

APPENDIX ONE

DEFINITIONS

ANGELS: Angels are beings who live in unity with the ONE and serve to bring love and higher dimensional light to the third dimension. Archangels are the most evolved of the Angelic Evolution.

ARCHETYPE: An archetype is an original model or prototype that serves as a pattern for other things of the same type. It's like an ice cube tray in that whatever liquid is frozen in the tray will have the same "archetypal" form.

ASCENDED MASTERS: Ascended Masters are humans who have expanded their consciousness enough during their Earth lives that they were able to consciously step into the higher dimensions at the close of those lives. These ascended beings serve in the fourth and fifth dimensions to assist earthbound humans in their spiritual growth. Ascended Masters are the most evolved of the Human Evolution.

BRAINSTEM: The brainstem forms the base of our brain. Together with the area immediately above it, this part of the brain is called the Reptilian Brain, as all creatures from reptiles to humans possess this structure. For reptiles, this area is their entire brain, but for humans it is merely the base, or stem, of their brain. The brainstem is associated with the first chakra, which rules our survival consciousness and most primitive self.

BRAINWAVES: Electrical activity emanating from the brain is displayed in the form of brainwaves, which are measured by an electroencephalogram (or EEG). Brainwaves, like all waves, are measured in two ways. The first is frequency, cycles per second (cps), or the number of times a wave repeats itself within a second. The second measurement is amplitude, which represents the power of electrical impulses generated by the brain.

Beta brainwaves: Beta brainwaves, in which our brainwaves pulsate at between 13 and 39 cps, are associated with day-to-day wakefulness.

Alpha brainwaves: Alpha brainwaves, in which our brainwaves pulsate between 8 and 12 cps, are associated with focused concentration on one thought, emotion, or activity that is usually creative in nature or thoroughly enjoyable.

Theta brainwaves: Theta brainwaves, in which our brainwaves pulsate between 4 to 7 cps, are associated with shamanic experience, moments of illumination, and scientific and/or creative discovery.

Delta brainwaves: Delta brainwaves, in which our brainwaves pulsate between .5 to 4 cps, are involved with our empathy, as well as our interaction and connection to our full multidimensional perception. To our mundane mind, a Delta brainwave would likely denote a state of coma.

Gamma brainwaves: Gamma brainwaves, which resonate around 40 cps, are thought of as the harmonizing frequency. They are associated with the brain function that creates a holographic synthesis of data stored in various areas of the brain to fuse them together into a higher perspective.

New brainwaves: EEG researchers are noticing extremely high brainwave frequencies (even higher than Gamma) of up to 100 cps that they have titled **Hyper Gamma brainwaves** and even higher brainwaves at 200 cps titled **Lambda Brainwaves**. Conversely, extremely low brainwaves that are lower than Delta waves at less than 0.5 cps are titled **Epsilon Brainwaves**. All of these “new brainwaves” are associated with higher states of SELF-awareness, the ability to access superior levels of information and insight, psychic abilities, and out-of-body experiences.

CENTER CURRENT: The center current, or fulcrum point, is the place of neutral charge where neither the negative emotional charge of “conditional” nor the positive emotional charge of “unconditional” exists. Within this current, there is no polarity and no imbalance. When we live our lives in the flow of the center current, we fuse the opposite polarities into ONE, and the third-dimensional charge is neutralized.

CHAKRAS: Chakras are small vortexes that rest on the surface of the Etheric Body. Our chakra system serves as the

portal through which our Etheric Body downloads the higher-dimensional light into our physical body. Both our physical body and the body of Earth have seven primary chakras. Auxiliary chakras also exist that are not covered in this book.

CONSCIOUS INTENTION: We use our conscious intention when we choose to harness our positive thoughts and loving emotions and project them via our will power to strongly determine that we will follow a certain inner directive.

CONSCIOUS: We are conscious when we are aware of and able to attend to stimuli within our own dimension. Our third-dimensional self is conscious only of what can be perceived by the five physical senses of sight, hearing, touch, taste, and smell. We can expand our ability to be conscious by releasing the victim role in our life and taking responsibility for how we create our reality.

Unconscious: We are considered to be unconscious when we are unaware of and unable to attend to internal and/or external stimuli within our own dimension, let alone within other dimensions. Third-dimensional humans are largely unaware of their first-, second-, fourth- and fifth-dimensional selves. The human unconscious is an archive of all the forgotten and repressed memories and experiences of our lives so far. Our unconscious mind is best accessed through our physical body, introspection, dreams, and meditation.

