

PROVISIONAL LEXICOGRAPHY – BY THEME*Updated April 2017***FEELINGS: POSITIVE****Revelry**

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

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

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

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

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

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

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

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

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

Feierabend. German / n. / fæɪəʔa: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).

Fiesta. Spanish / n. / fi'estə / fee-ess-tah. A party, celebration.

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

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

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

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

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

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).

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

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

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

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

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

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.

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

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.

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.

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

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

Tertulia. Spanish / n. / ter'tulja / terr-tool-ya. A social gathering or conversation, usually with literary or artistic overtones.

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

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

Wai-wai (ワイワイ). Japanese (Gitaigo) / n. / wɑɪ.wɑɪ / wa-iy wa-iy. The sound of children playing.

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.

Würfeln. German / v. / 'vʏr.fl / ver-ferl. To cast/throw dice.

Pleasure

Arbejdsglaede. Danish / n. / 'ɑ:.baɪdʰs.gli / ar-bides-gli. Lit. work gladness/joy; pleasure/satisfaction derived from work.

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

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

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

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

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

Cosiness / homeliness

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

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. / 'kʌn.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.

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

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

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

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

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

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

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

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.

Kose. Norwegian / n. / 'kɔ:.sʰa / *cor*-sa. Cosiness, warmth, intimacy. As adjective (koselig): cosy, snug, warm, intimate, enjoyable.

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

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

Trygghet. Swedish / n. / tru:g.hi:ɪt / *trroog*-he-ert. Security, safety, confidence, certainty, trust.

Savouring / appreciation

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).

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.

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

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

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.

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

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

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

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).

Gökotta. Swedish / n. / ɔ̂3:ku:'tæ^h / jer-koo-*tah*. Lit. 'early-morning cuckoo'; waking up early to hear the first birds sing.

Gourmandise. French / v., n. / gurmãdiz / 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.

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

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

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

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

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

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

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).

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

Passeggiata. Italian / n. / päs.säd.ja:tä / pa-saj-*yah*-ta. A leisurely stroll/turn/walk.

Petrichor. English (new) / n. / 'pɛtrɪkɔ:/ / *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.

Sabsung. Thai / n. / sɔ: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.

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

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

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

Sirva vigad. Hungarian / v. / 'si:ə.vɑ: vi.gɔd / seer-vah vig-od. Lit. crying, weeping (sirva), rejoicing, merrymaking (vigad); taking one's pleasures tearfully; a melancholic intermingling of joy and sorrow.

Terroir. French / n. / *terwar / 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.

Tjuvsmaka. Swedish / v. / *ʧʉ:v. smɔ:kɛʰ / shoov-smor-keh / aka Tyvsmake* (Norwegian). Lit. sneak, thief (Tjuv) taste (Smaka); to taste or eat small pieces of food (e.g., when cooking); cherry-picking the best morsels (rather than to improve the meal).

Trouvaille. French / n. / *tʁu.vaj / tkhroo-vay*. A lucky find; something good/valuable discovered by chance.

Uitwaaien. Dutch / v. / *ˈʊʊt.vai.ɛn / oat-vye-en*. Lit out-windy; to walk in the wind; to go out into nature (perhaps to clear one's head).

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

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

Passion / Desire

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

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

Contentment

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

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

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.

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

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

Xìngfú (幸福) (Chinese, n. / *ʃɪŋ. fʊ / shing-fuu*. Fortunate (xìng) blessing (fú); contentment; deep happiness.

Joy/bliss

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

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

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

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

Gaudere. Latin / v. / gaʊˈdiə.riː / gau-deer-ee. To rejoice; to take joy in.

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

Herrliche Gefühle. German / n. / ˈhɛrlɪç ɡəˈfʏːl / 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.'

Jouissance. French / n. / ʒˈwi.sɑ̃s / szh-wee-sonse. Physical or intellectual pleasure, delight, or ecstasy; an orgasm.

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

Santosha (संतोष) (Sanskrit, n.): contentment arising from personal interaction, and acceptance of self and other; one of the five niyama in Hinduisim/Buddhism.

Suaimhneas croí. Gaelic / n. / sɪv.niːəs kr̥i / siv-nyass kree. Lit. happy, peaceful relaxed (Suaimhneas) heart, core (croí); happiness, contentment (e.g., in relation to finishing a task).

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

Tarab (طرب). Arabic / n. / ˈtɑː.rəb / tah-rrb. Musically-induced ecstasy or enchantment.

