ɪʃ.vʌ.rʌ.pɾʌn.jiː d̪ʰɑːnʌ / 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. / ˈjak.sɑː / yak-sah. To have energy, enthusiasm, and spirit (e.g., for a task).

Janteloven. Danish/Norwegian / n. / ˈjandə.luːʁən / 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. / xʌˈtɔː.ɾɑ / khuh-torr-ah. Genuine, nice, trustful, truthful, agreeable.

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

Jeito. Portuguese / n. / ˈʒejtu / 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. / dʒɪŋ.ʃu / 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.

Jugaad (जुगाड). Hindi / n. / dʒu:'ga:d / *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 estoteric spiritual tradition within Judaism.

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

Kairos (καιρός). 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.

Kalyāṇa-mitratā/mittatā (कल्याणमित्र), Sanskrit/Pali / n. / kæl'ja:nə mit.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'in.pə / *can-yin-in-puh*. Lit. 'to hold', connoting an intimate and active relationship between carer and caree.

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

Kāmesu micchācāra (कामेसुमिच्छाचारा). Sanskrit/Pāli / n. / kɑː.meɪ.sʊ mɪk.hɑːtʃɑːrɑ / *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. / 'kɑːmə / *kar-ma*. Lit. action, work, or deed; a theory/principle of causality, particularly with respect to ethical behaviour.

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

Karuṇā (करुणा). Sanskrit/Pāli / n. / kʌ.rʊˈɳɑː / ka-roo-nar. Empathy, compassion, identifying with the other's suffering.

Kashér (כָּשֶׁר). Hebrew / n. / kʌʃˈeə / kash-air. Proper, legal, permissible; in accordance with Jewish law (especially relating to food).

Kartería (Καρτερία). Greek / n. / kɑ.teˈrɪːə / 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.kɑːɹiː / kar-wah-kar-ree. Lit. river bright; the glow/gleam of the river at dusk (or in the darkness).

Kefi (κέφι). Greek / n. / ˈkeə.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. / kənˈɒp.siːə / 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. / kən.ʃəʊː / 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. / ˈkɛ.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. / ˈkʰɔː.rɒs / khor-ross. A place/locale (usually denoting the quality of the place – often somewhere that one feels affection towards).

Kikay. Tagalog / n. / ˈkiːkʌɪ / kee-kie. A flirtatious girl or woman.

Kilig. Tagalog / n. / kɪˈliːg / 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.

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

Koinonia (κοινωνία). Greek / n. / κοῖ-νό-νιον / *coy-non-ee-uh*. Fellowship, communion, joint participation, connection, intimacy.

Komorebi (木漏れ日). Japanese / n. / 木漏れ日 / *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. / kilig / *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. / 金継ぎ / *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. / 恋の予感 / *cor-ee-nor-yor-can*. Premonition or presentiment of love; the feeling on meeting someone that falling in love will be inevitable.

Koko (枯高). Japanese / n. / 枯高 / *ko-ko*. Combining 枯 (withered, decayed) and 高 (tall, high); weathered beauty; austere sublimity.

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

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

Kombinować. Polish / v. / kombinować / *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. / 木漏れ日 / *ko-mo-reh-bi*. Lit. wood is 'leaking' sunlight; dappled sunlight filtering through leaves.

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

Kose. Norwegian / n. / kose / *kor-sa*. Cosiness, warmth, intimacy. As adjective (*koselig*): cosy, snug, warm, intimate, enjoyable.

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.po'lit.is / koss-moh-poh-*lit*-iss. Citizen of the cosmos (world, universe).

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

Koyaanisqatsi. Hopi / n. / 'kɔɪ.ɑ:nɪs'kɑ:tsi: / 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'lə: / kwy-*ler*. Lit. fast/quick (kuài) cheer/joy (lè); pleasure/satisfaction; hedonic happiness.

Kuśala/Kusala (कुसल). Sanskrit/Pali / n., adj. / kɔ.ʃʌlʌ / 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:sot '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:.gɔm / 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 (लक्षणा). Sanskrit/Pali / n. / 'lɔk.ʃʊn.ə / look-shn-a. symptom, sign, quality, attribute; 'marks of conditioned existence'.

L'chaim (לחיים). 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. / ˌlɛddʒä'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.po / leh-poh. Charm, grace, wit, elegance, allure.