Superconscious: Our superconscious is a higher order of consciousness that is innately multidimensional. Our third-dimensional self can become conscious of the superconscious through meditation and prayer and by surrendering to the perceptions of the higher-order consciousness.

CONSCIOUSNESS: Our consciousness represents the magnitude of our awareness of our self and our environment via all our senses. When we are not very aware of our self or our environment, we have a limited consciousness. On the other hand, when we are extremely aware of the many aspects of our self and of our reality, we have an expanded consciousness.

Individual Consciousness: Individual consciousness is the ability to perceive ourselves as independent individuals in our third-dimensional reality. Third-dimensional consciousness

is based on the precept that we are separate from everyone and everything.

Collective Consciousness: Collective consciousness is the ability to perceive ourselves as members of the sum total of all human consciousness interwoven into ONE.

Planetary Consciousness: Planetary consciousness is the ability to perceive ourselves as members of the sum total of all consciousness of all beings, including the being Gaia, interwoven into ONE.

Solar Consciousness: Solar consciousness is the ability to perceive ourselves as members of the sum total of all consciousness of our solar system.

Galactic Consciousness: Galactic consciousness is the ability to perceive ourselves as members of the sum total of all consciousness of our galaxy.

Cosmic Consciousness: Cosmic consciousness is the ability to perceive ourselves as members of the sum total of all consciousness of our universe.

DEVIC EVOLUTION: The Devic Evolution refers to the spiritual forces and beings behind nature and encompasses all the holders of form from the highest evolution of Elohim to the lowest evolution of Elementals. The Devic Evolution also works from the Mental Plane to translate thoughts into physical forms.

Elementals: Elementals are the lowest expression of the Holders of Form or Devic Evolution. The Elementals are the fourth-dimensional counterpart of the third-dimensional elements of earth, air, fire, and water, which serve as the building blocks of third-dimensional form.

Deva: The term Deva refers to the fourth- and fifth-dimensional group Elementals who unite, supervise, and direct many individual Elementals to hold the form for physical creations such as mountains, forests, and buildings. We also have a body Deva who is the supervisor of the individual Elementals of our physical body.

Elohim: The highest expression of the Keepers of Form or Devic Evolution. Elohim have a male and a female aspect and are the creator gods and goddesses. Just as Angels specialize in emanating love, the Elohim specialize in holding form as they work with their divine complements to carry out their cosmic service.

DIMENSIONS: Dimensions are a means of organizing different planes of existence according to their vibratory rate. Each dimension has certain sets of laws and principles that are specific to the frequency of that dimension.

DIVINE CHILD: Our divine child is the crystal core of our true SELF, which is gradually and steadily covered with the dust of our many life experiences. Our divine child represents our multidimensional SELF, and he or she has a consciousness that expands from our first-dimensional, cellular self to our highest-dimensional, Spirit SELF.

DIVINE COMPLEMENT: Our divine complement, also known as our twin flame, is the other polarity of our Multidimensional Soul/SELF, who was limited to one gender when we took embodiment in the third dimension. Once our Soul becomes the captain of our earth vessel, our consciousness becomes androgynous and our masculine and feminine polarities become balanced and equal, in spite of our body's gender.

ELECTROMAGNETIC SPECTRUM: The electromagnetic spectrum is the range of frequencies of electromagnetic waves of light entering Earth's atmosphere. The longer wavelengths are the lower frequencies and the shorter wavelengths are the higher frequencies. The electromagnetic spectrum ranges from the lowest frequency radio waves to microwaves, infrared rays, optical rays, ultraviolet rays, X-rays, and finally gamma rays at the highest frequency of the spectrum. The light visible to the human eye is only a very narrow region within this spectrum.

ELEMENTS: The elements are building blocks of form in the third dimension: earth, air, fire, and water.

ENDOCRINE GLANDS: Each chakra is associated with a different endocrine gland. Just as there are seven chakras, there are seven endocrine glands. Both the chakras and the endocrine glands are located along the spinal cord. The endocrine glands manufacture hormones and supply them to the bloodstream. These glands are called "ductless" because they do not have ducts to any specific part of the body. Instead, hormones are released into the bloodstream where they are

carried by the blood to every organ and tissue to exert their influence on all functions of the physical body.

Adrenal Glands: The endocrine glands of the first chakra are the two adrenal glands, each one located on top of one of the two kidneys. The release of adrenaline, brought on by real or imaged danger, is vital for the survival of every species.