Health

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

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

Peace/calm

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

Ataraxia (ἀταραξία). Greek / n. / ætə'ɹæk.sia / atta-rak-sia. Robust and lucid tranquillity; peace of mind; calmness.

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

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

Merigiare. Italian / v. / mɛ.ɾi'dʒɛɑ:ɾi / me-rri-jah-rri. To rest at noon (in the shade).

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

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).

Selah (סֵלָה). Hebrew / n. / si:lɑ: / see-lah. A pause for reflection; a musical interlude (e.g., in a psalm).

Siesta. Spanish / n. / si'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).

Tarruru. Ngarluma / n. / tɑ:rʊə.ru / tah-roor-ruh. Evening glow; dying down; peace of mind.

Upekṣā/upekḥā (उपेक्षा). Sanskrit/Pali / n. / u.pek'h'sa: / oo-pek-sah. Equanimity, detachment; calmness, balance.

Utsura-ustura (うつらうつら). Japanese (Gitaigo) / v. / u:t.sjʊə.ɾə u:t.sjʊə.ɾə / oot-soor-ah oot-soor-ah. To drift between sleep and wakefulness.

Zanshin (残心). Japanese / n. / zān. ʧɪn / zan-shin. Lit. 'remaining/enduring heart-mind'; a state of relaxed mental alertness (especially in the face of danger or stress).

Nirvāṇa

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

Mokṣa/moksha (मोक्ष). Sanskrit/Pali / n. / 'mo:kʃə / mok-shuh. Emancipation, liberation, release (e.g., from saṃsāra).

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.

FEELINGS: COMPLEX**Excitement / Intensity**

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

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.

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.

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

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

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

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.

Hope / Anticipation

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

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

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

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

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

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

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

Þetta reddast. Icelandic / phrase / 'θæ.tæ 'rɛt:ast / *tha-ta-reh*-dst. 'It will all work out ok' (used especially when things don't look optimistic!).

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

Voorpret (Dutch, n.): 'lit. 'pre-fun'; the sense of pleasurable anticipation before a looked-forward-to event.

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

Ambivalent emotions/phenomena

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

Charmolypi (χαρμόλυπη). Greek / n. / sɑ:məʊ'li.pi: / *sar-mo-lih-pee*. Sweet or 'joy-making' sorrow; mourning joy; happiness and sadness intermingled.

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

Tizita (ትዝታ). Amharic / n. / ti.zi:tə / *tih-zee-tuh*. A bittersweet remembrance and longing for a time, person, thing gone by.

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

Wohlweh. German / n. / vo:l.ve: / *vool-vey*. Lit. well-pain; pain that is pleasurable (e.g., massaging aching muscles).

Longing

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).

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

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

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

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.

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

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

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

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

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

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

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).

Toska (тоска). Russian / n. / tɐ'ska: / tuh-skah. Longing (often, though not limited to, one's homeland; can also include other times, people, and places), with nostalgia and wistfulness.

Weltschmerz. German / n. / 'velt.ʃmeəts / velt-shmerts. World-weariness, world-hurt; causeless melancholy.

Zielschmerz. English (new) / n. / tsi:l.ʃmɛrts / 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.

Freedom

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).

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

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

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

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

Tīeow (เที่ยว). Thai / v. / ti:aʊ / tee-ow. To wander or roam around in a carefree way.

Waldeinsamkeit. German / n. / valt'ain.za:m.kait / valt-ayn-sam-kite. Lit. forest solitude; the strange feeling of solitude or loneliness when alone in the woods.

Wanderlust. German n. / 'væn.dɛ'lʊst / van-deh-loost. Lit. desire (Lust) to hike (Wander). A longing/desire/predilection for travel and adventure.

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.

Aesthetics

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

Celaje. Spanish / n. / sei.la:xei / 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).

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

Chic. French / adj. / ʃi:k / sheek. Elegant, stylish, fashionable.

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

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

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

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.

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

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

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.

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

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

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

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

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

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

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

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

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

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

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

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.

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

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

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

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

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

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

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

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

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.

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'.

RELATIONSHIPS: INTIMACY

Friendship

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

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).

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

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

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

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

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

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

Philotimo (φιλótimo). Greek / n. / fili'ɔ:ti.mɔ / fill-*oh*-tee-moh. 'Love of honour;' the importance of respecting and honouring friends/family.

Affection

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

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

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

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

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

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

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.

