

## **Glossary and Definition of Terms**

*These definitions are offered to establish clarity about how the terms are used for the purpose of this healing process. This is in no way meant to challenge, contradict or conflict with the accepted common usage and/or definitions of these terms.*

### **Ancestor**

Forerunner; Prototype: Fore parent; One who came before  
A person, who once lived, from whom a lineage of people has descended.  
The physical, genetic and energetic imprint of those who came before us in our  
bloodline that resonates strongly within the molecules of our bodies.

### **Belief**

Reliance; Confidence; Credence  
Trust, faith, or confidence placed in someone or something.  
Acceptance, without investigation, that something is true or that something exists.  
A thought fueled by emotional energy.  
A repetitive thought that eventually becomes unconscious or habitual.

### **Color**

Hue; Tone; Shade  
Light, vibration, wavelength and energy frequency that create a system of  
harmonics  
Property possessed by an object that produces different sensations on the eye as a  
result of the way the object reflects or emits light.

### **Consciousness**

Perception; Awareness; Responsiveness  
Cumulative activity of the mind and physical senses  
Sum total of all ideas accumulated in and affecting present being.  
Composite of ideas, thoughts, emotions, sensation, and knowledge that makes up  
Sum total of d perception and perspective

### **Cords**

Energetic connection between two more individuals or things that creates and  
maintains a flow between the biological energy fields  
Mental, emotional or physical energetic connection to goes beyond space and time  
that can and do impact conscious and subconscious experiences

### **Creator/God**

Deity; Divinity; Supreme Being or Presence  
Creative principle of life  
Creator and sustaining energy of life and living things  
Omnipotent (all-powerful), Omniscient (all-knowing), Omnipresent (all-present)  
and Omnibenevolent (all-good) essence; that which is eternal and necessary for  
existence

**Energy**

Active presence of interpersonal, non-physical force or essence  
Vigorous activity of available power  
Energetic force and potential for causing changes

**Habit**

Custom; Pattern; Routine  
Regular tendency or practice tied to emotions that is hard to change or relinquish  
Settled tendency or usual manner of behavior  
Subconsciously ingrained routine of behavior

**Habitual Thinking**

Thoughts that are fixed by or resulting from habit  
Regular or repeated process or practice of thought  
Well-rehearsed, accessible thought patterns associated with strong emotions

**Intention**

Guiding principle or statement that governs choice  
State of expectation and desire  
Statement meant to activate mental and emotional receptivity

**Light**

Light is a fundamental symbol of Spirit and spiritual nature  
Spiritual presence of all that is actively Divine  
Divine illumination and intelligence  
Light is the source of goodness

**Light Code**

Energy patterns encoded with healing energy and emotional imprints  
Energy patterns, shapes or colors used to direct, intensify or deepen meditation  
High frequency symbols based on the universal language of sacred geometry  
Patterns of colors and light that create and emit energetic frequencies

**Mudra**

Gesture of hands and fingers that stimulate specific areas in the body and the brain  
Movement of hands and gestures of fingers practiced to channel flow of vital life force energy

**Pattern**

Model or design used as a guide  
Predictable means of repetition  
Acceptable design of customary behavior or outcome

**Tapping**

Stimulation of physical meridian points (energy hot spots on the body) to restore or balance the physical body's energy

Self-applied technique used to restore or enhance physical, mental and emotional balance caused by a conscious negative experience or unconscious emotion

**Unconscious Mind**

Without conscious volition or intent; Habitual mental engagement

Processes in the mind which occur automatically and are not available to introspection

Mental process that occurs without awareness, sensation, or cognition

Mental response not consciously realized, planned, or done; without conscious volition or intent: an unconscious social slight.

**Universe**

Province; World; Cosmos

All existing matter and space considered as a whole; total of all that exists

Body of all things and phenomena observed or postulated