Glossary of Terms

Communication is derived from experience, environment, introduction and programming. We interpret according to the understanding and intent in which we learned.

We respond according to our map of reality, not reality itself.

To enhance our ability to create the reality we wish, let's start by creating a common language with common meanings.

These are many of the words I use along with the intention in which they are being expressed.

Acute Pain: Sudden pain alerting us of actual or potential harm that lasts less than 3 months. Serves as an alarm alerting to take action to prevent further damage.

ADHD/ADD: Over stimulated. Many options with lack of direction, goal or intention.

Appreciation: Recognize worth and value in

Block: Disrupt in energy flow, stuck energy, stored information

Breath: The air we take in, life force energy. Pathway of discovery through the body. Modality for internal communication, feedback and delivery. Directly related to how we experience.

Breathe: The act of intentionally inhaling and exhaling. Modality to regulate emotions, sensations, thoughts and overall health. Gateway for change.

Body: Territory, Personal Space, Sacred Temple, Space Suit, Most Valuable Tool, Embodiment of our personal story, the one only we get to experience fully.

Boundaries: 1) The dividing line or location between two areas*
2) (figurative, often in the plural) the bounds, confines, or limits between immaterial things (such as one's comfort zone, privacy, or professional sphere and the realm beyond*

Calibration: Intentionally or forced experience introduced that is typically experienced as uncomfortable physically and emotionally until the body, nervous system and emotions regulate the new experience.

Chakras: Energy Centers, Power Centers in your physical body as well as mental and spiritual bodies.

Chronic Pain: Pain lasting longer than expected healing time, usually beyond 3 months. Pain can be continuous or intermittent and often leads to significant physical, emotional and social challenges.

Community: The condition of having certain attitudes and interests in common.* A group sharing common characteristics, such as the same language, law, religion, or tradition.* Group of people sharing the same space, ideas, experiences, and have common desired outcomes. Virtual and in person.

Compassion: Deep awareness of the suffering of another, coupled with the wish to relieve it.*

Concentration: Focused attention on one thing

Connection: A feeling of understanding and ease of communication between two or more people.* A person related to oneself, through either family or business.* Coherence.* A feeling that does not have words either with unseen or physical beings.

Construct: The experience form, boundaries, guidelines, beliefs, structures that form the experience.

Death: Ending. Releasing. Letting Go.

Discernment: The ability to perceive differences. The ability to distinguish between things.*

Disassociation: (psychology) A defense mechanism where certain thoughts or mental processes are compartmentalized in order to avoid emotional stress to the conscious mind.* Often experienced by not feeling or feeling separated emotionally and/or physically.

Divination: the practice of seeking knowledge of the future or the unknown by supernatural means.**

Doula: Trained support person providing emotional, practical and/or physical support.

Emotion: Energy in Motion. Intuitive or instinctive state of mind deriving from circumstances, mood, relationships and previous experiences.

Enlightenment: Releasing what feels heavy, old patterns/beliefs/programs and feeling lighter/freer/clearer.

Expectations: Pre-formed Resentments.

Experience: The physical, emotional and logical interpretation of what is happening around us, to us and through us.

Expression: The act of externalizing thoughts, emotions, feelings, and self through sound, words, movements, or some other method.

Facilitator: Guide through invitations, questioning, giving feedback and operating as an expert in process or structure of patterns

Feedback: Information received through experience, can come in the form of sensation, sounds, movements, etc.

Focus: Direct all energy toward a specific goal, purpose or outcome.

Group: 5 or more people sharing an experience, session or space.

Guru: 'Gu' Dispeller of, 'Ru' darkness. You are your own Guru! - Sadhguru

Integrity: Steadfast adherence to a strict moral or ethical code.* The state of being wholesome; unimpaired.* The quality or condition of being complete; pure
Trustworthiness; keeping one's word.*

Intention: Focused energy, Attention and Behavior toward a purpose, goal or desired outcome.

Investment: Time, Energy, Money and whatever else you are willing to trade to improve your personal skill set, emotional intelligence, health and overall experience to attain a desired result.

Kundalini: One path in yoga focusing on the fundamentals of breath as life. Guided invitation for you to explore your emotions, physiology and experience through your own breath. Inviting you and offering fundamentals for your evolution of being your own guru or guide. Presence, Self awareness.

Love: Letting Others Voluntarily Evolve. Each individual has their own definition of Love based on personal experiences. Allow others to find it within and honor their own path. This can only be found within.

NLP: Neuro-linguistic Programming.

Pain: Multifaceted experience encompassing emotional, social and cognitive dimensions

Private: One on One Session or experience.

Rain Clouds: Thoughts, Emotions, Distractions that cause feelings of wanting to cry or release.

Rebirth: Re- emerging and existing with a new construct of Being

Ritual: a sequence of activities involving gestures, words, actions, or revered objects.***

Role: Designation that denotes an associated set of responsibilities, knowledge, skills, and attitudes.*

Sensation: Awareness, Perception or Experience through neurological, mental or physical stimulation.

Senses: Perception of external stimuli through one's own perspective, understanding and experiences. A way to derive meaning, often forming perspectives based on past experiences.

Session: Scheduled time bound, value exchange space with a specific purpose agreed upon in advance.

Shaman:a person regarded as having access to, and influence in, the world of good and evil spirits, especially among some peoples of northern Asia and North America. Typically such people enter a trance state during a ritual, and practice divination and healing.**

Small Group: 1-4 People sharing a session.

Space: Physical and non-physical. 1) A specific time and place (physical and/or mental/emotional) with boundaries that has been created with intentions and is being held to specific standards with integrity.
2) Physical: Where you experience your physical sensations and explore your senses.
3) Spiritual: Your inner knowing- connection to self and your belief system.
4) Mental/Emotional: Time with intention and clear boundaries to explore safely.
    A) Personal, Shared, Community (expanded or contracted viewpoint)
    B) Emotional, Psychic/Spiritual (words/expressions/thoughts)
    C) Environment, Physical (touchable boundaries, involves senses)

State: Current Emotional/Physical/Mood or way of Being.

Stored Information: Feedback, expression, sensation, memory, realization that is in stuck energy.

Story: The words we use to interpret and share our experiences. How we rationalize, share, communicate and connect both internally and externally.

Structural Integrity: Operating in an expression that aligns with your values, supports physical alignment and the ability to hold one's self up as well as express one's self from a place of wholeness. Joints. Muscles, emotions, intentions all aligning to support maximum wellness.

Support: Physical and non-physical feedback within a structure and agreed upon space with specific boundaries, purposes, and intended outcomes.

Thoughts: The operation by which mental activity arise or are manipulated.* Representation created in the mind without the use of one's faculties of vision, sound, smell, touch, or taste*

Trainer: Leading through skill based process in which skills are introduced, practiced and performed to enable new patterns

Trance: State of being, consciousness that is unaltered by external stimuli, often induced by breath and/or sound.
A state of awareness, concentration, or focus that filters experience and information (for example, a state of meditation or possession by some being).*
(countable, psychology) A state of low response to stimulus and diminished, narrow attention; particularly one induced by hypnosis.*

Trauma: An emotional wound leading to psychological injury.* An event that causes great distress.*

Tools: Modalities, Movements, Skills to navigate experiences

Witch: A person believed to have magical powers; work with the seen and unseen worlds; creates spells, rituals and experiences with focused intention. As good, bad or indifferent as the intent.

Yoga: Union of mind, body and soul

*OneLook Dictionary
**Oxford Dictionary's
***Wikipedia