Alo (a lo): A traditional Melancholy song of eastern people mostly the Tshangla speakers, usually sung during the departure of their loved ones.

Ara (a rag): Ara is locally brewed distilled wine.

Atsara (a tsa ra): One of the enlightened spiritual masters that has already renounced material wealth and trying to enlighten sentient beings through jokes and humours; clown; Acharya (Skt).

Ausa (a’u sa): A traditional song of Ha district.

Bangchang: A common local warm drink like beer obtained when hot water is poured over fermented grains.

Bardo (bar do): Intermediate state between death and rebirth.

Baza guru (skt. Vajra guru): It is a mantra dedicated to Guru Rinpoche. The mantra is Om Ah Hung Banza Guru Padma Siddhi Hung.

Boedra (’bod sgra): Two explanations are given for the origins of Boedra. The first one claims that they were popularized by Boed Garps, who travelled through villages on official assignments. The songs they sang were called Boedra or the Melody of the Boed Garps. The second explains that pilgrims and traders who travelled to Tibet composed songs by imitating and adapting Tibetan songs, and therefore the name, Boedra which also means, the Melody of Tibet. This second explanation is unlikely as the language, rhythm and tune of Tibetan songs are very different from Bhutanese folk songs.

Cham (’cham): Mask dance.

Chamok (lcags rmog): Warrior helmet.

Changkoe: a slight alcoholic soup made from fermented rice.

Cho-drom (lcog sgrrom): Traditional wooden portable table.

Choesham: Dzongkha word for Altar or Shrine

Choesi zungdre (chos srid zung ’brel): System of government based on both religion and politics.

Chorten (mchod rten): Receptacle of offering; Stupa (skt.).

Chugo: Hard dried cheese

Dashe (dar bshad): Auspicious narration while offering scarf.

Daka (skt.): Emanation of enlightened mind; male tantric deity who protects and serves Buddhist doctrine and those who practice Buddhism.

Dakini (skt.): Emanation of enlightened mind; Female tantric deity who protects and serves Buddhist doctrine and those who practice Buddhism.

Dangphu dingphu (dang phu ding phu)/Nyema nyema (sngon ma sngon ma)/ Hema hema (he ma he ma): Long time ago; Once upon a time.

Desi (sde srid): Temporary ruler; regent.

Dharma (skt.): Body of teachings expounded by the Buddha; one’s righteous duty.

Doenchoe (gdon bcos): Propitiation of evil spirits; ransoming.

Dom (’dom): A unit of measurement equal to the length of both arms outstretched in opposite direction.

Dralham (grva lham): Traditional leather and silk boot.

Draktsen (brag btsan): Mountain deity.

Dram-nyen (sgra snyan): Traditional guitar.

Dromchoe (sgrub mchod): A grand ritual service performed to propitiate Gönbo and Lhamo, the principal guardian deities of Bhutan.

Drungtsho: Doctor of Bhutanese indigenous medicine.

Dungkar (dung dkar): Conch shell.

Dungkar gi alo (dung dkar gyi a lung): A conch ring.

Dzong (rdzong): Fortified complex serving as the religious, military and administrative centre for a district.
Gar (gar): The dance performance involving movements of hands and legs; mask dance.

Garpa (sgar pa): Courtier; menial attendants.

Garuda (skt.): A mythical bird.

Gelong (dge slong): Ordained celibate monk.

Goleng: Goleng is a local bull in places of Merak and Sakteng. It is identified as Bos Taurus. The female breed is known as Golengma.

Gomchen (sgom chen): Literally, it means ‘great meditator’. Lay religious practitioner often involved in healing rituals.

Gunduruk: a preserve made by fermenting turnip, mustard, radish leaves or other leafy green vegetables.

Guru (skt.): Lama; a spiritual teacher.

Guru Rinpoche (guru rin po che): Guru Rinpoche (the precious one) is the founder of vajrayana Buddhism; Padmasambhava or the Lotus-born.

Guru Tshengye (guru mtshan brgyad): Eight miraculous manifestations of Guru Rinpoche.

Indra (skt): The Lord of the Desire Realm or the King of Gods; Jajin (brgya byin).

Jowo (jo bo): Lord; Buddha Maitreya.

Kharang: coarsely ground maize.

