

## Appendix C: Glossary

These are definitions for terms as they are presented or used in this book.

- **7 Habits:** Steven Covey coined the term “Habits” for the principles he uncovered while studying success of individuals, groups, and businesses throughout history. The 7 Habits in Stephen Covey’s book *The 7 Habits of Highly Effective People* are: (1) Be Proactive; (2) Begin with the End in Mind; (3) Put First Things First; (4) Think Win-Win; (5) Seek First to Understand, Then to Be Understood; (6) Synergize; (7) Sharpen the Saw.
- **Altered State:** An altered state of consciousness or mind is significantly different from a normal waking state and can be measured as types of brain wave patterns through technology as Beta, Alpha and Theta. It describes induced changes in one’s mental state, almost always temporary.
- **Energetic Body/Auric Field:** See *Body, Energetic/Auric Field*.
- **Belief Systems:** A belief system is an ideology or set of principles that helps us to interpret our everyday reality. This could be in the form of religion, political affiliation, philosophy, or spirituality, among many other things. These beliefs are shaped and influenced by a number of different factors.
- **Body, Egoic:** The ego gives us the experience of being separate. Its job is to weigh, measure and compare. Some earlier spiritual or psychological teachings suggest the ego must be eliminated. Today, I believe we can evolve the ego to serve our heart and soul.
- **Body, Energetic/Auric Field:** The sixth sense feelings you get about other people or spaces come from your Auric Field, or The Energetic Body.
- **Body, Emotional:** Your Emotional Body is invisible, though you have a range of emotions that you feel in your Physical Body. Everyone does. Human beings have the self-awareness to feel your emotion and then align it to an action that is chosen versus instinctual reaction.
- **Body, Karmic:** Whatever it is that makes you different and unique from other people— from small things like wearing glasses or having a special way with animals to big things like traumatic experiences, being paralyzed, your personality, repeating patterns in

relationships with self, health, money, others, career, etc. These are what you have come to explore.

- **Body, Mental:** In popular psychology, the mind or Mental Body is often broken into the conscious, unconscious, and subconscious. All three of these consciousnesses comprise your Mental Body, which, if developed properly, can become an invaluable tool for your progress.
- **Body, Physical:** Your Physical Body is the physical manifestation of your dominant vibration. This includes your karmic energy, genetics, dominant emotional patterns, and thought patterns because the Physical Body holds all this information. It also expresses your emotions physically.
- **Body, Spiritual:** The Spiritual Body, in contrast to the natural body, is the immortal body and spiritual element of conscious understanding of being connected to all that is. This body is your connection to something bigger than you. While the 7 bodies are all interwoven, your Spiritual Body connects to everything at all levels of being—to your soul self, ancestors, other dimensions and realities, and the one divine intelligence that is the Creator.
- **Channeling:** Channeling is a means of communication through a specific frequency for which humans choosing to channel become a conduit.
- **Circle of Influence:** Circle of Influence is a term Covey used to describe concerns that we can actually do something about.
- **Clarity:** The quality of being intelligent and coherent in our thoughts and actions. Clarity is about awakening yourself to being present and to being someone who co-creates purposefully.
- **Conscious Creation:** Conscious creation is when you choose to work with the universe on multiple levels to co-create your reality on purpose with purpose.
- **Conscious Mind:** See *Mind, Conscious*.
- **Dominant Resonance:** The most consistent pattern of all the frequencies from your past, genetics, outside influence, thought patterns, emotional patterns, environment, and beliefs either inherited or co-created. Your dominant resonance is your natural unconscious default mode.