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

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

Retrouvailles (French, n.): lit. 'rediscovery'; a reunion (e.g., with loved ones after a long time apart).

Desire

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

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

Kilig. Tagalog / n. / kɪˈliːɡ / *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).

Jouissance (French) (n.): physical or intellectual pleasure, delight, or ecstasy (with implications of possession).

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

Tantra/tanta (तन्त्र) / Sanskrit/pali / n. / ˈtʌn.trə / *tun-truh*. Lit. weave or loom; any systematic teaching, method or practice; more recently, used to denote sexual-spiritual practices.

Love

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

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

Aloha. Hawaiian / int. / æˈləʊ.hæ / ah-loh-ha. Lit. the 'breath of presence'; hello and goodbye, with love and compassion; cognate with the Māori term Aroha.

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

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

S'apprivoiser. French / v. / s'apʁiˈvwaze / 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.

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

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

Eros (Ἔρως). Greek / n. / ˈe.rɔːs / eh-ross. Desire; passionate love; in Greek mythology, the God of desire (or love); known as Cupid in Roman mythology.

Forelsket. Norwegian / n. / fɔˈels.ɡ̊əð / for-elz-kut. The euphoric act/feeling of falling in love.

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

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

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

Кохати. Ukrainian / v. / koˈxan.nʲɑ / koh-han-khya. To love passionately, intimately, romantically.

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

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

Onsay. Boro / v. / ˈʌn.seɪ / uhñ-say. To pretend to love.

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

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

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

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.

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

Sarang (사랑). Korean / n. / sæ'rʌŋ / sah-rung. Strong love.

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

Xiào (孝). Chinese / n. / ɕi.aʊ / shee-aow. Filial piety; family reverence.

Yuán fèn (緣分). Chinese / n. / juən'fən / yoo-en-fen. A relationship ordained by fate/destiny; natural affinity or chemistry.

RELATIONSHIPS: PRO-SOCIALITY

Kindness

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

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.

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

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

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

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

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

Mazal tov (מזל טוב). Hebrew / inj. / 'ma:zəl tɒf / mah-zul-toff. Lit. 'good fortune'; a blessing of health and happiness.

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

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

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

Ubuntu. Zulu (& Xhosa) / n. / ʊˈbuːntʊ / uu-boon-tuu. Being kind to others on account of one's common humanity.

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

Compassion / Sympathetic emotions

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

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

Firgun (פִּירְגוּן). Hebrew / n. / ˈfɪə.guːn / feer-goan. Ungrudging and overt (expressed) pride and happiness at other's successes.

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

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

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

Kalyāṇa-mitratā/mittatā (कल्याणमित्र), Sanskrit/Pali / n. / kælˈjaːnə mɪt.rəˈtɑː / kal-yah-nuh mit-ruh-tar. Lit. ‘auspicious compassion’; spiritual friendship.

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

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

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.

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

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

Muditā (मुदिता). Sanskrit/Pāli / n. / mʊ.dɪˈtʰɑː / moo-de-tar. Sympathetic/vicarious happiness.

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).

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.

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

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

Snillisme. Norwegian / n. / 'snɪl.iz.mə / snill-iz-muh. Lit. 'kind-ism'; a philosophy/approach of being kind to people.

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

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

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.

Tithadesh (תתחדש). Hebrew / int. / tit.xa'dɛʃ / tit-kha-desh. Lit. 'get new'; salutation given to someone who has acquired a new possession or positive change in circumstances.

Morality

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

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

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.

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

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

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

Brahma-charya (ब्रह्मचर्य). Sanskrit/Pāli / v. + n. / 'brɑːmə tʃɑːjɹ / *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.

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

Dāna (दान). Sanskrit/Pāli / n. / dɑːnɹ / *dah-nuh*. Generosity, charity.

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

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

Ēn (恩). Chinese / n. / ɜːn / *uhn*. Moral indebtedness; duty, obligation.

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

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

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

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. / kɹ.mɑːn.tɹ / *kuh-marn-tuh*. Action, management, administration (as per *karmānta-vāc*, of the Noble Eightfold Path).

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

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

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

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

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

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

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

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

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

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

Pañcaśīlāni/pañcasīlāni (पञ्चसीलानि). Sanskrit/Pāli / n. / pʌn.ʃɪ.ʈʃi:'lɑ:.nɪ / pun-shuh shee-lah-ni. Five precepts in Buddhism).

