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Spiritually Speaking

*A Metaphysical Interpretation of Spiritual, Religious, and Modern Day
Secular Terms For Those Who Are More Spiritual Than Religious*

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Dedication

To humankind and for humankind's spiritual growth, illumination, and enlightenment. It is for those who want to stop "no-ing" themselves and start "knowing" themselves.

Preface

This glossary is written for New Thought truth seekers AND "*Church Alumni, Unfulfilled Church Attenders, and Church Avoiders*" to use as a higher consciousness resource as they continue their spiritual growth 'plugged into' and/or outside of the limitations of mainstream religion.

It is written with the knowledge that there are a growing number of people involved in New Thought spiritual communities who have outgrown their religious roots, and it is written with the understanding that there are more *church alumni* and *church avoiders* in America and throughout the world than there are church goers.

What's more, it should come as no surprise that there are tens of millions of *unfulfilled church attenders* who are not having their emotional, intellectual, and spiritual needs met within mainstream religion.

This worldwide demographic is much more than a simple trend. It is the result of a fantastic shift in global consciousness which is changing the way we see ourselves in relation to, well, everything!

And this stunning shift in human consciousness is literally transforming the way we see and experience spirituality and religion. The shift is absolutely monumental and enduring. It is a testament to humankind's perennial search for who we are, why we are, where we've come from, and where we're going.

New Thought truth seekers, church alumni, unfulfilled church attenders, and church avoiders are people at the leading edge of this consciousness shift. They are people who are more spiritual than religious, They are seeking deeper meaning, higher purpose, and transcendent spiritual experiences outside the bounds of mainstream, dogmatic religions that are characterized by empty ritual, blind adherence to religious teachings that are out of step with our time, belief in the authority of an external deity, placing undue emphasis on monetary commitments, and demanding an unquestioned belief in a literally-

interpreted inerrancy of scripture that has been proven to be filled with mistranslations and errors.

This glossary moves beyond those “mistranslations and errors.” It stays outside of dogmatic blinders and the underbelly of religion. It offers a grander, more spiritual perspective on important concepts, events, human qualities, and relationships that either dampen our spiritual growth or foster our collective enlightenment.

That being said, we must add that there is no exoteric, spiritual, religious, esoteric, theosophical, anthroposophical, allegorical, metaphorical, literal interpretation of sacred scripture, and/or secular writing that is definitive by itself, including this glossary. Interpretations are just that – interpretations!

While interpretations and translations are offered to shed more light on the path of Self-discovery, they can occasionally miss the mark, no matter how well intended, because ultimate truths aren't known. Spiritual teachers, including myself, are still trying to connect the dots when it comes to ultimate knowledge. So, it's not rocket science to suggest that even the best thinking is only an approximation of Ultimate Reality.

This glossary, this well-thought-out approximation, is written for people who are forward thinking and open-minded. We combine ancient truth traditions, spiritual and esoteric knowledge, and cutting edge science in order to offer the clearest, most sane, and 21st Century relevant content to assist you in your spiritual growth.

Picking up this glossary will require you to keep an open mind as you expand your awareness, and broaden and deepen your knowledge of the esoteric meanings associated with even the most mundane things. People, animals, plants, places, and events are interpreted as aspects within our own consciousness (thoughts, emotions, tendencies, inclinations, habits, talents, skills, and behaviors, etc.).

A Note About the Semi-colon:

This glossary is presented to you, the reader, as a work in progress. You will notice that each reference ends with a semi-colon instead of a period to reinforce the notion that there is more room for growth when it comes to understanding a particular reference.

However, in its present form, this version of *Spiritually Speaking* offers substantive interpretations of spiritual, religious, and secular terms as well as whimsical definitions of modern terms that will be of tremendous value to students of truth who are pursuing a more enlightened perspective of thinking, being, and doing.

Acknowledging Our Sources:

Great care has been taken – and continues to be taken for any updates – in the compilation, editing, revelatory inspiration, esoteric deduction, and wordsmithing to do

justice to the myriad authorities, dictionaries, glossaries, lexicons, and metaphysical literature consulted for this monumental work.

We have drawn from the esoteric knowledge and teachings of a wide variety of faith traditions as well as my own thoughtful study, meditation, and revelatory experiences. We are privileged to have learned and continue to learn from the following esoteric perspectives: Amazonian, American, Arabic, Assyrian, Australian, Aztec, Babylonian, Baha'I, Brazilian, Buddhist, Celtic, Chaldean, Chinese, Cuban, Egyptian, Gaelic, Germanic, Greek, Hawaiian, Hebrew, Hindu, Inca, Islamic, Jamaican, Japanese, Latin, Mayan, Mexican, Norse, Pali, Palestinian, Persian, Phoenician, Roman, Russian, Scandinavian, Sumerian, Swahili, Tibetan.

We also consulted sources like: Anthroposophy, Burmese, Confucianism, Christian Science, Free Masonry, Gnosticism, Hellenism, Jainism, Judaism, Kabbalism, Metaphysics, Mohism, Native American, Religious Science, Rosicrucian, Sikhism, Shintoism, Sufism, Taoism, Theosophy, and Zoroastrianism.

We hope you will find this glossary interesting, easy to navigate, validating your own inner wisdom, stimulating, riveting at times, fun, edutaining, and most of all enlightening.

Click to Jump to the Letter You Are Searching For:

[A](#)

[B](#)

[C](#)

[D](#)

[E](#)

[F](#)

[G](#)

[H](#)

[I](#)

[J](#)

[K](#)

[L](#)

[M](#)

[N](#)

[O](#)

[P](#)

[Q](#)

[R](#)

[S](#)

[T](#)

[U](#)

[V](#)

[W](#)

[X](#)

Y

Z

Spiritual Glossary

A

Aaron's Rod: the spinal cord;

Abacusic Intellect: primitive intelligence; basic computation; outdated thinking;

Abaddon, Apollyon: a hellish thought; the implosive nature of error; (The name given to the angel of the bottomless pit);

Abandon: fear; failure to appreciate current opportunities, abilities, and contributions; disillusionment; seeking redefinition;

Abandonment Rate: the rate at which we drop spiritually-oriented thoughts for worldly-oriented thoughts, whims and desires; (In online marketing lingo, the abandonment rate refers to the patterns of use of virtual shopping carts. Brick and mortar shoppers rarely abandon their carts, but online shoppers abandon virtual shopping carts quite frequently.);

Abacadabra-ing: employing mindfulness meditation, affirmative prayer, and positive affirmations as the open sesame to healing and enlightenment;

Abroad: our propensity for seeking sensory experiences; our desire for more expansive perspectives; experiencing astral projection, out-of-body experiences, and hypnogogic visions;

Abscess: an old, underlying resentment, doubt, or negative emotion that needs to be expressed; inflammatory thoughts; fermenting thoughts over hurts and slights;

Absent Healing: healing that occurs when healers are not in direct physical contact with the people being healed; (See Remote Healing);

Ab-Sooian Space: the openness and expansiveness we create in our consciousness when we delve into the greater mysteries of esoteric knowledge; (Ab-Soo is a mystic name for space, the waters of the universe);

Absolute, the: the Eternal Perfect Presence; Supreme Consciousness; the Infinite Isness; Brahma; the All-pervading Presence; Divine Mind; Ultimate Reality; the Unloosed and Freed;

Abstinence: the ability to abstain from sense appetites that limit and/or block our spiritual growth;

Abundance: living at the speed of our Christ (Buddha, Krishna, Allah, Great Spirit) Consciousness;

Akashic Records: an '*aetheric library*' imprinted on an omnipresent *akasha* (a soniferous ether) so we can mentally 'Google' all of the past, present, and future knowledge of the universe anytime we want when we are in certain states of heightened consciousness; depending on our psychic sensitivity and Akashic interests we can even 'bookmark' various knowledge banks so the information is available to us instantly; the memory of the hum of physicality;

Alarm Clock: being acutely aware of wake-up calls; gaining victory over darkness; being constantly vigilant; choosing movement over inertia; anxiety or nervousness;

Albatross: our incarnational burden; physicality itself;

Alcoholism: liquid lunacy; the denial of our ability to master the human experience; *Self* denial through *self* diminishment; self-rejection and Self-rejection;

Anorexia: a literal-only interpretation of sacred scripture; extreme fear of rejection and loss of control;

Antagonist(s): recalcitrant, combative, argumentative thoughts;

Anthropomorphism: the ascription of human traits, qualities, attributes, and even possibly human form to divine and/or devilish beings; thinking that deities and divinities must be copies of humans; (Anthropomorphism comes from '*anthropos*' which means man. I'm going to suggest that the punitive, revengeful, anthropomorphic God of the *Hebrew Testament* and the anthropomorphic satanic devil are limbic stains, stains of our primitive reptilian brain. People who still believe in such a deity and/or its adversary are stuck in the darkness of the amygdala. It is my hope that they will venture out of their self-imposed cave of darkness into the light of their frontal lobe);

Antiperspirant(s): affirmative prayer; positive affirmations and resolute denials; devotion to truth principles; integrity; being in alignment with our Authentic Self; standing in our truth; right actions;

Apocalypse: the end of an egocentric level of awareness which has been raised to its super-conscious expression as Christ Consciousness; the end of a stale belief system; our true spiritual nature is revealed by going through a dark night of the soul;

Apocalypse Unsealed: the process of unfolding into our enlightenment; the initiatory process into the greater mysteries;

Aquarium: compartmentalized subconscious life patterns that have not quite surfaced but are viewed as possible contributors to our continued unfoldment;

Archery: intense focus on a well-defined goal; laser-like focus;

Archetypal Energies: recurring patterns of mental energies that pervade our collective consciousness: (In Mayan terms, recurring fields of consciousness that permeate the universe and the soul);

Archetype Dispositions: enjoying the prototype of an expanding spiritual idea;

Architecture: our pre-incarnational pattern of beingness; our inter-dimensional qualities and traits that migrate with us into our various incarnations;

B

Baby Carriage: our desire to nurture new ideas and insights;

Baby Clothes: a neophyte's conception of esoteric truths;

Baby Food: literal translations of holy scripture;

Babylon: our incarnate experience with its unbridled sensory (carnal) addictions and passions;

Babymoon: the period of time when neophytes enjoy basic esoteric teachings before they are introduced to more advanced teachings; (In social

networking, a relaxing or romantic holiday taken by parents-to-be before their baby is born);

Baby Shower: preparing to work on our inner child; recognizing the need for a new start;

Basement, Cellar: our subconscious; our tendency to store old, repressed life patterns, belief systems, and warped perspectives that can weigh us down if we continue to allow them to inhibit us and squelch our potential; a cluttered and messy basement symbolizes our need to rid ourselves of stagnant and debilitating emotions, habits, and false assumptions that keep our potential buried and our waking life burdened with defense mechanisms;

Basket(s): womb; receptivity; a temperament for collection;

Bat-like: the ability to see past the world of illusion and duality; sensitivity; rebirth;

Bath, Bathing: cleansing; purifying; restoring; clarifying;