- **Drama Trauma:** When you are in reaction mode, dealing with drama that adds more trauma through your thoughts and actions.
- **E's:** Helen's affectionate term (nickname) for the Emissarians.
- **EFT (Emotional Freedom Technique(s)):** See *Emotional Freedom Technique(s) (EFT)*.
- **Emissarians (E's):** The Emissarians are a stream of consciousness, and also an aspect of consciousness reached through channeling.
- **Emotional Body:** See *Body, Emotional*.
- **Emotional Freedom Technique(s) (EFT):** Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupuncture. Created in 1990 by Gary Craig.
- **End in Mind:** Have a high level of clarity for what you are intending to accomplish for all your individual goals and your overall life's work.
- **Energetic Legacy:** We all come in with this energy from our ancestors, like a genetic legacy for skin and hair color. The phrase, "the sins of the father," does apply, and then children are all different, so everyone in the family doesn't have exactly equal parts of each bit of inheritance. And we create, pay forward, our energetic legacy for the next generations through our thoughts and actions.
- **Entrain:** This is the mechanism by which you either increase or decrease your vibration to be a match with something else.
- **Epigenetics:** A means in which trapped emotions can be passed on from one generation to the next and how the predisposition to a specific mental or emotional imbalance does have epigenetic origins.
- **Four Questions (Four-Part Formula):** The four questions of conscious creation: The What, The Why, The How, and How You'll Know You're Successful.
- **Frequency:** The rate at which vibration occurs i.e. a "high vibration" vibrates at a high frequency, and a "low vibration" vibrates at a lower frequency. You might think about a radio frequency to envision how vibrational frequencies operate, showing up through receivers that extract the information.
- **Genetics:** The genetic properties or features of an organism, characteristic, etc. that are handed down to offspring.
- **Karmic Body:** See *Body, Karmic*.

- **Law of Attraction (LOA):** The law of attraction is the attractive, magnetic power of the Universe that draws similar energies together. It manifests through the power of creation, everywhere and in many ways. Even the law of gravity is part of the law of attraction. This law attracts thoughts, ideas, people, situations and circumstances.
- **Logical Law of Attraction (LLOA):** Applying principle-based thought to the Law of Attraction (LOA).
- **Mass Consciousness:** The big soup of everyone’s thoughts and emotions, in which the most dominant thoughts are those with the strongest patterns.
- **Mental Body:** See *Body, Mental*.
- **Mind, Conscious:** The conscious mind directs your focus, distinguishes between real and imagined thoughts and stores short term memories.
- **Mind, Subconscious:** The subconscious stores short and long-term memories for recall and influences actions and feelings.
- **Mind, Unconscious:** The **unconscious** mind stores repressed and automatic memories, and although these memories can be accessed with effort, they usually run in the background undetected.
- **Mission Statement:** A formal summary of the aims and values of a company, organization, or individual.
- **Physical Body:** See *Body, Physical*.
- **Principles:** The principles that operate in physical expression are called natural laws. Principles are fundamental truths and also referred to as spiritual laws that work across all time, cultures and generations.
- **Resonance:** Two vibrations at the same frequency will “resonate” or harmonize together, and this is how it’s said that “like attracts like.”
- **7 Bodies:** Also see: *Body, Energetic/Auric Field; Body, Emotional; Body, Karmic; Body, Mental; Body, Physical; Body, Egoic* and *Body, Spiritual*.
- **Spiritual Body:** See *Body, Spiritual*.
- **Spiritual Laws:** Spiritual laws are constant, unchanging and essential for creating balance and harmony.
- **Subconscious Mind:** See *Mind, Subconscious*.

- **Tapping:** A nickname for EFT. Tapping is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system and body all at once. The practice consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions.
- **Unconscious Mind:** See *Mind, Unconscious*.
- **Vibration:** Science tells us nothing is solid, there are always atoms moving and there is more space than matter. Everything is energy, seen and unseen, and in its most basic form energy is a vibratory pattern. The nature of the pattern determines the frequency.
- **Vibrational Law:** Everything vibrates, both physical and metaphysical; this includes emotions and ideas, as well as objects, and they all vibrate at different frequencies.
- **Victim Consciousness:** Victim consciousness is a stage of consciousness in which people deny personal responsibility for the things that happen in their lives. People in victim consciousness believe that the world is acting upon or against them, and they are the innocent targets of other people's action or behavior.
- **Vision Board:** A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal. A vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life.