Pashtunwali (پښتونوالی). Pashto / n. / pʌʃ.tu:n.wɑ:li: / puhsh-toon-wah-lee / aka Pakhtunwali. Lit. the way of the Pashtuns; the ethical code of the Pashtun people.

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

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

Pundonor. Spanish / n. / pʌn.dɔ:.nɔ: / pun-doh-nor. Point of honour; adherence to a code of honour; dignity; self-respect.

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

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).

Samyak/sammā (सम्यक्). Sanskrit/Pāli / n., adj. / sʌm. jʌk / sum-yuk. Right, correct, best.

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

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

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

Surāmeraya-majja pamādatṭhānā (सुरा-मेरय-मज्ज पमादट्ठाना). Sanskrit/Pāli / n. / sʊ'ra:.meɪ.rʌ.jʌ mʌ.ʈʃʌ: pʌ.mɑ:.dʌt.hɑ:.nɑ: / 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).

Tarbiya (تربیه). Arabic / n. / tɑ:bi:jə / tar-bee-yuh. Education; development; training; can refer to on-going moral and spiritual development.

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

Vipāka (विपाक). Sanskrit/vipāka / n. / wɪ'pɑ:. kɐ / vwih-*pah*-kuh. Ripening; the result, ripening or maturation of karma.

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

Xìn (信). Chinese / n. / ɕɪn / shin. Truth/truthfulness; sincerity; trust/trustworthiness.

Yì (義). Chinese / n. / ji: / ee. Duty; justice; a moral disposition towards goodness.

Hospitality

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

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

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

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

Philoxenia (Φιλοξενία). Greek / n. / ɸɪl'ɔ:x.sen.ía / fill-*oh*-kh-sen-*ia*. Love of strangers, guests; a hospitable act of welcome.

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

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

Tzedaka (צדקה). Hebrew / n. / s'ə.ðɑ:'qa: / su-tha-khaa. Lit. justice, righteousness; generosity/charity (mandated by justice); required righteous giving.

Xenia (ξενία). Greek / n. / x.sen.ía / kh-sen-*ia*. Guest-friendship; the importance of offering hospitality and respect to strangers.

Communication / Interaction

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

Antsafa. 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).

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

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

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

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

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

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

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.

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

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.

Milczeć. Polish / v. / mi:l.tʃɛtʃ / meel-chech. To keep quiet; to refrain from speaking (without necessarily being silent).

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

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).

Namaste (नमस्ते). Hindi / int. / nɐ'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'.

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

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

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

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.

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

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

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

Sprachgefühl. German / n. / 'ʃpʁa:χgə,fy:l / sprark-geh-fuul. Lit. ‘language feeling’; an intuitive sense of what is linguistically appropriate; the character of a language.

Taarradhin (تراضى). Arabic / n. / 'tæɪ.ræɪ.di:n / takh-rah-deen. A ‘win-win’; a positive agreement, solution, compromise.

Talanoa. Fijian / v. / tələno:ə / tuh-luh-nor-uh. To tell stories; to chat or gossip (in ways that can serve as a ‘social adhesive’).

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.

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.

Vybafnout. Czech / v. / vɪ'bæf.naʊt / vih-baf-nowt. To jump out and surprise someone by saying ‘boo’.

Yilugnta (ይህንታ). Amharic / n. / jɪ.lɒnj.tə / yih-lun-ytuh. A feeling of obligation to consider and defer to the opinion of others (in a positive way).

Xīn kǔ (辛苦). Chinese / n. / ʃɪn.ku: / shin-koo. Appreciation and recognition for others and their efforts.

Communality

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.

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

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.

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

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

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

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

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

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

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

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

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

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

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

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

Mishloach manot (משלוח מנות). Hebrew / n. / mɪʃ'lo.ɑχ 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.

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

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

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.

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

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

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

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

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

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.

Talkoot. Finnish / n. / 'tal.ko:t / *tahl*-koort / *aka* talko (Swedish). A collectively pursued or undertaken task; voluntary community work.

Tjotjog. Javanese / v. / tʃəʊ.tʃəʊg / *choh*-chog. 'To fit', accord and harmony within relationships and/or society.

Tuko pamoja. Swahili / n. / tu:kə pæ'məʊ.dʒə / *too*-kuh pah-*moh*-jah. Lit. 'one place'; 'we are together', community togetherness.

Zeitgeist. German / n. / tsait.gaist / *ziyt*.giyst. The definition spirit / mood of the age.