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

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

Lila (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:tʊər'gi:ə / lee-toor-gee-yuh. Lit. public service; a charitable act; the work of the people; worship.

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

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. / ɔt.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.stɪl / lookht-kuh-still. Lit. 'air castle'; illusion, dream.

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

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/Pali / n. / 'mʌdʰ.jʌ.mʌ 'mʌ:ɡʌ / mudh-yuh-muh mur-guh. The middle way/path.

Maadoittuminen. Finnish / v. / 'mɑ:doj.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. / mʌ.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 met̪'taː / mi-tree or met-*tar*. Loving-kindness; benevolence.

Majime (真面目). Japanese / adj. / mɑːd͡ʒ.mɛ / 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.θuː'meɪ.əʊ / mak-roth-oo-*mey*-oh. Patience, forbearance.

Malchut (מלכות). Hebrew / n. / mɔl.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 *fɛn*-ooa. T: the mana held by people who have demonstrated moral authority / guardianship over a piece of land / territory.

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.naː ki.tʌŋə / *ma-nah*-ki-tung-uh. Hospitality, kindness, generosity, support, respect, and care for others.

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

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

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

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

Mazal tov (מזל טוב). Hebrew / inj. / 'maːzəl tɔf / *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. / ,mɛg.ə.ləʊ'preɪ.pɪə / meh-gah-lo-*pray*-pia. Magnificence; dignity.

Megalopsychia (μεγαλοψυχία). Greek / n. / ,mɛg.ə.ləʊ'sɪ.kɪə / meh-gah-lo-*sy*-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. An object or symbol that reminds or warns you of death/mortality.

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

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

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

Merigiare. Italian / v. / mɛ.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. / mɛ.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 (without necessarily being silent).

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

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

Mishloach manot (משלוח מנות). Hebrew / n. / miʃ'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).

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

Mohamaatam. Telegum / 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/Pali / n. / 'mo:k.ʃə / 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.frɪsk / 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; notalgia.

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. / mʊ.dɪ'tʰɑ: / moo-de-tar. Sympathetic/vicarious happiness.

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).

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

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

N

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

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

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

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. / nʌ'mæsteɪ / 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.ɔ̌jɑi / nam-jiy. Lit. water from the heart; selfless generosity and kindness.

Natsukashii (懐かしい). Japanese / adj. / nɑːt.suːkaːjiː / naht-soo-kah-shee. Missed, precious, yearned for, 'dear old ...'.

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

Að nenna. Icelandic / v. / aːð 'nɛnːa / 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).

Netzach (נצח). Hebrew / n. / neɪ.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.rɔːŋ / 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/Pali / n. / nɪ.rəʊd.hə / ni-rode-huh. Cessation; the third noble truth (that *duḥkha* can be addressed by ceasing craving).

Nirvāṇa/nibbāna (निर्वाण). Sanskrit/Pali / 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/Pali / n. / nɪ'jɑ:.mɐ / nee-yah-muh. Lit. observances, positive duties; recommended habits/practices for right living.

Nja. Swedish / int. / nja: / 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.

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 (voũv). Greek / n. / nu:s / nooss. Mind, understanding, reason, intellect.

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

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 (নয়াকা). Bengali / adj. / naɪ.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 (οἰκειώσις). 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.

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.

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

Ondinonk. Iroquoian / n. / on.di:nu:nk / 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.

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

Orenda. Huron / n. / ɔ'ɛn.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. / ʔʃuʁ / oh-shuh. Joy; contented happiness.

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

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

Overskud. Danish / n. / 'ɔwes.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'ni:di / pek-nee-dee. Game/play; used to denote playful, 'game-playing' love.

Pāṇātipātā (पाणातिपाता). Sanskrit/Pāli / v. + n. / pa:na:ti.pa:ta: / 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.tʃʌʃi:'la:ni / pun-shuh shee-lah-ni. Five precepts (e.g., in Buddhism).

Państwo. Polish / n. / 'pap.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 (सम्युपस्थान). 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.

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.

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'ɫɔːtiə / fi-*law*-tia. Self-love (encompassing, in its benevolent forms, self-respect, self-compassion, etc.).

Philotimo (φιλótιμο). 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.ía / 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. / piːhɛn.tæɟ.ju / 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. / piːti.ɑːniːk / pih-tee-ah-neek. Loving-kindness; being kind and good.

