

## Spiritual Glossary

**Akashic Records** - Your spiritual record keeper. The universal library in the etheric plane where all human thoughts, feelings and actions that have ever happened or will happen in the future are kept.

**Angels** - Divine beings that you can call on for help, guidance, protection and healing. for yourself and others.

**Angel numbers** - Repetitious numbers like 111, 222, 333, etc. have their own meaning, vibration and divine guidance.

**Archangels** - Most powerful and highest angels. Many have been humans in order to master their worlds. They have various powers for healing and are available for you to call on to work with for the highest good.

**Aromatherapy** - Using aromatic essential oils from plants to promote better health and well-being physically and emotionally.

**Ascended masters** - Spiritually enlightened beings who were once ordinary humans. They have experienced spiritual transformations to become immortal. Through their spiritual energy, we are able to call on them to as for assistance.

**Aura** - Energy field around your body. Some people can see auras and their colors. Different colors have different meanings.

**Awake** - To be aware or know your spiritual truth, to be aware of source, love, and your own light energy.

**Awakened** - To be conscious of spiritual enlightenment, practices, and the truth of who you are.

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**Chakras** - Energy centers of the body. There are 7 related to the human body; root, sacral, solar plexus, heart, throat, third eye and crown. Chakra is from Sanskrit meaning wheel or disk. This relates to these spinning wheels of energy in the subtle body.

**Channeling** - Connecting to and communicating with spirit guides for guidance and wisdom.

**Cleansing** - Clearing the energy of a space like your home, yourself, or an object like crystals.

**Conscious** - When you're awake and you know it! Being aware of yourself and the world around you as well as your perceptions, feelings sensations and thoughts.

**Cord cutting** - A way of disconnecting from energy, stories, beliefs that you know longer want to experience. This can be through use of meditation, crystals, or a combination of both.

**Crystals** - Created and found in the earth, crystals have been used throughout history as a source for healing. They each have their own energies and properties. Commonly used to help the flow of good energy, protection against negative energy as well as physical, spiritual and emotional support. \*\*Warning: they're addictive!\*\*

**Divining** - Using a tool such as cards, a pendulum, I Ching coins, ruins, crystals, etc., to in telling the past, present, and future.

**Download** - That aha you've experience is an energetic source of information from your soul, higher self, or spirit guides. This can be a burst of information or inspiration, a realization, divine guidance, higher awareness or even information in a dream.

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**EFT** - Emotional Freedom Technique also called Tapping. This uses the principles of acupuncture and the body's energy system to help with emotional and physical stress. By tapping on energy points, as well as verbal statements, EFT restores balance to areas of disrupted energy, reducing negative emotions you feel with your issue.

**Energy** - Everything is energy including us! We are made up of atoms, molecules, and cells which are energy. Our energy extends beyond our physical bodies and connects to the energy of other people and things. We are able to use our energy to co-create, heal and connect with experiences, things, animals, other humans and spirits. Our personal energy is a powerful tool!

**Essential oils** - Natural plant extracts derived from a distillation process to separate the plants from the oil. These oils can be used aromatically, topically and some internally to support and promote better well-being.

**Gaia** - Mother Earth. Another name for the Earth coming from greek mythology, Gaia is the Earth personified and one of the Greek deities. The mother of all life.

**Goddess** - Female aspect of God or a woman who has stepped into her divinity f There is many different kinds of Goddesses. For example Lakshmi is the Goddess of good fortune and beauty,

**Grounding** - Can mean physically connecting to the Earth, being the present moment, or balancing your spiritual energy. Grounding is used in meditation practices.

**Healing** - This is more than becoming physically well. It encompasses your emotional, spiritual, and energetic wellbeing also.

**Higher Self** - The part of you that sees, understands, knows and offers wisdom to your physical body..

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**Ho'oponopono** - This is an ancient Hawaiian practice for forgiveness and reconciliation. It means to make right - ho'o (to make) pono (right). Repeating the word pono is to be right with self and others.

**Karma** - The force of your actions in this and previous lives and how they affect the good or bad things that happen to you.

**Law of Attraction** - Your thoughts become things. Attracting into your life what you focus on. Yes...this can be positive or negative so think carefully!

**Light Codes** - Energy patterns. These can be sacred geometries, sound waves, patterns of lights, colors, or frequencies that activate your DNA and knowledge you already hold within you.

**Light Language** - Language beyond spoken language felt at a DNA level that connects us to our celestial brothers and sisters within the galaxy. This can be singing, dancing, body movement, etc.

**LightWeb®** - An internet for the soul! It's a soul based technology that connects all things. A web of energy that connects everything. Channelled by Joanna Hunter.