Relationship with nature/place

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

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

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

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

Hózhó. Navaho / n. / hõ.ʒõ / *hoh*-zho. Peace, balance, beauty and harmony.

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

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

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.

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

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

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

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

Turangawaewae. Māori / n. / tɐ,rʌŋgə'wɐɪwɐɪ / tur-ranga-why-why. Lit. a place to stand; a place where we feel rooted, empowered, and connected.

CHARACTER: RESOURCES

Grit

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

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

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

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

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

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

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

Kartería (Καρτερία). Greek / n. / ka.te'ri:ə / ka-teh-ree-uh. Stubbornness; toughness.

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.

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

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

Tarjeta. Finnish / v. / tɑ:r'jet.ə / tarr-yet-uh. To be able to withstand the cold (and function effectively).

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).

Spirit/effort

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Thumos/thymos (θυμός). Greek / n. / θy'mos / thoo-moss. Spiritedness; carries connotations of flesh and blood; also refers to the human desire for recognition.

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

Skill

Aiki (合気). Japanese / n. / a.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.

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

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

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).

Beruf. German / n. / bə'ru:f / buh-rooff. Trade, job, occupation; vocation, calling; religious calling.

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

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

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

Desenrascanço. Portuguese / n. / ˌdi.zẽ.ʃ.ɐ̃.ˈkẽ.sɔ / deh-zen-hass-can-so. Artful disentanglement (e.g., from trouble); an improvised solution.

Fingerspitzengefühl. German / n. / ˈfɪŋɐʃpɪtsŋəˌfyːl / *fin*-ah-shpitz-en-gu-foo-eh. Lit. 'fingertip feeling'; the ability to act with tact and sensitivity.

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

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

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

Kairos (καῖρος) (Greek, n.): the opportune, ideal, 'supreme' moment for decision or action.

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

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

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

Mitdenken (German): the ability to think for oneself.

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

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

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

Praxis (πρᾶξις). Greek / n. / prāːkʰ.sis / *prakh*-sis. Deed/action; the process by which a theory, lesson, or skill is enacted, embodied, or realised.

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

Saper vivere. Italian / n. / sæˈpeə.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).

Savoir-être. French / n. / sav.waʁ.ɛtr / 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.

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

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.

Załatwić. Polish / v. / zæ'læt.vi:tʃ / zalat-veech. To deal with / take care of things, to sort things out, to get a job done.

Esteem

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

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

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

Philautia (φιλαιτία). Greek / n. / φɪ'lɔ:tiə / fi-law-tia. Self-love (encompassing, in its benevolent forms, self-respect, self-compassion, etc.).

Personality

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

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

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

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

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

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

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.

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

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

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

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

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

Qì zhì (气质). Chinese / n. / tʃʰi: tʃʰɿ / chee jrr. Quality of character, disposition, style, charm, attractiveness, magnetism.

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

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

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

Willkür. German / n. / 'vɪlky:ə / vill-kuah. Following/obeying the will; choosing to obey oneself; arbitrariness, capriciousness.

Existence

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

Aletheia (ἀλήθεια) (Greek, n.): truth, disclosure, 'unclosedness', 'unconcealedness'.

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

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. / bɪ'tɪ'je / bweet-ee-yee-ah. Being; authentic existence; spiritual existence.

Catvāri āryasatyāni / cattāri ariyasaccāni (चत्वारि आर्यसत्यानि). Sanskrit/Pali / n. / kɐt'wɑ:ɹɪ 'ɑ:ɹjæ.sæt'jɑ:nɪ / cat-wah-ree ah-ya-sat-yah-nee. Lit. 'truths of the noble ones'; the 'noble truths.'

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

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

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

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

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.

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.

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).

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

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

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).

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

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

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).

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

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

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.

Yūgen (幽玄). Japanese / n. / 'ju:. gən / yoo-gn. Obscurity, cloudy impenetrability, unknowability, mystery.

Understanding / Perception

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

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

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

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.

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.

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

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

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

Epíkouros (Ἐπίκουρος). Greek / p. / ,ɛpɪ'kjɔ:rəs / eh-pee-koor-uhs. Lit. ally, friend, comrade; Greek philosopher (341-270 BCE), as per Epicureanism.

Epistémē (ἐπιστήμη). Greek / n. / ɛpɪ'sti:mɪ / 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.

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

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

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

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.

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

Klexos. n. / 'kleks.əʊs / klek-sohss. The art of dwelling on the past; coined by John Koenig.