Khashe (kha bshad): Narration or an art of speech.

Khorey (kho re): A traditional song originated in Dungsam, Pemagatshel district and widely sung by Tsangla speakers.

Kortam (bskor gram): Indirect statement; pun.

Lama (bla ma): Vajrayana Buddhist master.

Lamai zhaldam (bla ma'i zhal gdams): Quintessential instructions of spiritual masters.

Legshe (legs bshad): Elegant sayings; instructions; proverbs; narrations.

Lhakhang (lha khang): Temple; sanctuary.

Lheu (lhi’u): A large mortar.

Loju (lo rgyud): An account; information; story.

Lu (glu): Song; melodious voice; ditty.

Mandala (skt.): Mystic cosmic diagram; abode of world of deity, symbolically depicted as a cosmic diagram.

Mani (skt.): A mantra dedicated to Buddha of Compassion, Avalokitesvara. The mantra is Om Mani Padme Hung.

Menpa: local healer or health worker.

Meyo (smad g’yog): Skirt-like attire; petticoat.

Ngatse (ngag rtsal): Art of speech; oral skill.

Par shing mindru gyem (spar shing smin drug rgyal mo): Refers to a traditional western song or a ballad dedicated to the instruments used for ramming earth.

Pata (dpa’ rtags): Sword.

Poenlop (dpon slob): Governor; chieftain.

Rabney (rab gnas): Consecration ceremony; religious festival.

Rangtha (rang ’thag): Grinding stones manoeuvred by hands.

Sabda (sa bdag): Earth deity.

Serga khotkhen mathang: It is a Tsangla term. The first male cousins from paternal aunts and maternal uncles are known as serga khotkhen, meaning Golden Brother In-laws and first female cousins from paternal aunts and maternal uncles are known as serga mathang, meaning Golden Sister In-laws.

Singchang: Juice of fermented grains.

Sowa Rigpa: indigenous medicine

Tashi Gacha: horse dies and the saddle breaks.

Tendre (rten ’bral): Ceremony, function or celebration; religious festivals.

Tercham (gter ’cham): Treasure dance; secret dance; naked dance.
**Terdag**: male shaman of superior status during the possession by powerful deity/deities diagnoses problems and propose remedies through long trances.

**Tertoen** (gter ston): Treasure revealer; discoverer of religious treasure hidden by Guru Rinpoche.

**Tho** (tho): A unit of measurement equal to the length of one's outstretched tip of middle finger and the thumb. **Thoe** (thod): Turban; head gear.

**Thrikor chusum** (khri skor bcu gsum): The thirteen districts of Tibet governed by Drogoen Phagpa Chodgyal (1235-1280), Lord of Sakya school.

**Thuenpa puenzhi** (mthun pa spun bzhi): Four Harmonious Friends.

**Trimi**: container used for storing lime for those who betel nuts.

**Toego** (stod go): Jacket dress worn by women.

**Trashi khadar** (bkra shis kha dar): Felicity scarf.

**Trashi monlu** (bkra shis smon glu): Aspiration songs.

**Trashi ngasoe** (bkras shis mnga’ gsol): Auspicious enthronement.

**Trashi tagye** (bkra shis rtags brgyad): Eight Lucky Signs.

**Tsezem** (rtse gzeb): Luggage bamboo basket.

**Tshering namdru** (tshe ring rnam drug): The Six Symbols of Longevity.

**Tshoglham** (tshogs lham): Traditional formal boots for men.

**Tsipa or Tsip** (rtsis pa): Astrologer specialized in different types of divinations and astrological calculation. This term varies from community to community and hence it is known as Phajo as well as Jampel Yang in other parts of Bhutan.

**Wonju** ('on ju): Bhutanese blouse.

**Zangdo pelri** (zangs mdog dpal ri): Copper-coloured Mountain believed to be the abode of Guru Rinpoche.

**Zhabdrung** (zhabs drung): Honorific title which means 'at whose feet one submits'.

**Zhey** (gzhas): Dance of the folk heroes.

**Zheypoen** (gzhas dpon): Lead dancer.

**Zhey-yop** (gzhas g.yog pa): Dance assistant.

**Zom** (zom): Barrel

**Zurchen** (zur chen): Phallus attached with a wooden sword installed on the four directions to ward off the evil eye.