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

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

Pneumatikós (πνευματικῶς). Greek / adj. / pneβ.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.dəl / 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.praːviːnɛ / po-pra-vee-neh. A small party/reception held the day after a wedding (usually in the morning).

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

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. / praː.naː / prah-nah. Air, breath; spirit; 'life force/energy'.

Prāṇāyāma (प्राणायाम). Sanskrit / n. / praː.naː.ja / prah-nah-yah-muh. Control, regulation of the breath (or energy or 'life force').

Prajña/paññā (प्रज्ञा). Sanskrit/Pāli / prān.jaː / prun-yah. Wisdom and experiential insight.

Praotés (πραότης). Greek / n. / praː'ɒt.ɛɪs / prah-oh-tace. Gentleness, mildness, meekness, kindness.

Pratītya-samutpāda / paṭicca-samuppāda (प्रतीत्यसमुत्पाद). Sanskrit/Pāli / n. / pra'tiːt.ja sa.mʊt'pɑː.da / prah-teet-yah sa-muut-pah-dah. Dependent origination; the law of conditionality.

Pratyahara (प्रत्याहार). Sanskrit / n. / prɑt.jʌ.hʌ.rʌ / 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. / 'prɑ:v.dʌ / prrɑrv-duh. Truth and justice.

Praxis (πρᾶξις). 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'εiɾi:s / pro-air-ee-sis. Lit. before (pro) choice (haireisis); desiring reason, or 'easoning desire; the ability to choose/decide.

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

Prōtógonos (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'mɒs / 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. / 'pʊərɪm / 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. / kʌ:rʒ.si.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. / tʃʰi: / chee. Lit. air, breath; 'life force/energy'.

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

Qì gōng (氣功). Chinese / n. / tʃʰi: gɔŋ / 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. / tʃʰi: tʃʰəɿ / chee jrr. Quality of character, disposition, style, charm, attractiveness, magnetism.

Querencia. Spanish / n. / kɛ'ɰɛnsɪə / 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.

R

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

Ragnarök. Icelandic / n. / 'ɹæg.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 Earst, 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. / ɹɑ:'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)ʃɛʁʃe / suh-sheer-shay. Rare, exotic, unusual; not understood or appreciated by many people.

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

Rén (仁). Chinese / n. / ɹɛn / 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.

Riposo. Italian / n. / ri'po:so/ rre-*poor*-soh. Rest, repose; a nap; cf. siesta.

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

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

Ṛta (ऋतं). 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.

Sacrare. Latin / v. / sæk.ra:r / sak-rar. Consecrate, anoint, dedicate, make holy, make sacred.

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

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

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

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

As-salāmu ʿalaykum (السَّلَامُ عَلَيْكُمْ). Arabic / inj. / as:aˈla:mu ʕaˈlajkum / 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. / sʌˈma:ɖʰɪ / 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. / ˈsa.ma / sah-mah. Lit. listening; devout contemplation; worship, particularly in the Sufi tradition (often involving music, singing, and dance).

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

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

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

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

Samjñā/sañña (संज्ञा). Sanskrit/Pāli / n. / sǝ.gnjʌː / suh-gnyah. Perception, cognition.

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

Samprajanya/sampajañña (संप्रज्ञा). Sanskrit/Pāli / n. / sʌm.pɾʌ.ɖʒʌ.jʌ / 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. / sǝ.skɑːrʌ / suh-skar-uh. Mental volitional formations, karmic imprints, 'conditioned things'.

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

Samudaya (समुदाय). Sanskrit/Pāli / n. / sʌ.mʊ'daɪ.jʌ / 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. / sʌm.jʌk / sum-yuk. Right, correct, best.

Saper vivere. Italian / n. / sæ'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. / sǝ'rʌŋ / sah-rung. Strong love.

Satchitananda (सच्चितानन्द). Sanskrit / n. / sʌt.tʃɪd.ʌ.nən.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. / sɑːtəʊ.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 Vedānta; 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.

Saudade. Portuguese / n. / səw'ðɑðɪ / 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.waʁ.ɛtʁ / 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.waʁ.fɛʁ / 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.waʁ.viv.ʁ / 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').

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.ʌŋst / shvell-uhn-ungst. Fear, anxiety relating to crossing a threshold (literally or metaphorically).