Luchtkasteel. Dutch / n. / 'lyxt.kl.stɪl / lookht-kuh-still. Lit. 'air castle'; illusion, dream.

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.

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

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.

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

Nachträglichkeit. German / n. / 'na:x.trɛ:klɪç.haɪt / nark-tye-leekh-hite. Deferred action, retroaction, 'afterwardsness'; retroactive attribution of meaning to earlier events.

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

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.

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

Phronēsis (φρόνησις). Greek / n. / frɒʊ'ni:sɪs / froh-nee-siss. Practical wisdom; discernment; wisdom and knowledge in determining ends and the means of attaining them.

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

Prajña/paññā (प्रज्ञा). Sanskrit/Pāli / n. / prʌn.jə: / prun-yah. Wisdom and experiential insight.

Pravda (правда). Russian (and other Slavic languages) / n. / 'prɑ:v.dʌ / prrɑrv-duh. Truth and justice.

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.

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

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

Techne (τέχνη). Greek / n. / 'tékh'ne: / *tekh-nee*. Craftsmanship; practical expertise.

Theōria (θεωρία). Greek / n. / θe.o'ri.a / *thee-oh-ree-yah*. Contemplative, theoretical, and/or abstract reflection.

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).

Wahnfried. German / n. / 'va:n.fri:d / *varn-frreed*. Peace, freedom (Friede) from illusion, delusion, madness (Wahn).

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

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.

Zhi (智). Chinese / n. / tʃʒɿ / *jrr*. Wisdom, perspicacity, knowledge.

Zwischenraum. German / n. / 'tsʷɪ.ʃn.raum / *zvisn-en-raum*. An open or empty space in or between things.

Psychology

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

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

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.

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

Mahābhūta (महाभूत). Sanskrit/Pāli / n. / mɐ.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).

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

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

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).

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

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

Samjñā/sañña (संज्ञा). Sanskrit/Pāli / n. / sã.gnja: / suh-gnyah. Perception, cognition.

Saṃskāra (संस्कार). Sanskrit/Pāli / n. / sã.skɑ:rʌ / suh-skar-uh. Mental volitional formations, karmic imprints, 'conditioned things'.

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.

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.

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

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.

Utura-utura (うつらうつら) (Japanese [Gitaigo] v.): to drift between sleep and wakefulness.

Vedanā (वेदना). Sanskrit/Pāli / n. / vei.dʌ.nɑ: / vey-duh-nar. Feeling tone; fundamental valence of a sensory object (pleasant, unpleasant, or neutral).

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

Independence

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

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

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

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

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

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.).

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

Strikhedonia. English (new) / n. / strik.heˈdəʊ.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’.

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.

Decency

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

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

Brav. German / adj. / braːf / brraaf. Pleasant, earnest, well-behaved.

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

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

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

Fēng yùn (風韻). Chinese / n. / fɿŋ juːən / fung yoo-en. Charm; grace; elegant bearing.

Hedersmann. Norwegian / n. / ˈheə.dəʃ.mən / hair-dsh-mun. A man of honour, honesty, integrity.

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.

Jatorra. Basque / adj. / xalˈtoːra / khuh-*torr*-ah. Genuine, nice, trustful, truthful, agreeable.

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

Lagom. Swedish / n. / ˈlaː.gom / laar-gom. Moderation; doing anything to just the right degree.

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

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

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

Sunao (素直). Japanese / adj. / su:nd.əʊ / soo-nah-oh. Meek, docile and submissive (in a positive, deferential way); authentic, and honest with oneself.

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

Tzniut (צניעות). Hebrew / n. / tsni:u:t / tsnee-oot. Modesty, privacy, humility (e.g., in dress, speech and behaviour).

Flourishing

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

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

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

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

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

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.

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

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.

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.

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

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

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.

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

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

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

Sophrosyne (σωφροσύνη) (Greek, n.): excellence of character and soundness of mind; leads to other beneficial qualities, such as moderation and self-control.

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.

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

Wissenschaft. German / n. / 'vɪsn.ʃaft / *viss-en-shaافت*. The systematic pursuit of knowledge, learning, and scholarship; science.

CHARACTER: SPIRITUALITY

Awareness

Apramāda (अप्रमाद) (Sanskrit; appamada in Pāli): moral watchfulness, awareness of the ethical implications of one's actions.

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).