Bath Mat: a reminder not to slip into old habits;

Bathrobe: needing a sense of privacy;

Bathroom, Washroom, Toilet, Restroom: cleansing; elimination and release; preparation;

Beaches: our subconscious impulses surfacing into our waking consciousness requiring us to yearn for clarity, introspection, and even rest; the state of mind that reminds us to spend some time alone to heal and incubate ourselves from the pressures of the daily grind;

Beach House: a conscious comfortability with change, transition, and the need for relaxation;

Beatitude #8: As it is traditionally translated says: “*Blessed are they that have been persecuted for righteousness’ sake; for theirs is the kingdom of heaven.*” Unfortunately, this mistranslation has led hundreds of millions of people through the ages to accept martyrdom and to wear victimization and poverty as badges of honor. Essentially it has been interpreted to mean that we are blessed when we are persecuted for being Christian. The key word that is mistranslated as ‘*persecuted*’ actually comes from the Aramaic word *dea-tredepo* which means ‘*to restrain from temptation.*’ The only

persecution this Beatitude is talking about takes place between our ears. And our persecutors are errant thoughts, stale belief systems, and self-defeating habits which are the chief characteristics of a selfish, materialistic, egocentric consciousness. The word *righteousness* means ‘*right thinking*.’ The ‘*kingdom of heaven*’ is a spiritual idiom that stands for ‘*our innate divinity*.’ It is this innate divinity that is the altar of our *spiritually-attuned consciousness*. It’s a spiritual Petri dish that grows divine ideas. The 8th Beatitude, reinterpreted and brushed off says: “*Blessed are those who do not allow worldly temptations to deter them from right thinking; for they shall honor their innate divinity.*”

Beer: our desire for an altered state of consciousness; a liquid escape; the whim to flirt with oblivion;

Beggar(s): a consciousness of lack, entitlement, and unworthiness;

Begonia-like: dependent; a willingness to be herded; conforming;

Beheading: putting ego aside; going beyond merely intellectual knowledge into a higher spiritual understanding; surrendering one’s human personality to one’s spiritual individuality; restricting the analytical mind from interfering with higher spiritual perception; ‘dying within ourselves’ by removing the influence of the unenlightened ego once and for all (decapitation); losing the power of rationality; succumbing to irrational thought; (Beheading refers to ‘mystical death,’ symbolized in all great religions by decapitation (John the Baptist was beheaded). It the process through which all that is false [the unenlightened ego] is removed, leaving only the purity of the free consciousness. Beheading is called ‘annihilation’ in the Buddhist tradition.);

Binge Watching, Binge Viewing: binging on guided visualizations; binging on metaphysical YouTubes and/or spiritually-oriented TV movies; (In online media language, binge watching is the practice of watching TV for longer time spans than usual, usually for binging on a single TV show queued-up on Netflix or Amazon Prime);

Binoculars: the desire to see spiritual, allegorical, figurative, metaphorical, theosophical, and anthroposophical perspectives more clearly; discernment;

Bitmap: keeping an open-minded, big picture perspective (grasp) of certain esoteric teachings so we can more easily connect the proverbial dots;

Blasphemy: denying our divinity;

C

Cable Modem: symbolizes our ability to enjoy a speedy and continuous

Cactus Flowers: forgiveness; repentance;

Cage(s): any thought that limits our spiritual growth; a well-entrenched negativity bias; repressed emotions; an unwillingness to let our inner child out; any of the 'isms'; dogmatic thinking; chronic fear, shame, and doubt; inhibitions; shyness; self-imposed restraint; sense of entrapment and restriction; loss of freedom and mobility;

Cancer: caustic thoughts that eat away at us; self-directed resentment and anger; stifling happiness and joy; a belief in the proliferation of ills; deep hurts that metastasize;

Candles: intelligent potential; predictive awareness; *golden candles* denote immanent enlightenment;

Candy; desiring the sweet things in life; enjoying the pleasantries that bring palatable delights; also represents the enjoyment we get from receiving new spiritual insights that are like 'soul' sweets; esoteric principles; life-changing 'A ha's';

Capital Punishment: self-imposed pain and suffering caused by our complete disregard for our innate divinity;

Cartoon(s): perceiving certain aspects of our lives in a comedic and lighthearted way; an appreciation for fun and joviality;

Casino(s): searching for Universal Substance thinking it comes *to* us instead of *through* us;

Cat Nap Fraud: pretending to sleep during a religious or political discussion so we don't have to say anything;

Cattle, Livestock: contentment; denotes our herd instinct; the status quo;

Cattle Drive: a herd of thoughts that runs through our mind making it difficult to sleep; (In cowboy terms, a cattle drive is the movement of a herd of cattle from a ranch to a railroad line for shipment.);

Caves: birth, burial, and rebirth into higher spiritual understanding; womb; portals into enlightenment;

Celebrities: well-known spiritual laws and principles;

Cell Phone Tower: a reminder that there is no geography in spirit; a World Axis energy point; (See World Axis);

Cellular Anthropology: the belief that our cellular architecture is a path to uncover hidden messages of life itself that support us and allow us to build our spirituality.

Cellular Consciousness: every cell in our bodies is a conscious, intelligent being;

Cellular Theology: Each cell, every molecule, each atom is a sacred tabernacle of Spirit. These sacred tabernacles are connected. There is no denominational sparing. Their biology is their theology. (When we realize the significance of this invisible connection we will honor the human soul's relationship to Spirit. When we acknowledge this connection, from soul to cell, our body becomes the highly-charged sacred ground of our being. When we achieve this perfect synchrony we experience the inner peace, joy, health, and wholeness which are the truth of us);

Cemeteries: severely repressed emotions; spent thoughts and ideas that were never used; a materialistic consciousness; aspects of ourselves that have been laid to rest;

Cha-Ching: the sound of materialism;

Chakras, Lotuses: seven main super-physical (subtle body) consciousness centers within our physical body (spinal cord) that are activated by the serpentine energies; an exteriorization, an outward affirmation of the Tree of Life; (According to Hindu metaphysical and tantric/yogic spiritual traditions, the chakras are vortexes in the subtle body – and not our physical body. They are located at the physical counterparts of our major plexuses of arteries, veins, and nerves. Every thought, inclination, and experience we have ever had at the quantum level of consciousness is filtered through these chakra “databases” and is recorded in the 100 trillion cells that constitute our physical being. “Our biography,” says Caroline Myss, “is our biology.” In addition to our seven major chakras there are 42 more minor chakras that start below the Root Chakra and extend down our legs to our feet. These correspond to our lower, more base instincts and include our repressed subconscious material: Ken Wilber, in J. White (ed.), Kundalini, Evolution and Enlightenment, pg. 127, outlines how we experience the

chakras when they are open: Different feelings and cognitions are ‘located,’ or best contained in, certain well-defined segments of the body. (We) feel stability and groundedness in the legs and feet...; orgasmic ecstasy in the genitals; joy-vitality-laughter in the gut; openness-affirmation-love in the chest; intellection-insight in the eyes and head; and spirituality at the crown... This, then, is the basis of the chakra system as presented in terms of feelings, vibrations, or energetics.” The seven major chakras are: Base Chakra (Muladhara) – located at the coccyx bone, Sacral (Navel) Chakra (Swadhistana) – located at the prostate, Solar Plexus Chakra (Manipura) – located in the navel area, Heart Chakra (Anahata) – located in the heart center, Throat Chakra (Vishuddha) – located at the throat and neck area, Brow (Third Eye) Chakra (Ajna) – located between the eyebrows, and Crown Chakra (Sahasrara) – located at the top of the head; (Also called lataif-e-sittas);

Chatter Bomb: an intrusive thought that enters, and possibly spoils, a meditative experience;

Chauffeur(s): our incarnational physical bodies;

Cold Calling: praying to an anthropomorphic goodie god in the sky for something we want;

Cold Storage: the place we put all of those unopened CD’s, books, DVD’s, albums, and other church-related material we buy from speakers and workshop leaders;

Cover-Up(s): intentional mistranslations of scripture; unintentional mistranslations of scripture that are found and then left uncorrected and unammended;

Covetousness: desiring spiritual rewards while relishing material attachments;

Crossing Over: the moment when we, animals, and plants leave our dense physical bodies and enter the astral world; making our transition;

Crossroads: the intersection of spirit and matter; opting for the spiritual over the material; choosing light over darkness; choosing spiritual perspectives over the embedded theology of our childhoods;

Cul-de-Sac(s): circular thinking; spiritual communities cuddling next to mainstream religious ‘highways’;

D

Dance Floor: a skin school experience;

Dancing: enjoying the thrill of harmonious partnering; desiring celebratory movement and happy relationships; also denotes harmonious liaisons and the union of masculine and feminine qualities;

Dance Recital: our Quantum Self's reintegration process that prepares us for our next incarnation;

Dandruff: the consequences of error; the fall-out from poor choices;

Daredevil: a spiritual idea entering an egocentric consciousness;

Deeper Self: our Authentic Self; our True Self; our Christ Self; the Extraordinary You; the Wise You; the Spectacular You; the Phenomenal You; the Peerless You; the Exceptional You; the Unparalleled You; the Legendary You; the Marvelous You; the One-of-a-Kind You; the Remarkable You; the Awesome You; the Astounding You; the Stunning You; the Electrifying You; the Sensational You; the Mesmerizing You; the Amazing You; the Spellbinding You; the Hypnotic You; the Fascinating You; the Fantabulous You; the Stupendous You; the Jaw-Dropping You; the Mind-Boggling You; the Dazzling You; the Brilliant You; the Adept You; the Enlightened You; the Illumined You; the Cosmic You; (According to neuroscientists, the occipital cortex, which is at the back of our brain, helps us envision an anthropomorphic [Deeper Self], while the temporal lobes allow some people to hear that [Deeper Self's] voice); (From a neurological perspective, images of our Deeper Self are unavoidable, but from many theological perspectives, there is no true image of that Deeper Self. Thus, if we cling to our childhood perceptions, we will limit our perception of the nature of our Deeper Self. This is the drawback to any belief system that insists upon a literal image of the Deeper Self. If we limit our vision, we will probably feel threatened by those who have more expanded visions of their Deeper Self); (See Christ;

Deer Capabilities: benevolence; striving for prosperity; peaceful;

Defacement: thinking, saying, or doing something that compromises our stated spiritual and/or religious values; (In IT terms, defacement refers to the method of modifying the content of a website in such a way that it becomes 'vandalized' or embarrassing to the website owner);

Defects: error thoughts and actions;

Defenders of the Faith: religious and spiritual thoughts, inclinations, beliefs, and attitudes;

Defense Mechanisms: the not-so-cute, accusatory retorts we use to defend our own faith tradition by saying such things like: “You’re nothing but a cult,” or “We teach the FULL gospel of (whoever our chief god or founder is),” or “If you believe that you’re going to hell,” etc.;

Defibrillator: a well-placed, highly-emotional statement that jumpstarts

Defriending: dropping error thoughts, words, and actions from our life experience;