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

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

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

Selcouth. English (old) / adj. / 'sel.ku:θ / sell-kooth. Rare, strange, marvellous, wondrous.

Selah (סֶלָה). Hebrew / n. / si:lɑ: / 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.

Sephirot/səphîrôṭ (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.

Serdeczny. Polish / n. / sɜ:'dɛʧ.nɜ / ser-dech-ny. Cordiality, warmheartedness, directness, and sincerity.

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

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

Shemomechama (შემომეძამა). Georgian / v. / ʃɛ.mɒ.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 pi:ləʊ / 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. / ʃɪ'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/pali / 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. / sɪ'estə / see-est-a. A short nap, usually taken in the early afternoon.

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:.lə / 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. / 'si:ə.vɑ: vi.gɒd / seer-vah 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.

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.trɔn'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.ɪz.mə / snill-iz-muh. Lit. 'kind-ism'; a philosophy/approach of being kind to people.

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.ħɑ: / 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.ʁe / swah-rray. A relatively cultured evening party, often centred around music or conversation

Sólarfrí. Icelandic / n. / səʊ.lɑ:fri: / 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'livəgənt / 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. / sɔ:.pʰro'sý.nɛ / 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. / 'ʃpʁa:χgə'fʏ:l / 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.

Startijenn. Breton / n. / stɑ: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.

Suaimhneas croí. Gaelic / 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).

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

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

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. / sʊ'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.pɛr '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/Pali / 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.

T

Taarradhin (تراضي). Arabic / n. / 'tæh.ræh.diːn / takh-rah-deen. A 'win-win'; a positive agreement, solution, compromise.

Ta'ârof (تعارف). Farsi / n. / tʰɑː'roʃ / thar-rof. Politeness, social intelligence (e.g., in relation to receiving/offering hospitality/gifts).

Tai (太). Chinese / n. / tai / ty. Great, greatest, supreme, ultimate.

Tài jí [Tai chi] (太極). Chinese / n. / tai tɕʰiː / 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. / tələnɔːə / 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/pali / 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/Pali / 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*.

Techne (τέχνη). Greek / n. / 'tékhɲeː / tekʰ-nee. Craftsmanship; practical expertise.

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.

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་དྭམས་). 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.

Tîeow (เที่ยว). Thai / v. / tiːaʊ / tee-ow. To wander or roam around in a carefree way.

Tiferet (תפארת). Hebrew / n. / tif'ʔɛʌ.ɛθ / tif air-eth. Beauty; balance; the sixth sephiroth in the Kabbalah tradition, integrating *Hésed* and *Gevurah*.

Titânes (Τῑτᾱνες). Greek / n. / ti.tan:es / tih-tah-ness. Titans; in Greek mythology, the second generation of deities.

Tithadesh (תִּתְדֶשׁ). 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. / ʃv:smɔ:kɛ / 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).

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. / tɪ'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.

Tripti (तृप्ति). Sanskrit / n. / trip.tɪ / trip-tih. Complete satisfaction (e.g., of sensual pleasures).

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 danɛm / 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 pə'məʊ.dʒə / 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,rʌŋgə'wɔɪwɔɪ / tur-ranga-why-why. Lit. a place to stand; a place where we feel rooted, empowered, and connected.

Tyvsmake. v. / ʧʌ: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. / sʰə.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.

Umami (うま味). Japanese / n. / u:ma:mi: / oo-mah-mee. A rich, pleasant, savoury taste.

Uitbuiken. Dutch / v. / 'əʊt.bɜ:ʁən / oat-ber-ghen. Lit. 'outbellying'; to relax satiated between courses or after a meal.

Upaniṣads (उपनिषद्). Sanskrit / n. / ʊ'pə.ɳi.ʃəḍ / 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/Pali / n. / u.pekʰ'sa: / oo-pek-sah. Equanimity, detachment; calmness, balance.

Utepils. Norwegian / n. / 'u:tə.pɪlz / oo-tuh-pilz. Lit. outdoor larger; a beer that is enjoyed outside (especially in the sunshine).

Utu (उतु). Sanskrit/Pali / 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. / u:t.sjʊə.rə u:t.sjʊə.rə / oot-soor-ah oot-soor-ah. To drift between sleep and wakefulness.