Gonads: The endocrine glands of the second chakra are the gonads, which consist of both male and female sex organs. These include the ovaries, testes, and prostate gland.

Pancreas: The endocrine gland of the third chakra is the pancreas. The pancreas plays an important role in the digestion of food and secretes the hormone insulin, which regulates both the level of blood sugar in the system and the metabolism needed for digesting carbohydrates.

Thymus Gland: The endocrine gland of the fourth chakra is the thymus gland, which is the core of our immune system and vital for our healing.

Thyroid Gland: The endocrine gland of the fifth chakra is the thyroid gland, which produces hormones that influence essentially every organ, tissue, and cell in the body. Thyroid hormones regulate the body's metabolism and organ function, affecting heart rate, cholesterol level, body weight, energy level, muscle strength, skin condition, menstrual regularity, memory, and many other conditions.

Pituitary Gland: The endocrine gland of the sixth chakra is the pituitary gland, which is about the size of a pea and is located behind the center of our forehead, between our eyes. The pituitary gland is known as the master gland because it acts as a main control center that sends messages to all the glands.

Pineal Gland: The endocrine gland of the seventh chakra is the pineal gland, which has photoreceptor cells that regulate the secretion of the hormone melatonin. Melatonin regulates our circadian body rhythms of waking and sleeping and our state of consciousness in our outer and inner realities.

ETHERIC DOUBLE: The Etheric Double, also known as the Etheric Body, is a faintly luminous violet-gray mist that interpenetrates and slightly extends beyond the physical body about one-quarter of an inch. The Etheric Body is not separate from the physical body, nor does it have a separate consciousness. It serves solely to receive the vital forces of

prana that emanate from our third-dimensional sun and our Multidimensional SELF.

EXPANDED PERCEPTIONS: As we expand our consciousness beyond the strict confines of the third dimension, our perceptions also expand so that we can consciously perceive beyond the limits of our third-dimensional reality. Some of the expanded perceptions that we will activate are:

Empathy: Empathy is the ability to feel another person's emotions.

Instincts: Instincts are an innate knowing and ability to tune into the planet and our environment.

Intuition: Intuition is the ability to combine our earthly instincts with perceptions of the fourth dimension and beyond.

Telepathy: Telepathy is the ability to read or have a knowing of another person's thoughts.

Precognition: Precognition, seeing into the future, is the fourth-dimensional ability to move beyond the constraints of third-dimensional time and into the mutable time of the fourth dimension to see a possible reality.

Telekinesis: Telekinesis is the ability to move and change objects with the force of our mind.

Clairvoyance: Clairvoyance is the ability to see objects that resonate to the fourth dimension and beyond.

Clairaudience: Clairaudience is the ability to hear sounds from the fourth dimension and beyond.

Clairsentience: Clairsentience is the ability to see, hear, sense, and know about the fourth dimension and beyond.

Illumination: Illumination arises as we surrender our ego to our fifth-dimensional Soul/SELF to become ONE with the NOW of the higher dimensions.

GAIA: The name Gaia means "the consciousness of the planet;" it was given to the planet Earth in early Greece.

GODDESS SHAKTI: Shakti is a Hindu goddess representing the kundalini energy at the base of the spine, believed to be the divine complement of Lord Shiva. As we awaken our kundalini, the goddess Shakti sweeps up from our root chakra and ascends chakra-by-chakra to join her divine complement, Lord Shiva, in our crown chakra. This mystical marriage of our inner

male and female not only initiates the process wherein we are freed of the polarities of the third dimension, but it also greatly amplifies the frequency rate of our cerebrospinal fluid and the potential voltage of our entire nervous system.

KUNDALINI: The word “kundalini” is derived from the Sanskrit word “kundal,” meaning coiled up. It is the primordial dormant energy, also known as the sleeping serpent, present in three-and-a-half coils at the base of our spine in a triangular bone called the sacrum. Whereas our personal kundalini energy rests at the base of our spine, the planetary kundalini energy rests in the core of Mother Earth. The goddess Shakti is also known sometimes as the goddess Kundalini.

LIGHTBODY: Our lightbody is the form of our Multidimensional SELF in the fifth dimension and beyond.

LORD SHIVA: Lord Shiva is a Hindu god believed to be the divine complement of the goddess Shakti, also known as the goddess Kundalini. Lord Shiva waits in the crown chakra for his bride, the goddess Shakti, who is brought to him by the rising kundalini force.