Déjà lu: reading something entirely new, but having the distinct impression of having read the book (article, newspaper, letter, magazine) before. In other words, the illusion of having already read something that is actually being read for the first time;

Déjà vu: feeling strongly that a present moment, situation or event is extraordinarily familiar, as if it was experienced prior to that moment; (See Jamais Vu);

Diabetes: having an intense preoccupation with what we consider to be the seriousness of life to the neglect of the joy we could feel if we allowed ourselves to loosen up and feel the success we deserve;

Diddlyquat Order: the opposite of divinely ordering our experience; error ordering; the cause of abnormal fluctuations, disturbances, and disorder – which are all ghosts of our poor choices; (See Divine Order);

Dieting, Fasting: abstaining from toxic error thoughts, beliefs, and attitudes; (See Fasting);

Dolphin Attributes: playfulness; astute intellect; courageous; pure of heart; compatible with both yin and yang energies; fierce protector and guardian; generosity; a high degree of curiosity; hidden power that can be suddenly and forcefully released; the guides of sanctified souls;

Doll(s): childhood memories;

Domain Name(s): Buddhism; Hinduism; Christianity; Sufism; Judaism; etc.;

E

Each-consecutive-moment-of-now: the future becoming the present at the speed of consciousness; (Most people see it as a consecutive sequence of seconds or minutes of time. However, it is more like instantaneous shifts in consciousness);

Ear Infection, Deafness: strong resentment in hearing what we don't want to hear; unreceptivity to new information that we find annoying and/or ridiculous; resistance to being open to spiritual truths;

Ear Plugs, Ear Wax: refusal to listen; protection from unwanted noise;

Eating: absorbing esoteric wisdom; eating consecrated bread implies applying esoteric knowledge; eating the flesh of Christ symbolically denotes becoming illumined, understanding divine truths, comprehending the highest spiritual laws;

Eating Utensils: psychological, sociological, spiritual, religious, scientific, philosophical, etc., methodologies that help us get the 'soul' food we need;

Eavesdropping: petitioning prayer to an anthropomorphic god;

Eiffel Tower: masculine and feminine equality; love and romance; the need for an elevated perspective; evolutionary desire to return to our spiritual roots; (See Skyscrapers, Towers);

Elevator(s): denote our trips into our three levels of human beingness (subconscious, conscious, super-conscious); a *malfunctioning elevator* suggests our lack of progress toward a particular area, a problematic issue that has gotten us stuck or out-of-touch, or feeling stymied in some way; the reincarnational process;

Elohim: Androgynous manifestations (emanations, essences, attributes) of the One Presence expressing Itself in physicality (in the universe as well as within our consciousness); a mixture of religious and spiritual thoughts;

Email(s): although our thoughts register anytime day or night we can choose to transform (send) our thoughts immediately into actions or allow them to remain in our heads longer until we choose to share them or translate them into choices and then actions; also denotes thoughts we have that we'd rather not say face-to-face because we would feel uncomfortable sharing them out loud;

Embedded Theology: dogmatic religious thoughts and biases that have been with us since childhood; literal interpretations and misinterpretations of religious scripture that limit our thinking; (In *Born to Believe*, Andrew Newberg asserts that “from a neurological perspective, images of our (Deeper Self) are unavoidable, but from many theological perspectives, there is no true image of that (Deeper Self). Thus, if you cling to your childhood perceptions, you will limit your perception of the nature of your (Deeper Self). This is the drawback to any (belief system) that insists upon a literal image of the (Deeper Self). If you limit your vision, you will probably feel threatened by those who have more expanded visions of their (Deeper Self);

Emergency Room: mind, body, and soul triage;

Emigration: going from one skin school experience to another;

Emoticon(s): a cross with Jesus nailed to it; pictures with Jesus bleeding from the crown of thorns; (Electronically emoticons are text-based faces and objects that give the reader a sense of the texter’s feelings behind the message. For example, the classic ☺ represents happiness; @->--> ---- stands for a long stemmed rose to show affection);

Emotional Flypaper: regrets – they keep us stuck in the past; (Doubts, fears, and regrets - like any narcotic - weaken our ability to take control of our life. They are the self-induced sedatives all of us use, from time to time, to numb ourselves to the trials of life);

Encyclopedia: our long and short-term memory; accumulated knowledge;

End of the World: the culmination of a particular state of awareness; the maturation of one level of knowing into a greater level of understanding;

Entrainment: our human nature becoming one with our Christ Nature; living, moving, and being in at-one-ment with our extraordinary Christ Self; God’s Godness enthroned in our human physicality; transcending the illusion of any separation between our human beingness and our true I-Am-ness; recognizing our indivisibleness as God expressing Godness at the point of us; (In *The Coming of the Cosmic Christ*, Matthew Fox reminds us that “a theology of the Cosmic Christ is not embarrassed by the deification of humans.” Pg. 109);

Entrée(s): spiritual and religious teachings; metaphysical principles;

F

Fable(s): an anthropomorphic god in the sky or an anthropomorphic devil; the inerrancy of scripture; not going to heaven or hell until we die; the creation stories;

Face-to-Face: direct perception;

Facebook, Pinterest, MySpace: our preference for social networking on a global scale; oneness; interconnectedness; community; the 'projected' us;

Facelift, Facials: an outer way to reveal the inner us; our Sagittarius drive;

Fairy Tale(s): the anthropomorphic god or devil 'out there' fabrication; (See Fables);

Faith: heart-to-head resuscitation spiritual trust and knowing; believing with confidence – to have conviction – to know that you know that you know; a deep abiding trust in our divine connection; a spiritual night light in hallways of darkness; *blind faith* denotes a more religious perspective that places its trust in a higher power outside of us; (In Sanskrit, the word for faith is *shraddha*, which is akin to *cor*, "the heart," in Latin. Faith is more a quality of the heart than of the mind. It is the knowing of the heart that transcends the intellect);

Faith-Lifts: times when we are being faith-full (trust-full) in our connection as Spirit in human form;

Family Feud: disconnects between our mind, body, and soul;

Famine: spiritual barrenness; spiritual bankruptcy; spiritual neglect; the absence of illuminated thoughts;

Famous People: noteworthy ideas; illustrious insights; prominent thoughts; distinguished personal traits;

Fasting: refraining from toxic error thoughts, beliefs, and attitudes that create an illusion of separation between us and our innate divinity; abstaining from egocentrism, dogma, judgmentalness, and prejudice; dieting from doubts in our self-worth and fear of eternal damnation; eliminating the thinking that we are sinful by nature; (I believe that when we fast from anything that interferes with our conscious oneness with Spirit, we are filled with joy! In fact, we base our perspective on Matthew 6:16-18,

when Jesus instructed: "*When you fast, don't look all gloomy, so everyone knows you're fasting.*" In other words, if it's just a façade, the fasting means nothing! And there's no lasting impact from it. "*But when you fast,*" Jesus said, "*put oil on your head and wash your face, so that it will not be obvious to others that you are fasting.*" In other words, when we allow ourselves to experience the absolute joy of oneness, and allow our light to shine as a result of fasting from error thinking, we will be rewarded with the growing consciousness of Divine flow in our lives);

Fear: the amygdala's answer to a paranoid ego; (Someone once said that fear is 'false evidence appearing real.' From a spiritual point of view the 'false evidence' appearing as real comes from our unenlightened ego which is grounded in materiality. When we subordinate our human ego to our higher spiritual nature the acronym for fear changes to 'facing every appearance realistically);

Feast of Fools: choosing carnal, base, impure, and crude actions, tastes, and habits over spiritual behaviors;

Free Will: multi-incarnational influenced self-conscious and self-expressive choice; contextual self-imposed destiny;

Freeze-Dried Fallibilism: believing that no belief, theory, supposition, thesis, view, or postulation can be proven with absolute certainty;

French Kiss: our infatuation with physicality and its sensual nature;

Frequency Fence: our neural real estate tuned to the repetitive imprinting of dogmatic thinking, making it difficult to 'hear' the higher frequencies of esoteric thought; three frequency fences are our subconscious, waking conscious, and super-conscious; the vibes between our multidimensional selves (human, astral, mental, ethereal, cosmic, etc.);

Frequent Fliers: those who have a habit of enjoying astral travel, flying in their dreams, and experiencing hypnogogic visions;

Friend(s): thoughts, inclinations, proclivities, words, choices, and actions that are in concert with our stated beliefs and values;

Frisbee(s): field tested ideas;

Fungus: the consequences of negative choices, behaviors and emotions;

G

Gang: a collection of negative, combative, and belligerent thoughts based on self-interest and fear;

Garbage Can: a materialistic consciousness that supports all kinds of temporal refuse; (See Garbage);

Garbage Disposal(s): affirmative prayer, meditation, positive affirmations and mantras, spiritually-attuned visualizations, sacred rituals and ceremonies;

Garden of Eden: the etheric realm of super-consciousness; the ‘cosmic heart’ of God; an organized sphere of divine consciousness; the Universe and the Multiverse;

Garment(s): our physical body (thought sheath, somatic spacesuit); belief system; mental concept; static perspective; *shedding (changing) garments* symbolizes clearing one’s consciousness of encrustations of dogmatism, duality, and religious biases, adopting new spiritual perspectives; *tearing garments* implies a strong desire to change our perspective; *giving garments away* represents willingly sharing our perspective; a *seamless garment* denotes the complete alignment of our human personality with our Christ individuality and/or the indestructible unity of life; *garment of light* is our imperishable spiritual essence; the *garment of darkness* is our physical form;

Gate, narrow: a spiritually-oriented mindset; the illumined mind;

Gate, wide: sense consciousness; a materialistic mindset;

Gazebo: openness and receptivity toward the natural rhythms of an earth experience;

Ghost Busting: using positive affirmations and denials to offset the negativity caused by repressed material (ghosts) that has resurfaced;

Giraffe-ishness: gracefully striving; being entrepreneurial; acquiring an over-arching vision; having noticeable elegance;

Girl Scout(s): the evolving emotions associated with personal growth;

Gizmo(s): quick material fixes; assumptions;

H

Hacker(s): subconscious material that gains unauthorized access into our waking consciousness;

Hallucinations: the belief in original sin; evil; an anthropomorphic God; incurable illnesses; duality; separation between Spirit and matter;

Halo: the aura of a spiritual thought; enlightenment; goodness;

Hand-Me-Down(s): our current incarnation; dogmatic perspectives; conventional religious and spiritual beliefs;

Handshake(s): denote trust and cordiality; also represent the willing alignment between our human self and our Christ Self;

Hang Gliding: astral travel; freedom;

Hangover: the dizziness, giddiness, and headaches we feel when we compromise our authenticity;

Hanky-Panky: trying to fit square religious beliefs into round spiritual wholes;

Happiness: the hum of good choices;

Healing: physical, mental, emotional, and spiritual *wholing*; the elimination of dis-ease; the body's natural pharmacy at work; the movement toward wholeness; *absent healing* represents the process of nonlocal *wholing* on the mental plane;