**Lightworker** - Someone devoted to bringing light into the world with the intention of raising the vibration of the planet.

**Manifesting** - Intentionally creating something you want in your life.

**Meditation** - Quieting your mind, stillness of your body, breathing to connect to your awareness in order to gain better clarity, intuition and guidance. You can do this for even a few minutes for it to be beneficial. Find a quiet place, use a guided meditation, or soft music. It's your practice and you can tailor it to your desires.

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**Medium** - Someone who is able to connect to those in the spirit world to share messages and information to humans.

**Mindset** - Your thoughts and beliefs that create your mental attitude. These determine your reaction to circumstances and situations you experience in your life.

**Moon phases** - The various stages of moon in its 28 day cycle: dark, new, waxing, full, and waning.

**Moonology** - Working with the lunar cycles to understand the effects on us physically, emotionally, in our relationships and work.

**Numerology** - Studying numbers to discover insights about a person.

**Oracle cards** - Tarot cards' cousin. A set of cards with pictures and messages. These decks contain varying numbers of cards and usually have a theme for the deck. Use them to connect with your

**Palo Santo** - Sacred wood from the Palo Santo (holy wood) tree. Use it to repel negative energy and cleanse a space. Shamans in the Amazon and Incas used it in sacred ceremonies since it is believed that the rising smoke enters the energy field to clear negative thoughts, misfortune, and chase off evil spirits. Palo Santo essential oil can also be used to protect your energy or to connect to the spirit world.

**Pendulums** - A symmetrical crystal that is hung on a chain or cord. Your pendulum taps into your energy, intuition, higher self to answer yes or no questions for guidance.

**Priestess** - A woman who is attuned to spirit and dedicated to raising the vibration of the planet by serving with love for the highest good of all. She works with sacred energies, frequencies of nature, the elements, and the ebb and flow of our universe.

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**Protection** - Using tools such as crystals, salt baths, cord cutting, smudging to keep your energy safe.

**Psychic** - Someone who has gifts abilities beyond what is considered 'normal' such as knowing things, seeing things, hearing things, etc.

**Reiki** - Energy healing method using touch to assist in natural healing of the body and emotions. Originating in Japan in the 1800's, the practitioner uses their hands to transfer energy to the patient.

**Sacred Geometry** - Mathematical patterns, designs, and shapes found throughout the universe and in nature; in flowers, shells, minerals, our bodies, the ocean, etc.

**Sage** - A plant known for its antibacterial and antimicrobial properties. Burning dried sage (smudging) has been used in spiritual rituals to clear negative energy. It is used to clear your own energy, that of your home, office, crystals, or your belongings of unwanted energy. A Sage is also refers to someone sought after for their wisdom and judgement.

**Shaman** - Someone who works with and has ancient wisdom of nature, animals, spirits and intuition to help awaken and expand consciousness as a healer.

**Smudging** - Burning dried sage to clear energy from a person, space or object. You can use this practice for your crystals, house, workspace and even yourself.

**Soul** - The eternal conscious part of you that wants to have human experiences. Your soul is believed to experience many lifetimes in order to learn lessons and pay karmic debt.

**Source** - Infinite intelligence, Divine, Higher, Power, Spirit, Creator, absolute love.

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**Spirit Guides** - Guides in the spirit realm that have been assigned to help guide us through life. Our higher self has helped choose our guides and they also assist in fulfilling our spiritual contract made before we began this life.

**Starseeds** - People whose souls originated in another world, planet or dimension.

**Tarot Cards** - A tool for the divining the past, present, and future. Tarot decks consist of 78 cards made up the normal 56 suit cards plus and additional 22 cards. They are generally used for more in depth readings than oracle cards since the cards and symbols relate to each other and create a story for your life experiences or guidance.

**Vibration** - Since everything is energy, everything also has a vibration. Our emotions have correlating vibrations. The happier we are, the higher our vibration, and the more positive experiences we attract into our lives

**Vitali-Chi** - Using natural healing vibrations to revitalize, rebalance and regulate the energy in your body and aura. Supports your body on a cellular level to assist in your well-being.

**Vortex** - Term used by Abraham and Esther Hicks in connection with the Law of Attraction meaning being in alignment to Source energy and therefore also in alignment with your desires.

**Witch** - A woman who is wise and a healer. We are experiencing a reawakening of women who are embracing their intuition and magic, reconnecting with the use of spiritual tools, herbs, mother earth and moon cycles, cards and nature to heal themselves and the world.

Ready to create change in your life?

Let's chat!