V

Vāc/vācā (वाच). Sanskrit/Pāli / n. / wɑ:k / vwahk. Speech, voice (as per *samyak-vāc*, of the Noble Eightfold Path).

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.

Vidunder. Swedish / n. / vi:'du:də / vee-doon-duh. Miracle; prodigy; monster; an impressive or threatening entity which inspires awe.

Vijñāna/viññāṇa (विज्ञान). Sanskrit/Pāli / n. / viɡ.njɑ:nə / vig-yah-nuh. Consciousness, mind, discernment.

Víðsýni. Icelandic / n, adj. / 'viθ.si:ni / veeth-see-nee. A panoramic view; open-mindedness.

Vinyāsa (विन्यास). Sanskrit/Pāli / n. / vin'ja:sə / 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. / wi'pɑː.kʌ / vwih-pah-kuh. Ripening; the result, ripening or maturation of karma.

Vipaśyanā/vipassanā (विपश्यना). Sanskrit/Pāli / n. / vi.pʌʃ.jʌ.nɑː / vih-push-yuh-nah. Insight; clear-seeing; seeing 'into'; cultivating awareness (e.g., into the nature of reality).

Virtus. Latin / n. / 'wir.tu:s / weer-toos. Valour, manliness, excellence, courage, character, and worth.

Vīrya/viriya (वीर्य). Sanskrit/Pāli / n. / wi:r.jʌ / vweer-yuh. Energy, diligence, enthusiasm, effort.

Volta (βόλτα). Greek / n. / 'volto / voll-tah. A leisurely stroll/turn/walk in the streets.

Vorfreude. German / n. / 'fo:ʁʁɔɪ.də / for-fhroy-duh / aka voorpret (Dutch). Intense, joyful anticipation derived from imagining future pleasures.

Vozdukh (Воздух). Russian / n. / 'vɔz.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. / 'fo:'fy:ɛ.fekt / for-fyer-ef-ekt. Demonstration effects; the impact of being observed upon people's behaviour (the observed and/or the observer).

Vybfanout. Czech / v. / vi'bæf.naʊt / vih-baf-nowt. To jump out and surprise someone by saying 'boo'.

Vyāyāma/vāyāma (व्यायाम). Sanskrit/Pāli / n. / wja:ja:mʌ / vyah-yah-ma. Effort, exercise, training (as per *vyāyāma-vāc*, of the Noble Eightfold Path).

W

Wabi (侘) Japanese / n. / wɑ:bɪ / wa-be. Imperfect, rustic, remote, weathered beauty.

Wabi-sabi (侘寂): Japanese / n. / wɑ:bɪ sɑ:bɪ / wa-be sa-be. Imperfect and aged beauty; the aesthetics of impermanence and imperfection; a 'dark, desolate sublimity'.

Wahnfried. German / n. / 'vɑ:n.fri:d / *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.

Whakakoakoa. Māori / v. / wæ.kæ.kɔɑ.kɔɑ / wah-kah-koah-koah. To cheer up.

Waldeinsamkeit. German / n. / valt'ain.za:m.kɑɪt / 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-/oost. Lit. desire (Lust) to hike (Wander). A longing/desire/predilection for travel and adventure.

Weemoet. Dutch / n. / veɪ.mu:t / vay-moot. Lit. sadness, woe (wee) courage, daring, mood (moet); 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.

Weltanschauung. German / n. / 'veltænʃaʊʊŋ / vell-tan-shao-ung. Lit. world (Welt) view (Anschauung); an overarching/all-encompassing worldview or philosophy of life.

Willkür. German / n. / 'vɪlky: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).

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.

Würfel(n). 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.

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.ɛn / see-oo lee-en. Spiritual training; self-cultivation; practising asceticism or austerities.

Y

Yama (यम). Sanskrit / n. / jɒ.mɒ / yuh-muh. Lit. 'death' (or the God of Death); self-restraint/control; a set of proscriptions within Hinduism for right living.

Yesod (יֵסוֹד). Hebrew / n. / jɪs.səd / yiss-sod. Foundation; the ninth sephiroth 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 (ዕሉጎታ). Amharic / n. / jɪ.lɒŋj.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.gʌ / 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'lət.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. / zǎn.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.ʃmerts / 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. / 'tsvɪ.ʃn.raum / zvish-en-raum. An open or empty space in or between things.