Health: oneness with our Christ Nature; wholeness established in body,

Heart Bypass: using our left-brained, logical, intellectual thinking only;

Heaven and Earth: Christ Consciousness is heaven and our egocentric human consciousness is earth;

Heisenberg's Uncertainty Principle: we have both position (are human in physical form) and velocity (are connected to Spirit) at the same time; (When we chose this human incarnation we dumbed down our awareness (thinking we could clarify our *position*) to justify our notions of duality and separation. Unfortunately, our spiritual *velocity* was also slowed down because of its encasement in the physical bodies we created to experience physicality);

Helicopter: elevated religious ideas, fancies, and urges;

Holy Ground: a Christed (holy) consciousness (ground);

Homecoming Hankerings: meditation; affirmative prayers; positive affirmations; sacred rituals; spiritual visualizations; (See Practicing the Presence);

Home Improvements: filling our consciousness with spiritual thoughts;

Hospital(s): a collection of healing thoughts and feelings; a medley of healing affirmations that alleviate our health concerns; our consciousness itself because of its transforming placeboic power to heal; the wound site on our physical bodies; (In medicine, hospitals are the places where we get private rooms and public gowns);

Hot Air Balloon(s): an elevated intellectual mindset; a higher spiritual perspective;

Hotel(s): refers to our brain with its many regions (frontal lobe, parietal lobe, occipital lobe, temporal lobe, brain stem, etc.); also refers to our consciousness with its three main floors (subconscious, conscious, and super-conscious);

Hotline(s): meditation and affirmative prayer; Aha's and intuitive flashes;

Humility: knowing that pinnacles of pride are always lower than the sod of unpretentiousness; (The word humility comes from the Latin word, *humus*, which means, the "soil." Perhaps humility is derived from the soil because being human entails a stooping and returning to earthy origins. It calls for a naturalness and reverence for everyday life. We find in it the vitality and spiritual richness unnoticed by people who merely hydroplane across the surface of life, missing its essence, and losing their connectedness with their essential being);

Humpty Dumpty: bifurcation;

Hyperbole(s): the belief, and rhetoric that accompanies it, that we are condemned to everlasting hellfire, that we are the products of original sin, and that we are to fear a vengeful god;

Hyper-hypochondriacs: the flurry of self-deprecating and demeaning thoughts that run through our heads telling us how sinful and good-for-nothing we are;

I

I Am: the Christ individuality within us; (Each time we affirm our “I-Am-ness” with the Universal Presence we strengthen our neuro-connections. Also, pleasant thoughts, positive and optimistic inclinations, sitting meditations, and affirmative prayers are all dopamine triggers); [In his Divine Comedy, Dante Alighieri expressed that the purpose of creation is to awaken the divine ‘I am’ in all creatures];

Ibis-like: birth; fertility; (According to local legend in the Birecik [Macedonopolis] area, the Northern Bald Ibis was one of the first birds that Noah (rest) released from the Ark (our super-consciousness) as a symbol of fertility);

I-Catching: aligning ourselves with the Indwelling Christ Presence (Buddha Presence, Allah Presence, etc.); (In the brain, every manifestation of self is impermanent. The small ‘s’ self is continually constructed, deconstructed, and reconstructed again and again. It’s not so much that we have a self, it’s that we do self-ing. The brain strings together heterogenous moments of self-ing and subjectivity into an illusion of continuity. The small ‘s’ self is a fictional character);

Iceberg: a cold, unfeeling attitude that is generally caused by a deeply hidden hurt;

Ice-cream: enjoying simple pleasures and contentments in life; cheerfully opting for a little *joie de vivre*;

Ice Skating: denotes our ability to remain above cold, narcissistic harshness and icy emotional states;

Icicle(s): ice cold intentions that hang around until they are used or forgotten;

Icky Double-Talk: pretending to be spiritual or religious when we’re not;

Illusion: seeing a particular incarnation and our experiences in that incarnation as the only reality;

Imposter(s): deceptive thoughts and attitudes meant to hide our impure motives;

Imprisoned Splendor: our repressed Christ Nature;

Inflatable Bed: having too much materialistic praise (hot air, infatuation, longing) for our earth experience (bed);

Infringement: any iota of a thought concerning the errancies in the Bible is considered by mainstream, religious fundamentalists as unforgivable infringement;

In-Group Bias: believing own religious affiliation is better than others;

Inheritance: our innate Christness;

Innate Wisdom: opening from the inside out, learning to look for answers inside, going deep into our hearts and souls where we can connect with our Christ Self and receive guidance from within to transform our lives. Innate wisdom is using our intelligence to seek the common good by balancing our own interests with those of other people. It means knowing what is most important in life and how to get it, knowing what constitutes the meaningful life, and intuiting how to plan for and manage such a life. It is one of the seven core abilities that characterize the Extraordinary Us, our Christ Self. (See the Extraordinary You);

Inside Voice: It is a voice we must listen to when we are facing difficulties, when we suffer major setbacks, when we run into ten miles of bad road. It is a voice we must listen to if we are to grow spiritually. It is a voice we must pay attention to if we are to master the art of living. It is the voice of Spirit within. It is the *Still Small Voice*;

Insurance Policies: our spiritual practices;

Intelligent Design: The imprints of an Intelligent Designer are certainly compelling. The threads of traditional science and the dogma of pediatric theology are obviously wearing thin and are in need of triage. Their days are numbered. The narrow-minded nihilism of traditional science and the arrogant divisiveness of dogmatic religion have kept underlying universal truths hidden, ignored intelligent design, and have pushed us toward division and separation. (Fortunately, there are a growing number of scientists from the fields of quantum physics, neuropsychology, biology, neurotheology, astrophysics, and parapsychology who are collaborating with metaphysicians, mystics, and spiritual leaders throughout the world to pull us out of the dark ages);

Intention Deficit Disorder: unactualized spiritual growth intentions;

J

Jack-in-the-Box: subconscious patterns surfacing;

Jackpot: illumination;

Jacuzzian Urges: riding ourselves of negativity and releasing error-prone toxins;

Jade Emperor: the Universal creator; the Supreme deity of Taoism;

Jericho to Jerusalem: the road from material attachments (Jericho) to spiritual enlightenment (Jerusalem);

Jerusalem Effect: going within into the field of peace and tranquility and becoming consciously one with our Christ Self; finding that inner peace that passes ‘all misunderstanding’ in the midst of whatever is going on around us;

Jesus: the person, born of Mary over 2,000 years ago, who perfectly understood His divine nature, who fully demonstrated His innate divine potential, and who fulfilled His divine purpose on Earth by completely aligning His human self with His Christ Self; (He assured us that the same Christ Presence that expressed Itself as him is the same Christ Presence that expresses Itself as us today); He saved us from the delusion of duality and separation; (He saved us from the absurd belief in an angry and vengeful white-bearded, white robbed God in the sky); He saved us from the fantasy that we have to die to go to heaven – or hell; (He saved us from the self-deprecating belief that we are unworthy, no good sinners); He became consciously one with the Only Begotten Son of God; (As far as I know Jesus, the man, never wrote anything down. He never had a bestseller. Never wrote an autobiography. Never scribbled anything on an envelope. Had no use for a Mont Blanc pen. Never e-mailed, tweeted, or ‘text-messed’ anyone! He did write something in the sand that no one knows to this day what He wrote except the church leaders for whom it was written. However, what he ‘wrote’ was a biography of the evolving spiritual consciousness of the human race – through His example. What He ‘wrote’ was our future through His Christed actions. What He ‘wrote’ was a roadmap of how we can align ourselves fully with our Christ Nature); the reincarnation of Adam, Enoch, and Melchizedek;

Jet(s): compelling spiritual ideas, insights, revelations;

Jokester: the unenlightened, vertically-challenged ego;

Judgment Day(s): periodic self-assessments of spiritual progress; every time we choose truth over error; each time we make a choice or take an action (set causes into motion); (We are “punished” by the deed itself. Our thoughts and deeds are continually producing results either ‘for’ or ‘against’ us. No one escapes the ‘Day of Judgment,’ because it is taking place every day, every moment of our lives);

Juggernaut of Dogma: getting caught up in the harmful, oftentimes calamitous, and destructive effects of die-hard religious dogma;

Juggle Knots: our susceptibility for dealing with too many thorny life issues (knots) at the same time;

Junk Mail: incoming error thoughts that characterize our desire to resurrect old habits and world views;

Junkyard: our subconscious;

[K](#)

Ka: spirit guide; guardian angel;

Kaaba: the Kingdom of God; God Consciousness; (In Islam, Kaaba is a giant black stone cube that stands at the center of Islam’s most sacred mosque, Al-Masjid al-Haram, in Mecca, Saudi Arabia.0

Ka’bah: universal feminine energies;

Kabbalah, Cabala, Quabbala: Kabbalah is the Hebrew body of mystical tradition that contains techniques such as gematria, notariqon and temura, drawing on numeric equivalences of letters, numerology, permutations of letters, forming new texts by picking first letters of words and other kinds of text manipulation to derive higher spiritual meanings;

Kachinaian Genealogy: remembering past ideas and spiritual thoughts (ancestors) that were important for our growth and influenced us; (In Hopi spirituality, Kachinas are spirits or personifications of things in the real world);

Kaleidoscopic Thinking: creative, out-of-the-box, lateral, metaphorical, spiritual, allegorical, metaphysical, anthroposophical, theosophical thinking;

Karaoke: spontaneous embellishment;

Karma: past life oppression; the movement of cause and effect (chain of causation); *kudzu* to the uninitiated, and a matter of choice to the wise who know they can re-cause their experience and avoid the effects of a karmic hangover; incarnational noise; [According to quantum physicists, upward causation (cause moves from micro to macro) is only capable of producing material waves of possibility for nonmaterial consciousness to choose from, and consciousness has the ultimate power (downward causation) to create reality by freely choosing among the possibilities offered];

Kayaking: demonstrating how emotionally stable, composed, and well-balanced we are in whatever circumstances we find ourselves;

Kindergarten: a thoroughly literal-only religious perspective;

Kindle, Nook: our sensory connectivity with our brain; knowing we have immediate access to hidden knowledge and resources;

Kneeology: letting prayer lower your body and elevate our spirit;

Kundalini, Speirema, Bhujangini: the coiled up, serpentine, super-physical Supreme Life Principle encased in our spinal cord and nervous system; the spiritual voltage (serpent fire) of our chakras; the fiery energies of the Holy Spirit; the amperage of our spiritual practice; (Kundalini is a compound word: *Kunda* which reminds us of the earthy kundabuffer energies, and *lini* which is an Atlantean term meaning ‘termination.’ kundalini means the termination of our sense-addicted kundabuffer nature); [Theosophist, Alice Bailey in *A Treatise on White Magic*, uses the phrase ‘Golden Rod of Power’ to describe the spinal column after kundalini has risen in it];

L

Laboratory: our earth experience;

Labor of Love: moving through each incarnation by helping ourselves and others on our way to enlightenment;