MANIFEST DESTINY: Manifest Destiny is a 19th-century policy of U.S. territorial expansion westward to the Pacific Ocean, which was defended at time as necessary and benevolent because it was generally viewed as the right and duty of the country.

MERIDIANS: In acupuncture, meridians are invisible channels through which qi (or chi), another term for prana, flows. Each meridian is related to and named after an organ or function. The main meridians are the lung, large intestines, spleen, stomach, small intestine, heart, liver, gall bladder, kidney, urinary bladder, pericardium, and san jiao.

MERKABA: Also spelled “merkabah,” this is the divine light vehicle allegedly used by the enlightened to connect and commune with the higher dimensions. “Mer” means light. “Ka” means Spirit. “Ba” means body.

MULTIDIMENSIONAL BEINGS: A multidimensional being is a life form, whether a person, animal, or planet, that has a form on more than one dimension. Their form may likely be different on each dimension, as form follows frequency.

MULTIDIMENSIONAL CONSCIOUSNESS: Our ability to be conscious of more than one dimension within the same moment is referred to as multidimensional consciousness. It allows us to be aware of our potential to expand our perceptions to dimensions above and below the third dimension.

PLANE OF EXISTENCE: A plane of existence, sometimes called simply a plane or a dimension, is a region of space and/or consciousness inhabited by evolving beings in different stages of consciousness consistent with the frequency of that plane or dimension. The physical plane, the third dimension, is an example of one plane of existence.

PRANA: Prana is a Sanskrit word that means "to breathe." Prana, also known as chi, is the energy or life force of our bodies and of the universe. Prana emanates from and is directly relational to the sun, entering our Etheric Body as well as the physical atoms that float in the earth's atmosphere.

RAINBOW BRIDGE: The Rainbow Bridge is the frequency bridge that connects the ONE of the fifth dimension and beyond with the third and fourth dimension.

REALITY: Reality is a term used to define an individual, collective, and/or planetary perception of an individual or group experience.

REALM OF FAERIE: The Realm of Faerie is the fourth-dimensional reality in the Emotional/Astral Plane, just beyond the Lower Astral Plane.

RESONANCE: When the vibrations produced by one object come into alignment with those of another, it is called resonance.

RESONATE: If we were to play the note C on a piano with a violin next to it, the C string of the violin would also vibrate, or resonate. When something resonates with us, we recognize that its vibration, its pattern of energy, is compatible with our own.

RETICULAR ACTIVATING SYSTEM: The reticular activating system is the physiological and anatomical mechanism that filters stimuli to certain areas of the brain. The word “reticular” means “net-like,” and the reticular formation itself is a large, net-like, diffuse area of the brainstem. Since, the brain’s reticular activating system controls arousal, attention, and awareness, which are core elements of consciousness, it is instrumental in managing how we interpret, respond to, and react to both internal and external information.

SAMADHI: The state of absorption into the ONE, and total surrender to our Multidimensional SELF.

THE FLOW: The *flow* is the term used to denote that we are surrendering to the center current of the ONE. While living in the *flow*, we are in harmony with all life and follow our inner directives regarding all decisions and actions.

THE ONE: The ONE is the state of consciousness in which all are intertwined in a cosmic dance of unity, with *no* separation in consciousness across all galaxies, solar systems, planets, and dimensions.

THE THIRD EYE: The third eye is the unification of our sixth and seventh chakras and is located between our eyes, in the center of our forehead. It is often used as a focal point for meditation. The third eye is opened when the rising kundalini force enters the brow (or sixth) chakra and joins essence with the crown (or seventh) chakra through the combining of the workings and secretions of the pituitary gland of the brow chakra and the pineal gland of the crown chakra.

THOUGHT-FORM: A thought-form is an individual or collective thought that has been imbued with so much emotion and received so much attention that it has taken a form in the fourth dimension.

TRANSMUTATION: Transmutation is the transformation of a person, place, situation, or thing by raising its vibration. In other words, the object, thought, emotion, planet, etc., is not replaced. Instead, it is converted.

WHOLE BRAIN THINKING: Whole brain thinking is the ability to simultaneously use our left, analytical/sequential-thinking hemisphere of our brain and our right, holistic/creative hemisphere. This synchronized and unified thinking can allow us to access more than the usual 15 percent of our brain as well as activate our expanded perceptions. Opening our third eye accelerates this type of thinking and expands of the use of our brain's potential.