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

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

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

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

Samprajanya/sampajañña (संप्रज्ञा). Sanskrit/Pāli / n. / sʌm.prʌ.dʒʌ.jʌ / *sum-pruh-jun-yuh*. Clear comprehension; mindfulness imbued with a sense of spiritual progress.

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

Xīn (心). Chinese / ʃɪn / shin. Heart and mind (and even spirit) combined.

Soul

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

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

Ātman/attā (आत्मन्). Sanskrit/Pāli / n. / 'a:tmən / at-mn. Soul, breath, spirit.

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

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

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.

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

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

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.

Ka (kꜣ) (Egyptian, n.): vital essence; that which separates a living being from a dead one; one of five parts of the soul in Egyptian thought.

Namaste (नमस्ते) (Hindi, interjection.): 'I bow to the divine in you'.

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

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.

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

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

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.

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

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

Tat Tvam Asi (तत्त्वमसि). Sanskrit / phrase / tət.twam.æsi: / tut-twum-ahsee. Lit. thou are that; a central expression of *Ādvaita* philosophy, articulating the oneness of *ātman* and *Brahman*.

Vozdukh (Воздух). Russian / n. / 'vɔz.dux / voorz-duk. Lit. 'the stack of spirits'; air, breath; to take the spirit inside (when breathing in), to take the spirit outside (when breathing out).

Practice

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

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).

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

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

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

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

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

Dān tián (丹田). Chinese / n. / dæn.ti:en / 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

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

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

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

Dhyāna/Jhāna (ध्यान). Sanskrit/Pāli / n. / ,gn'ja:,næ / gn-yaa-na. Concentrated attention; absorption; intense contemplation of the nature of the object of meditation.

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

Fā qì (发气). Chinese / v. / fæ tʃiː / fah chee. Projecting qi to the exterior/outside of the body; can also mean expressing anger.

Gōng fu (功夫). Chinese / n. / gɒŋ.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.

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

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).

Islam (الإسلام). Arabic / n. / ˈɪslɑːm / iss-lahm. Many meanings, including surrender, peace; the religion of Muslims.

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

Īśvarapraṇidhāna (ईश्वरप्रणिधान). Sanskrit / n. / ɪʃ.vʌ.rʌ.pɾʌn.jiː dʱɑːnʌ / 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.

Kavanah (קָוָנָה). 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).

Madhyama marga / majjhima magga (मध्यम मार्ग). Sanskrit/Pali / n. / ˈmʌdʰ.jʌ.mʌ ˈmʌjːgʌ / mudh-yuh-muh mur-guh. The middle way/path.

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.

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

Mārga (मार्ग) (Sanskrit): a spiritual path or way.

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

Niyama (नियम). Sanskrit/Pali / n. / nɪˈjɑː.mʌ / nee-yah-muh. Lit. observances, positive duties; recommended habits/practices for right living.

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

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

Pratyahara (प्रत्याहार). Sanskrit / n. / prɑːjɑ.hɑ.rɑ / 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).

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

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

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

Sadae (사대). v. / sɑːdeɪ / 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. / sɑːduː / sah-doo. Lit. a good man; a holy person; a religious ascetic, renunciant; a monk.

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

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

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

Sūtra/sutta (सुट्टा). Sanskrit/Pāli / n. / 'su trə / soo-truh. Lit. thread, string; teaching, rule, aphorism.

Svādhyāya (स्वाध्याय). Sanskrit / n. / swɑːdʱjɑːjɑ / 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.

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

Tàì jí [Tai chi] (太極). Chinese / n. / tɑɪ tʃʰiː / 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).

Tapas (तपस्). Sanskrit / n. / 'tɑ.pəs / tuh-puhs. Lit. heat, blaze, pain, suffering (from root 'tap'); intensive meditation, perseverance, austerity/asceticism; one of five niyamas in Hinduism.

Thukdham (ཐུག་ཏུ་དམ་པ་). 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.

Taşawwuf (التصوف). Arabic / n. / tʰ'saʊf / tuh-souwf. Lit. one who wears wool; Arabic name for a mystical, esoteric branch of Islam.

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).

Vinyāsa (विन्यास). Sanskrit/Pāli / n. / vɪn'ja:sə / vin-yah-suh. Lit. to place (*nyāsa*) in a special way (*vi*); a form of yoga, centring on dynamic movement between *āsanas*.

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

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

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.

Xíng qì (行氣). Chinese / v. / ɕɪŋ tɕʰiː / 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.