Labyrinth: our consciousness and its physical vehicle, our body; walking the unicursal (one way in and one way out) labyrinthian path represents a yogic journey that unites our body, mind, and soul; the *winding pathways* represent our trek from ordinary awareness to illumination; the path of rebirth;

Lack Consciousness: never missing an opportunity to miss an opportunity; whenever we repeat (*imitate*) self-defeating thoughts and behavior, we *limit* what we can be; an anesthetized awareness of the omnipresence of abundance; (The word *limitation* has the words *limit* and *imitation* in it. It doesn't take a giant leap in insight to see that whenever we repeat (*imitate*) self-defeating thoughts and behavior, we *limit* what we can be. We limit our good because we limit our access to Spirit);

Laptop(s): electronic recall and projection; electronic stream of consciousness; our brain in recall mode; knowing we have immediate access to the Akashic Records; (In IT language, laptops are portable computers. They include a screen, keyboard, and a trackpad or trackball, that serves as the proverbial mouse);

Laryngitis, Hoarseness: denotes our difficulty in conveying the message we want; indicates the lack of personal power and influence; suggests the fear of speaking up;

Leaky Roof: obvious 'holes' in our spiritual and/or religious conviction;

Leash: common sense; conscience; discipline;

Lecture(s), Keynote(s): our openness to new ideas, concepts, and learning;

Legos: thoughts, creative concepts, and teachings that become building blocks on our path toward mastering our human experience;

Library: our brain with its short-term and long-term memory storage, recall, and encoding capabilities; (See also the Internet and Akashic Records);

License: the power of choice;

License Plate: a rite of passage;

Lullaby: protecting our innocence;

Lull of Attraction: believing our prosperity comes to us instead of through us;

Lunatic Fringe: fanatical, irrational, absurdly extreme, bigoted, headstrong, insanelly preposterous thoughts;

Lullabies: the stories we tell ourselves to ease the fears and concerns of our skin school experience;

Lurker(s): worldly thoughts that are leaning toward their higher religious essences and religious thoughts that are unfolding into their higher spiritual essences; (In social media, lurkers are people on social networks who listen and watch, but choose not to participate in online conversations.);

Lycanthropy: innocent thoughts becoming transformed into carnal, self-aggrandizing, psychotic thoughts;

M

Macintosh, Microsoft, HP, Dell, Gateway: our thinking capacity; our brain; (In IT parlance, desktop and laptop computers are operating systems to capture, retrieve, and record all types of data);

Macro Lens: applies to clairvoyance as well as remote viewing; (See Clairvoyance; Remote Viewing);

Magic Carpet: astral travel; out-of-body experience;

Making-One's-Mark: choosing truth over error or choosing error over truth;

Maladjustment(s): judgmentalness; chronic error thinking; unapologetic selfishness; pathological lying; settling for one reincarnational 'fix' after another; perpetuated bad habits;

Mashup: combining a number of spiritual concepts to arrive at a completely new concept; (In social media language, a content mashup contains multiple types of media drawn from pre-existing sources to create a new work.);

Megaphone: our conscience; the power and clarity of our authentic voice;

Melodrama: each skin school experience;

Mental Kudzu: Kudzu is an insidious vine that can absolutely take over an area. In fact, it has been nicknamed the “foot-a-night vine,” the “mile-a-minute vine,” and “the vine that ate the South!” Error thoughts can do the same thing to us! They start out small, but they can quickly dominate our thinking. Grudges, resentments, hurts - if we let them have space - will soon clutter our mental landscape! (I call these mental intrusions *mental kudzu*);

Menu Bar: learned behavior patterns; our penchant for organization and order; (In IT parlance, menu bars are horizontal strips that contain lists of available menus for certain programs. These bars are always fixed at the top of the screen and/or the top of each open window);

Melchizedek: the fully awakened Christ Nature within us; Christ Consciousness;

Mercedes Benz: denotes status, wealth, luxury, and safety;

Merry-Go-Round: the wheel of rebirth; reincarnational cycles;

Minority: spiritual thoughts in an egocentric consciousness or material thoughts in a spiritually-attuned consciousness;

Minusing Ourselves: denying our innate divinity; denying we are the human expressions of the Indwelling Christ; consistently allowing enjoyment vacancies to appear on our calendar;

Miracle(s): cosmic snapshots of higher spiritual truth principles at work; proof of our inseparability from Spirit; probabilities and possibilities morphed into realities; *outpicturings* of higher spiritual principles expressing as natural laws at work in our everyday lives;

Mother: a previous emotion that spawns and/or exacerbates a current emotion;

Mother-in-Law: an emotional state that creates feelings that contribute to our reacting positively or negatively to our current experience;

Mountain-ish: attaining a high state of spiritual awareness;

Mouthwashing: keeping our language clean;

Multi-Asking: the juvenile practice of repeatedly petitioning an external, anthropomorphic goodie god in the sky for the things we want;

Multitasking: enjoying a game on an iPad while sitting in a pew with our family during a sermon delivered by a religious fundamentalist (I'm messing with you ☺); the multi-functioning of the cardiovascular system; digestive system; endocrine system; nervous system, etc.; trying to play the materialistic "card" and the spiritual "card" at the same time; meditating and listening to music at the same time; (See the Twelve-Gated City);

Multiverse: the Garden of Eden; (For most of its history, the idea of a Multiverse was the domain of science fiction and some rare speculation from physicists. In recent years, though, the idea that our Universe may be just one among many has gained traction in two different areas. String theorists think it may help explain why, if there are a huge number of possible universes, we ended up in one with the properties we see around us. Meanwhile, cosmologists are realizing that cosmic inflation, which is the only way we know of to get from the Big Bang to our current Universe, necessarily implies the creation of other universes spawned by a Multiverse);

Musical Chairs: trying out one religious and/or spiritual practice after another;

Music of the Spheres: our physical and mental bodies are constantly in motion and emit a symphony of sound that defines our spiritual isness and beingness; our collective vibrations;

Mustard Seed: a newly-formed idea (a profession of faith, a compelling spiritual intention) that grows in consciousness until it becomes the foundation for incredible transformation and soul growth; symbolic of the Divine Principle in unactualized potential; the unmanifest and manifested activity of heaven on earth; (See Divine Principle);

MySpace: our preference for social networking and staying in touch with a worldwide community;

Mystai: candidates (veiled ones) for initiation; a readied consciousness;

N

Nails: *five nails* represent the five human senses that bind Spirit to the cross of matter (human physicality);

Name: the nature of something; the mind's penchant for closure and categorizing experience; *changing a name* signifies attaining a new level of consciousness;

Name Badge: identifying ourselves with where we are;

National Security: protecting our tri-level consciousness (nation) from foreign invaders (error thoughts);

Nearsightedness: not seeing beyond a literal-only interpretation of holy scripture;

Negativity Bias: our penchant for living in the amygdala instead of the neocortex; over-protectiveness; living in fear and doubt; (The reason negativity is so detrimental to our spiritual growth – and human happiness – is that it causes the hippocampus to embed the perceived negative experience into our long-term emotional memory. The stress hormones and neurotransmitters that are released send our defense mechanisms cascading through the brain, making indelible limbic imprints in our consciousness);

Neighbor(s): our body, mind, and soul; our subconscious, conscious, and super-conscious; our human self and our Christ Self;

Neurotheology: the marriage between psychology and theology; (Neurotheology's very name and essence demands a mutual co-interaction between science and religion. Thus, anyone engaging in neurotheology must be open to both perspectives. As a matter of fact, a crucial element of neurotheology, which really should be true for all academic fields, is a passion for spiritual inquiry with an emphasis on its relationship to our brain's functioning. Neuroscience has proven beyond a doubt that even fleeting thoughts and feelings can leave lasting impressions on our brain. When you add the amperage of the spoken word as a vocal expression of those thoughts and feelings you literally change the neural structure of the brain. Positive thoughts and affirmations are not only essential for spiritual growth but they are necessary ingredients for emotional and physical wellbeing and for rewiring the brain);

Newspaper(s): our penchant for keeping ourselves informed and aware of the world around us;

Nocebo Effect: negatively-charged mind over molecules;

No If's, And's, or But's: being very clear about who we are – the human expressions of the Christ Presence expressing as us in physicality;

Numbers: the science of numerology comes from the study of numbers and their relationship to the divine, mystical, and spiritual meanings of things. Numbers have many different interpretations and contexts. Here are a few of the generally accepted meanings:

- 0:** infinity; boundlessness; universality; the movement around a sacred object; allness and nothingness; feminine principle; cycles; expansiveness and limitation; the center; the Source of all and sourcelessness; an elliptical path; descent and ascent; involution and evolution; the *fons et origo* of all that is; when added to another number it emphasizes magnitude, vastness, enormity, fullness; the Universal Field; the unmanifest and manifest;
- 1:** fundamental unity; divinity; the positive activity of Spirit; the unmanifest made manifest; selfhood; from nonbeing to becoming; masculine principle; positivity; physical and mental energy; new beginnings; self-reliance; internal locus of control; the One Eternal Presence (also: the Indwelling Divinity within us, the incarnated Logos, the human ego at its lowest essence); individuality; the polarity between height and depth; singularity; yang; the prime mover; the coming into something from nothing;
- 2:** male and female; spiritual and material; Spirit and matter; the manifest and unmanifest as dual aspects of the divine; antithesis; balance; the need for choice indicated; discernment; polarity; duality; human self and Divine Self; yin; creative principle; opposites; thoughts and emotions; seeing Christ as immanent and transcendent; theory and practice; what is and what isn't; the observer and the observed; the beginning, middle, and end; the two hemispheres of our brain; our higher mind and lower mind;
- 3:** Divine Order (mind, idea, expression); trinity; creativity; the three levels of human consciousness (subconscious, conscious, super-conscious); body, mind, and soul; the physical dimensions of length,

breadth, and height; fecundity; past, present, and future; the thinker, formative thought, and creative thought; teleological harmony; the breaking of inertia; the Buddha, Dharma, and Sangha; (Vedic trinities include Brahma, Vishnu and Shiva with their consorts Saraswati, Lakshmi and Kali); creation, destruction, preservation; unfolding, maintaining and concluding; the Three Norns: Mani, Nyi and Nithi;

- 39:** recognizing that base instincts and other materialistic thoughts and tendencies will rise to their higher spiritual essences as they are purified of their material dross, and our human consciousness (the earth) and all of its mental real estate shall be transformed into its dynamic illumined form;
- 40:** completion; a radical transformative cycle;
- 41:** denotes an above average ability to master skin school experiences;
- 77:** knowing that we have dormant greatness within us;
- 78:** believing that it is us that determines our successes or failures and not external circumstances;
- 79:** denotes our willingness to move beyond worn-out perspectives;
- 157:** recognizing that while our body is our biological address our consciousness is our permanent home;
- 158:** realizing that an unhealthy ego is the poster child for close-mindedness;
- 159:** discovering that religion is embedded in the amygdala while spirituality is enveloped in the neocortex;
- 398:** recognizing that our next Christed thought, Christed choice, or Christed action can elevate us to a greater awareness of our eventual illumination;
- 399:** having moved beyond a 'letter of the law' religiosity;
- 400:** the fully-integrated four aspects of our being (spiritual, mental, emotional, and physical);
- 401:** our impeccable ability to discern truth from error;

- 632:** recognizing that once we become religiously spiritual we realize that our elevated awareness does not come from worldly thoughts but from our I-Am-ness;
- 633:** coming the deep metaphysical understanding that the Sacred Unity (God, the Eternal Presence) which underwrites the physical universe expresses Itself in physicality through the Christ Principle (Son), thus confining Itself in the world of matter, space, and time before we existed on the physical plane;
- 634:** understanding that when we honor our divine roots by thinking, being, and doing Christed things each thought represents a tithe to our Christ Nature;
- 635:** realizing that from a purely sense-soaked perspective we tend to justify our materialistic bents through elaborate ‘exculpatory’ rationalizations to assert the ego’s rulership over any and all spiritual pursuits;
- 636:** perceiving that a Christ-centric thought tends to raise the vibration of the thoughts that follow;
- 997:** allowing Spirit Its eternal ascendancy in every waking moment;
- 998:** coming into the realization that if we dutifully and joyfully walk the principled path of spiritual unfoldment, encrusted religious beliefs and erroneous materialistic attachments which have burdened us for so long will be crossed out;
- 999:** being fully aware, without a doubt, that through the Cosmic Christ all things – from Christ Consciousness (heaven) to human consciousness (earth), from quantum particles (visible) to quantum waves (invisible), whether planets (thrones), galaxies (dominions), universes (principalities) or multiverses (powers) - are given form and function; the Cosmic Trinity of Trinities;
- 1,000:** seeing and expressing our transcendentalness and universality as spiritual beings having a skin school experience; fully recognizing that matter is frozen Spirit; the relative time between physical incarnations; our non-incarnational beingness; our non-incarnational and incarnational completeness;

1,290: denotes the realization that our daily sacrifice of having to cross out error will come to an end when our egocentric consciousness gives way to a Christ-centric Consciousness;

1,335: signifies our knowing that the veil of illusion has been lifted;

2,000: recognizing that polarities are dual aspects of singularities;

3,333: symbolizes the myriad of spiritual attributes of the Planetary Christ Presence; the boundlessness of Divine Order;

6,666: symbolizes the ‘legions’ of error thoughts and tendencies of the Beast, the Antichrist; (See 666);

7,777: symbolizes the innumerable aspects of perfection at all levels in the manifest and unmanifest realms;

33,333: symbolizes the limitless attributes of the Cosmic Christ Presence;

Numbers, Unique:

Googol: denotes limitless knowledge and access to limitless knowledge; (Googol is the digit 1 followed by 100 zeroes. This unique number was the inspiration for the search engine Google. It also resulted in the word Googolplex, which is the namesake of Google’s offices);

Rubik’s Extravaganza: denotes the endless configurations, metaphors, ideas, acts of kindness, associations, and ways to serve others we can imagine; (Rubik’s Extravaganza is the number: 43252003274489856000. It represents the total number of configurations we can create with this incredible 3D combination puzzle, invented by Erno Rubik in 1974);

Christ-Centric Number: our consciousness raised to its highest cosmic octave; (The Christ-Centric Number denotes Christ Consciousness and is the number: 33333333333333333333, which is the number 33 repeated 11 times – the number of years the Christ as Jesus spent on earth before making His transition);

O

Oasis: refuge, support; a temporary sabbatical; a short term respite; rejuvenation;

Oath: commitment; dedication; devotion; enrollment;

Obstacle Course: the subconscious; another skin school experience;

Office(s): obligatory work-related thoughts and intentions; dutiful attitudes;

Offspring: our choices based on our thoughts, our actions as a result of our choices;

Oil: the bliss, love, joy, wisdom, superior intuition, and deep understanding that flow from an advanced state of spiritual consciousness; the Universal Life Essence that animates our consciousness and leads to illumination; if *oil is shared* (as in anointings) it symbolizes the expansion of the Universal Life Force (see also Anointing);

Ogre(s): harsh, self-critical thoughts;

Oh-No-Second: the fraction of a second in which we realize we've made a foolish mistake; (See Irritainment);

Old Age: Seasoned thoughts; ingrained thoughts and concepts;

Old Soul: an engrained belief; a fossilized thought; a person who has reincarnated many times;

Optical Delusions: giving power to outer experiences; worldliness; (Many people are in a prison of sorts. They are incarcerated by optical delusions. Many people throttle back their consciousness by holding onto past beliefs and old scripts that keep them mired down in the shadows of rigid convention, religious dogma, and unhealthy assumptions. They live in a world of shadows, a world that gives power to outer appearances instead of inner transformation);

Ornithomancy: divining that uses the flight patterns, habits, and songs of birds as the sources of interpretation;

Orphan: a spiritual thought that is rejected by a worldly consciousness and finds itself isolated from the surrounding pool of materialistic thoughts; our rejected divine nature;

Out-Of-Kilter: settling for purely materialistic wants instead of soul needs;

Out-Of-Phase Faith: saying we trust in the ready availability of Divine Substance and then spend our time worrying and fretting about its manifestation;

Out-Of-The-Box Thinking: also refers to thinking out-of-the-box, thinking beyond the box, lateral thinking, or the Eureka effect) is a metaphor that means to think differently, unconventionally, or from a new, expanded perspective. These phrases refer to novel, creative, and innovative thinking. The out-of-the-box thinking we're talking about is the process of creating something that is both original and worthwhile. Divergent rather than convergent thinking is involved so that creative ideas are not limited or stifled by reductionist thinking. Convergent thinking involves aiming for a single, correct solution to a problem, while divergent thinking involves creative, out-of-the-box generation of multiple answers to a particular problem. It is one of the seven core abilities that characterize the Extraordinary Us, our Christ Self. (See Extraordinary You);

Oxygen: spiritual teachings; inter-dimensional travel;

Oxygen Mask: our Quantum Self;

P

Pain: the consequences of our no-holds-barred attachment to and worship of outer appearances; pleasure calibrated to its lowest possible setting; (It is the soul languaging its disappointment at our longing for things which do not contribute to our spiritual growth. In that sense pain is our ally. It tells us we have missed the mark in our evolution toward fulfilling our Christ Nature. From a spiritual standpoint, when one person is in pain, we all have an interior hurt that must be healed. Pain is part of the human condition because we are asphyxiated on our supposed separation from Spirit);

Pajamas: our earthly bodies;

Paper Bag: ordinary, unpretentious receptivity;

Parachuting: denotes our ability to bring religious teachings 'down to earth' in such a way that they are understandable and practical;

Paralysis: dogmatic thinking; material attachments; being healed from paralysis means being liberated (cured) from religious orthodoxy;

Parking Lot(s): positioning ourselves for our next move; also denotes repressed memories; our subconscious as a whole;

Periscope: our Third Eye;

Perpendicular Path: the ‘path’ all of are on in each skin school experience; the ninety-degree intersection between Spirit and matter; the path of crossing out error;

Pests: the nagging consequences of error thoughts, words, and action that keep us distracted and annoyed;

Pest Management: our ability to be vigilant and take preventative steps to control, eliminate, and/or lessen the occurrence of error thoughts and actions that negatively affect our spiritual growth; (In landscaping terms, pest management means both insect and weed control);

Phrenology: divining the skull and head to tell someone’s individuality and personality;

Physical Body: ego suit, skin school suit; collection of thoughts; a syllable of the incarnated WORD (frozen Logos);

Pirouette(s): balance and control; poise and grace;

Placebo Effect: mind over molecules;

Place Mat(s): hospitality; social graces;

Plane(s): highly introspective thoughts;

Plane Crash: a collection of highly introspective thoughts or set of beliefs that come ‘crashing down to earth’ when we realize they were based on false assumptions and will not take us where we want to go;

Playground: our inborn impulse to let our inner child out; our earth experience;

Pliers: expanding and strengthening our grip on a situation;

Poison Ivy: non-productive behaviors, habits, and customs we need to avoid;

Pollination: sharing ideas; allergic proselytizing;

Poltergeist(s): a German word meaning “noisy or troublesome spirit.” (Poltergeist activity may include unexplained noises, movements of objects, outbreaks of fire, floods, pricks or scratches to a person's body);

Q

Qabbalah: Hebrew theosophy; our desire to comprehend the incomprehensible;

Qi: life force; universal energy; (Also called ch'i, chi, ki);

Qigong: energy healing using breathing, movement, and meditation;

Quagmire: the repressed self-negating patterns region in our subconsciousness; an ego addicted to itself; bad habits that are *kissing cousins*;

Quantum Self: The self of us which remembers our past lives and concurrent lives in other dimensions of being; the composite of all of our human and intra-dimensional incarnations and reincarnations; (Our quantum selves [our incarnated selves] are akin to the Theosophist's monad and the Hindu concept of *sutratman*. They are strung like beads on a quantum thread. I believe our dreams, *deja vous*, and past life regressions are conscious nonlocal recollections of our 'other' selves (beads) on the thread of the interconnectedness of life expressing Itself as us); (Quantum physicists remind us that once we are connected we are always connected. In the mid 1990's, scientists working with the U. S. Army conducted an experiment to determine whether or not our feelings affect DNA, which has been removed from the body. It was reasoned that once tissue [skin, organs] are removed from a human body, our connection with those removed parts ceases to exist. The researchers, under psychologist Julie Motz, collected a swab of tissue [DNA] from the inside of a volunteer's mouth. The DNA sample was isolated and placed in a specially-designed chamber and taken to another room in the same building. Once the experiment began the donor, who was in another room located a good distance away, was shown a series of video images designed to elicit a wide range of emotional responses. While the donor was undergoing the 'treatment' the DNA in the room down the hall was measured for its reaction. An extraordinary thing happened. When the donor's measured responses registered emotional 'peaks' or 'dips,' the donor's DNA showed a simultaneous electrical response that either spiked or dipped. The DNA acted as if it were still connected to its donor at a distance); [In *The Book of Revelation*, Aivanhov assures us that "everything we do is recorded and our actions, sentiments, and thoughts all leave traces, not only on our surroundings, but on us." Pg. 113];

Quicksand: being pulled down and possibly suffocated by false beliefs; finding ourselves asphyxiated by bogus, fraudulent, and deceptive religious practices; a life-threatening shortcut;

Quicksilver: speedy thinking;

Quid Pro Quo: the inherited guarantee we have when we conscientiously apply truth principles;

Qutbic Stability: using a central spiritual teaching to bath our consciousness in light; (An Arabic term for axis, pivot, or pole);

R

Racetrack: undeviated circular thinking;

Radio: our highly active brain;

Rain: spiritual influences; spiritual insights, thoughts, inclinations;

Rainbow: uniting heaven and earth; our etheralized spiritual power centers (chakras); astrological centers; the seven known levels of consciousness; the 'many mansions' the Christ as Jesus referred to; our serpentine energies; our bridge in consciousness from temporality to eternity; (According to Homer [Iliad 11:26-8] rainbows represent serpents and appear on the breastplate of Agamemnon in the shape of rainbows. In African religious traditions, especially in Dahomey, the 'celestial serpent' takes the form of a rainbow.