Zen (禪). Japanese / n. / zɛ̃n / zun. The Japanese adaptation of *dhyāna/jhāna* (concentrated attention; absorption; intense contemplation of the nature of the object of meditation).

Reality / God

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

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

Alcheringa (aka Aljerre-nge, Ülchurringa). Arrernte (aka Arunta, Aranda) / n. / ʌltʃə'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).

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

Anitya/anicca (अनित्य). Sanskrit/Pāli / n. / æ'ni:t.jə / a-*neet*-yah. Impermanence; the notion that existence is transient, evanescent, and inconstant.

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

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

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.

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.

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

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

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.

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

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

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

Duḥkha (दुःख) (Sanskrit): suffering or dissatisfaction.

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

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

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

Friluftsliv (Norwegian, n.): lit. 'free air life'; open-air living; living in tune with nature.

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

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

Háidēs (Αἰδης). 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.

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.

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

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

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

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

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

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).

Malchut (מלכות). Hebrew / n. / mʊl.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 / mā-nuh. Spiritual energy / power, a sacred, impersonal force.

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

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

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

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*).

Prajña (प्रज्ञा) (Sanskrit): wisdom and experiential insight.

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).

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

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

Ragnarök. Icelandic / n. / 'jæg.nə.ʁok / 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).

Qanglaagix. Aleut / p. / kæn.gla:ghix / 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).

R̥ta (ऋतं) (Sanskrit, n.): order, rule; truth; 'that which is properly/excellently joined'; the principle of natural order which regulates and coordinates the operation of the universe.

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

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

Sephirot(h) (סְפִירוֹת). Hebrew / n. / sfi'roʊt/ sfih-roht. Emanations, attributes; the way *Ein Sof* 'reveals Himself,' thereby creating the various spiritual and physical realms.

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

Sūnyatā/suññatā (सून्यता). Sanskrit/Pāli / n. / ʃʊn.jə'tɑ: / shoon-yuh-tah. Emptiness; boundlessness; boundarylessness; the idea that phenomena come into being dependent upon conditions.

Tao (道). Chinese / n. / t'ɑo / t/d-ao. All-powerful and pervasive power, path or way; the unfolding dynamic process of reality itself.

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

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

Tulukaruq. Yup'ik / p. / tu:lu:ka: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).

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*.

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.

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.

Yesod (יֵסוֹד). Hebrew / n. / jis.sod / yiss-sod. Foundation; the ninth sephiroth in the Kabbalah tradition, denoting the actual creation of the manifest world.

Yhvh (יהוה). Hebrew / n. / jɛ.həv.væ / yeh-hoh-vah. The Hebrew name of God (usually held to be unpronounceable, and/or too sacred to be uttered).

Yīn yáng (陰陽). Chinese / n. / 'ji:n'jɿŋ / yin-yung. Cloud/cloudy (Yīn), sun/sunlit (Yang); holistic duality; dialectical (co-dependent) opposites.

Zeus (Ζεύς). Greek / pronoun / zɛ.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.

Transformation

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

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

Ashtangika / atthagika (अष्टांगिक). Sanskrit/Pāli / n. / ʌʃ.tɒŋ.gɪ.kɐ / ush-tung-gee-kuh. Eightfold (as in the Noble Eightfold Path in Buddhism).

Aufheben. German / v. / 'aʊf.ɐ.ɐ:bm / orf-hee-bn. Sublimation; to raise up, to remove/suspend/repeal/set aside, yet also paradoxically to preserve/keep.

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.

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

Buddha (बुद्ध). Sanskrit/Pāli / n. / bʊd:ʰə / bd-dha. An awakened/enlightened being.

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

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.

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

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

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

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

Mārga/magga (मार्ग). Sanskrit/ Pāli / 'mɐ:.gɐ / mur-guh. A spiritual path or way.

Mokṣa (मोक्ष) (n.): emancipation, liberation, release (e.g., from saṃsāra).

Satchitananda (सच्चितानन्द). Sanskrit / n. / sʌt.tʃɪd.ə.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. / sɑ:təʊ.ri / sar-toh-ree. Understanding, comprehension; awakening, enlightenment.

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

Tathāgata-garbha (तथागत गर्भ). Sanskrit/Pali / tʌt'hɑ:gɐ.tɐ gɑ:rb.hɑ / tuh-*tar*-guh-tuh garr-bha. Lit. 'one who has thus gone'; Buddha nature.

Vipāka (विपाक) (Sanskrit, Vipāka in Pāli, n.): the result, ripening or maturation of karma.