Rainforest: our consciousness, with its mixed variety of worldly, religious, and spiritual thoughts; (According to physicist Bernard d'Espagnat, the doctrine that the world is made up of objects whose existence is independent of human consciousness turns out to be in conflict with quantum mechanics and with facts established by experiment);

Raja Yoga: balancing mental, emotional, physical, and spiritual energies; one of the oldest systems of developing psychic and spiritual powers and union with our *Higher Self*;

Razzle Dazzle: Divinely ordering our experience; dutifully applying truth principles;

Rearview Mirror(s): second guessing ourselves; the past;

Red Carpet: our desire to have our ambitions and achievements rewarded; wanting to be publically respected and admired;

Red Cross: our desire for physical healing and recovery;

Red Sea: our *oxygenated* blood (sea water); one of the outlets of the Life Force in physical manifestation; our quantum life force expressing as the life flow of the Cosmic Life Force;

Relative(s): all of humankind; our mind, body, and soul; our human self and our Christ Self; worldly thoughts, religious thoughts, and spiritual thoughts; our internal organs; the three levels of our consciousness;

Repertoire: the pool of spiritual practices at our disposal;

Report Card: our tendency to evaluate our spiritual progress; the condition of our bodies and our health as a result of our thinking;

Residue: the karmic remnants of each skin school experience;

Response-Ability: our positive reaction to life's circumstances; the level of our responsiveness to the challenges we face;

Rest: abstaining from worldly thoughts and intentions; having a spiritual moment; sequestering ourselves from any sense of separation and duality; putting aside error thoughts sense addictions;

Rocking Chair(s): suggests comfort; ease; relaxation; retirement;

Rocks, Stones: hard, rigid, material thoughts;

Rootbound: remaining in a particular faith tradition too long so that our spiritual and/or religious growth is stunted; (In gardening terms, being rootbound refers to a condition that exists when a potted plant has outgrown its container. The roots become entangled and matted together, and the growth of the plant becomes stunted.);

Roulette: choosing the physical portals we come through for each reincarnation and incarnation;

Rowboat(s): our incarnational and/or reincarnational life's journey;

Rubik's Cube: the joys and challenges we face when we get serious about crossing out error; (See Cross-like Qualities);

Runtime: our soul journey through, and between, incarnational and/or reincarnational experiences; (In software development, runtime refers to the period of time when a program is literally running);

S

Sabbath: sacred rest for divine coupling; taking our focus from the wasteland of hyperactivity to the peace and serenity of the *still small voice*; putting worldly thoughts behind and focusing on spiritual thoughts; (The Sabbath is a portable practice because it isn't restricted to one day of the week. It is a highly spiritual mental practice that takes place in our consciousness);

Sacrament: to make sacred through thoughts, words, and actions;

Sacred Cow(s): our penchant for a white-knuckled, tightly held, clinging onto certain religious beliefs that are deemed infallible and irreplaceable;

Sacrifice: choosing our human beingness over our spiritual beingness to experience skin school;

Sacrilege: denying our innate divinity;

Safari: exploring our basic instincts;

Sailboat(s): our ability to 'sail above' negativity;

Salt of the Earth: spiritual thoughts (salt) that form the basis of our worldly consciousness (earth);

Scaffolding: brainstormed items; insights and ideas used to construct a line of thought; the outline for a book;

Scales of Justice: the power of discernment; sound judgment;

Scam: keeping the faithful grounded in the amygdala; (See Double-Dealing; Fib(s) and Fiction; Hoodwinked; Cover Ups);

Scar(s): long term consequences for errant actions;

Scrooge-ology: is a message of transformation and release. Once we recognize our innate divinity we have the power to release anything that limits or blocks our good. When the Ebenezer Scrooge of us comes out of its attachment to things (its *Amorite* consciousness) and releases its addiction to material and monetary appetites, we can literally be transformed by the renewing of our minds;

Scuba Diving, Deep Sea Diving: exploring our repressed thoughts, emotions, and life patterns through psychoanalysis and psychotherapy;

Seasons: levels of spiritual growth and unfoldment;

Seatbelt(s): positive affirmations; affirmative prayers; meditation;

Secret Doctrine: highly esoteric teachings of antiquity;

Secular Surfing: seeking spiritual growth activities, knowledge, and practices outside of churchianity;

Secular Velocity: speedy error; (When the secular velocity of materialistic choices trumps spiritual discernment, soul growth is usually slowed and blunted. The effects of discordant thinking and acting create incongruences in body, mind, and soul which increase the speed of our inevitable collision with our own shallowness. We must slow our secular velocity enough to speed up our spirituality);

See Saw: emotional ups and downs; (See Roller Coaster):

Selfie: taking a moment to look introspectively at ourselves; seeing ourselves as the spiritual being we really are; (A social media word for self-portrait that is usually on a smartphone or webcam);

Significant Other: our Divine Nature;

Ship: our physical body; our ordinary consciousness; positive mental attitude;

Shipwreck: the inability to remain emotionally stable enough to stay above negativity and pessimistic outlooks;

Shooting Star: spiritual aspirations; being born again;

Shoplifting: a warped sense of entitlement;

Skin School: our biological address; human incarnational and reincarnational experiences; filigreed Spirit in human form; a cosmic ego in a bag of skin;

Skinny Dipping: reincarnational and incarnational experiences;

Skread: reading literal-only interpretations of sacred scripture is skimming over the deeper truths; (In urban slang, skread means skim reading);

Skunks: bad habits; false teachings;

Skydiving: bringing elevated spiritual teachings down to earth so they can be understood;

Skylight(s): making an enlightened perspective part of our everyday experience;

Sleepwalking: being, doing, and having from a materialistic consciousness;

Smog: shortsighted, negative outlook;

Smorgasbord: our earth experience; the delights offered in our other extra-dimensional experiences throughout the Multiverse;

Smoke Detector: our discernment when it becomes obvious someone is 'blowing smoke';

Sophia: the Holy Spirit; (In the Gnostic tradition Sophia is a feminine figure identical with our soul but also one with the feminine aspect of God. She is the syzygy (Bride) of the Christ as Jesus and the Holy Spirit of the Trinity); Sophia animates all of us as the Divine Spark;

Sore Throat: the inability to confidently express ourselves or feel that we have anything valuable to share;

Soul Calligraphy: recording the day's blessings in a gratitude journal with a flair for writing joyfully;

Soul Decay: settling for a materialistic, error-ridden consciousness;

Space Tourism: represents attending a session on highly advanced spiritual teachings out of vicarious interest just to report that we attended such a session; (the practice of travelling into space for recreational purposes);

Stuffed Animal(s): warmth; comfort;

Stumbling Blocks: dogmatic beliefs; failure to apply spiritual principles; unforgiveness; (See Twelve Poisons);

Subconscious Mind (Depot): the place where all of our human experiences, patterns of behavior, life scripts, faulty coping patterns, and egocentric defense mechanisms are warehoused – our subconscious; subliminally absorbed events;

Sucker Punch: a purposefully malicious criticism leveled at someone to intentionally undermine h/her credibility; deliberate and hurtful denominational sparring; (In boxing terms, a sucker punch is an unexpected punch that catches an opponent completely off guard.);

Super Heroes: externalizations of the Christ Presence within us; (See also, God);

Supernatural: purely divine natural occurrences that take place on lower dimensions of being which make them seem contrary to the natural laws of that particular plane;

Swaddling Clothes: confining limitations associated with our human form;

Swamp: a collection of bad habits;

Synthetic Happiness: When we accept something we get, even when it is not what we initially wanted, we still feel satisfied and content with the choice. Synthetic happiness can be as enduring as “natural happiness” that occurs when we get what we wanted in the first place. (I often think about the impact of synthetic happiness when I consider our choice as spiritual beings to experience a human incarnation. Although we want to experience what the oneness and transcendence feels like in our relationship with the One Presence we choose the duality and illusions that characterize our incarnation into matter, and feel satisfied with the synthetic happiness that comes with it);

Synthetic Spirituality: having spiritual knowledge but failing to apply spiritual principles;

Systematic Theology: studying, comparing, cataloging, and then defending parochial perspectives of angelology, anthropology, Bibliology, Christology, ecclesiology, eschatology, pneumatology, etc.;

T

Talent Show, Variety Show: our earth experience;

Tapestry: our life experiences;

Taproot: our innate divinity; (In gardening terms, a taproot is the main, thick root growing straight down from a plant.);

Tavern: one of the entrances to oblivion;

Taxi(s), Limousine(s): each of our incarnated physical bodies (vehicles) that we inhabit on our way toward enlightenment (the price we pay is another skin school experience);

Tea Kettle Temperament: our ability to let off a little steam;

Tears: soulful tithes to Spirit;

Techni-Colored Coat: our rainbow body; (See Chakras; Holy Ghost; Kundalini, Speirema, Bhujangini; Rainbow); [Essentially we are rainbow bodies. We are prisms that filter cosmic light energies which are unmanifest in the form of cosmic consciousness. However, as consciousness passes through the medium called 'us' it splits into seven spiritual energy centers (chakras) which each have a particular vibration which corresponds to a color of the rainbow];

Teenager(s): maturing spiritual ideas;

Tent(s): mobile sanctuaries; sanctuaries on the run;

Termite(s): error propensities and dispositions;

Terrorist(s), Extremist(s), Fanatic(s): exceedingly malevolent thoughts, words, beliefs, and actions that deny our innate divinity;

Test(s), Exam(s): feeling that our talents, skills, and/or knowledge is being assessed or evaluated by others or determined by our own resolve and inner strength;

Test Tube: our earth experience;

Text Messaging: letting our fingers do the 'talking' electronically; electronic telepathy using our fingers;

Threesome: mind, body, and soul; God, Son, Holy Spirit; Universal Christ, Cosmic Christ, Planetary Christ;

Three Traitors: mind, idea, expression (the three phases of diddlysquat order); (See Diddlysquat Order);

Thunder: our proclivity for emotional outbursts;

Tidal Wave(s): monumental, uncontrollable and destructive emotional outbursts;

Tightrope: trying to be spiritual and material at the same time;

Tithes: spiritual thoughts, words, choices, and actions; neuroplasticity; (Tithing is really an acronym. It means '*the indwelling truth harmoniously increases never-ending good*');

Tongue Depressor: thinking before we speak; tact and diplomacy;

Tongue-Tied: speaking from a dogmatic religious orientation only and refusing to see the merits of expanded metaphysical perspectives;

Toolbox: our repertoire of spiritual and religious teachings;

Toothbrush, Floss: conscientiously protecting and preserving the fundamental knowledge and subsequent understanding necessary to fully master the human experience;

Tooth Fairy: our belief in an anthropomorphic, goodie god extended to include a feminine influence;

Touchdown: Christhood (Buddhahood, Krishnahood, Allahhood, Great Spirithood); the realization that we are the human expressions of the Christ expressing as us;

Touchscreen: taking an active role in what we want to accomplish;

Toupee: a false positive;

Tourist(s): each of us in our skin school experiences;

Trampolining: the process of entering (birth) and leaving (transition) our skin school experiences;

Trance: a materialistic orientation that causes us to miss out on the spiritual side of life;

Tranquilizer(s): a false sense of security created by upping our consumption of material appetites; religious fundamentalist's dogmatic biases and literalism;

Transfiguration: the complete alignment of our ordinary self with our Christ Self so that our countenance shines;

Transfusion: hearing beautiful music; listening to an inspiring message; coming across a life-changing spiritual truth; having a good belly laugh; playing with children; spending time in a hot tub; enjoying the beauty of a natural setting; rest; an uninterrupted nap; enjoying an intimate moment with someone we care about; hearing a positive prognosis after surviving a life-threatening illness;

Truth Walk: conscious entrainment toward our Christ Nature (Buddha Nature, Krishna Nature);

T-Shirt(s): portable personal interest billboards;

Tsunami(s): episodes of volatile outbursts of anger that cause immense emotional upheavals;

Tweezers: a discerning eye; (Positive psychologists tell us that eye contact stimulates the social-network circuits in our brain. It decreases the stress chemical cortisol, and it increases oxytocin, a neurochemical that enhances empathy, social cooperation, and positive communication);

Twelve Deadly Poisons: anger, avarice, cheating, deceit, doubt, gluttony, greed, laziness, murder, phoniness, self-aggrandizement, selfishness;

Twonk(s): foolish, asinine thoughts;

Two Witnesses: our two cerebral brain hemispheres; the higher mind (which acts as a receiver and transceiver of cosmic consciousness) and the lower mind; the cerebrum and cerebellum;

Tyagaian Release: relinquishing anything that no longer contributes to our highest good; (A term from the *Bhagavad Gita* that literally means 'abandonment' from anything that hinders our enlightenment);

Tychismic Peculiarity: believing in the role of pure chance to explain everything;

U

Ubiquitarianism: believing that Christ is everywhere all the time;

UFOs: highly-charged spiritual ideas (metaphysical, esoteric, theosophical, anthroposophical, allegorical, and metaphorical ideas) that are totally unfamiliar to us and seem to come out of nowhere because we have not studied and/or heard about them before;

Umbilical Cord: an ethereal, silver-colored, elastic cord connecting our physical body to its astral body; also denotes the higher consciousness filament that passes from the super-conscious to the physical body; (See Silver Cord);

Umbrella: shelter; category;

Undertow: our karmic baggage;

Underwater, Underworld: our subconscious;

Unipersonality: believing our personality is both human and divine;

United Nations: complete harmony between our three nations (mind, body, and soul; subconscious, conscious, super-conscious);

Unschooling: unlearning the embedded theology we grew up with in order to embrace New Thought teachings;

V

Vaccination(s): affirmative prayers, meditation sessions, positive affirmations, sacred rituals; spiritual visualizations;

Valet Parking: the practice of entering a human form, ‘parking’ it in a human experience, which is different from the last time we valeted ourselves using a different body to house our soul;

Valium: meditation; affirmative prayer; spiritual visualization; rest; a Sabbath experience;

Vending Machines: portable store counters; consumption depots;

Vertical Farming: seeking highly advanced spiritual teachings; (In an agricultural context, vertical farming is the practice of cultivating crops in skyscrapers);

Vertigo: the fear, or at the least, considerable discomfort in pursuing the heights of spiritual, metaphysical, esoteric, theosophical, anthroposophical, allegorical, and metaphorical thought;

Victimology: the misguided belief that the universe is not wired in our behalf; perpetuating a chronic negativity bias that is rooted in the belief that we will always be helpless sufferers; adhering to a literal-only interpretation of sacred scripture; the belief in original sin;

Video Camera: capturing the good, bad, and ugly;

Videogames: visualizations (guided or self-directed) depicting the attainment of our greater good and the greater good of others;

Village: a collection of thoughts;

Voice Mail: talking to ourselves;

W

Waiting Room(s): the space between thoughts; (See Bereitschafts Potential);

Walking the Plank: our decision to plunge into another reincarnation and/or incarnation;

Walking on Water: rising above the negative emotions associated with our human experience;

Water: the conscious mind that changes and varies at the next stimulus which presents itself; thoughts and emotions that conform to the external world; cleansing ordinary thoughts and soothing customary emotions; refreshment; spiritual life force; formless thoughts; femininity; space; adaptability; fluidity;

Waterboarding: pushing dogma and false teachings down people's throats;

Waterfall(s): renewal; revitalization; the descent of Spirit into matter;

Weather Vane: flexibility; unpredictability; going with the flow;

Well: our Christ (Buddha, Vishnu, Allah, Krishna) Self; deep spiritual truths; *digging a well* represents preparatory creative thought; *drawing from a well* symbolizes formative thought which produces material things; *filling in a well* represents our resistance to higher truths;

Wheelbarrow(s): a collection of intentions; labor intensive work;

Wheelhouse: an area of spiritual expertise in which we feel very comfortable sharing: (In baseball lingo, the wheelhouse is the part of a batter's swinging range where he can make the best contact with the ball. If a pitch is right in the wheelhouse it is right where we want it, in the spot where we have the best chance of hitting it well.);

When Hell Freezes Over, A Cold Day in Hell: conventionally, usually denotes an event that will never happen - given that 'hell' is a very hot place and would melt the ice (It has a stubbornness tone to it); Spiritually, this metaphorical phrase represents a much repeated error perspective that assigns too much power and majesty to the concept of 'hell.' (Hell is a damnable, nefarious, diabolical state of consciousness. It is no match for the super-heated 'white heat' of truth which makes the heat of 'hell' more like an ice cube which could very well melt under the intense heat of Spirit);

Whiplash: what happens when our poor choices catch up to us.

Wilderness: a perplexed and/or puzzled state of awareness; an unenlightened perspective;

Wildflowers: individuality; independence; freedom;

Wine: spiritual wisdom and advanced knowledge; superior comprehension;

Winged Globe: an idea divinely ordered; a human personality transitioning toward its Christedness; a soul being lifted by Spirit; humankind experiencing the Third Coming; bitterness morphing into forgiveness; coma consciousness being raised to Christ Consciousness; selfishness amped-up to generosity; the soaring power of the human spirit; the world egg;

Wolf: speaking eloquence; superior intellect; cunning; consummate esoteric knowledge;

Womb: reproductive principle; motherhood; moon energy; container of the seeds of life; the Holy Grail;

X

Xenography: writing in languages unknown to the writer;

Xenomancy: divining that interprets the past, present, and future by studying the appearance and actions of the first stranger who appears;

X-ing: being the best Christ we can be; ('X' comes from the Greek letter Chi, which is the first letter of the Greek word *Χριστός* which in English means 'Christ.' There are references to 'Xp' and 'Xt' as far back as 1021 CE in the Anglo-Saxon Chronicle. And the terms 'Xtian' and 'Xpian' have been used for 'Christian' as early as the 1500's, with 'Xtianity' for 'Christianity' as early as 1634.);

X-Ray: a high degree of inner clarity; inner vision; superior discernment;

Xystical Veering: represents our catching ourselves being overcome by materiality and then side-stepping our downward spiral so that we are not consumed by the fruits of materiality;

Xystus-like Genealogy, Sixtus-like Genealogy: being well-born, well-bred, and by implication, we are well-born in our spiritual genealogy since we all come from the same Source;

Y

Y2K: the absolutely misunderstood, highly speculative, grossly over-exaggerated external cyber event referred to as a sort of Armageddon-like happening that never occurred; (See Armageddon); our penchant for believing in catastrophe;

Yacht(s): our inclination toward wealth, luxury, and pleasurable experiences;

Yard Sale: recycling past wants and needs; recirculating and downsizing material whims;

Yardstick: feeling a need to gauge our progress; an inclination to measure up;

Yearbook: taking a retrospective glance at our youth; reflecting on the basic truth principles that have gotten us where we are;

Yogacharya: a mystical school; our super-consciousness; mastering ecstatic meditation; (*Yogacharya* is a Sanskrit term for a mystical school);

Yoke: The more we discipline ourselves to follow Truth principles (take up the yoke), the more freedom from error and from the consequences of error we will have in actualizing our good; responsibility; sacrifice; the burden of our human incarnation;

Yoyo-ness: creatively playing with spiritual insights and perspectives to see how they resonate with the ups and downs of our current world view;

Z

Zabernistic Heckling: parochial religious bullying that shows absolute disdain and disrespect for the beliefs and values of faith traditions outside of religious fundamentalism; (A German term that originated from an incident in 1913 involving an overzealous soldier who wounded a cobbler for laughing at him, ultimately triggering the army's take-over of the town from local authorities.);

Zany Zingers: the frustration we feel when we're about to make ends meet and then someone or something moves the ends;

Zealous Faithfulness: never yielding to the growl of a dog, the tears of a crocodile, the cravings of a vulture, or the howling of a hyena;

Zebra-like Qualities: experiencing the cosmic life force; having considerable mental power; being able to balance esoteric (white) and common everyday (black) knowledge;

Zero: nothing and everything; the marriage of the infinitesimal and the infinitely endless; veiled neutrality;

Zigzagginess: our tendency to run back and forth, from side-to-side, up and down, and around in circles in pursuit of worldly appetites;

Zip Code(s): esoterically, represents our states of consciousness (subconscious, waking conscious, super-conscious, altered state of consciousness);

Zip Line: an accelerated stream of confidence;

Ziploc Bag(s): imply stored energy;

Zodiac: soul resume;

* * * * *

About the Authors

Rev. Dr. Bil Holton and Rev. Dr. Cher Holton are metaphysicians, ordained ministers, and prolific authors, who have a solid reputation for their strength of character, engaging personalities, and creative yet practical application of combining neuroscience, Positive Psychology, and neurotheology to their metaphysical teachings. Their ability to bring spiritual Truth into such clarity that people are able to walk the spiritual path with practical feet put them in high demand as teachers, speakers, and spiritual coaches.

The Holtons work with both corporate and spiritual clients, with a mission of helping people connect to the “Extraordinary You” within — in business and in life. They are co-founders of the online ministry, [The Global Center for Spiritual Awakening](#), and have an impressive list of clients around the world. Check out their [Blog](#) for lots of free articles!

On a personal note, Bil and Cher like to push the envelope and maintain their zest for life by taking what they call “Indiana Jones Adventures” such as white-water rafting, sky diving, and fire walking. American-style ballroom dancing is also in their DNA, and although they have retired their competitive dance shoes, Bil and Cher love to perform ballroom showcases and exhibitions. Their two sons, beautiful daughters-in-law, and incredible grandchildren all live nearby, and bring great joy!

To order books or invite the Holtons to speak at your organization, spiritual center, or association, contact their office through their website:

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