

# Language of Consciousness Institute's Glossary of Terms

## All definitions are as used in the Field of Tantra Maat

**Activate/To activate:** to make active what is present but dormant and trying to rise.

**Activation:** In the Field of Tantra Maat, it is a period of time devoted to activate\* what is rising within you that connects you to life and has you exist as whole.

**Alchemy:** A power or process that changes or transforms something in a mysterious or inexplicable way.

**Alchemical Formula:** The structure of the Creation Exercises is based on the Fibonacci Sequence, which is a mathematical formula that the natural world exhibits. The use of this formula in the structure of the Creation Exercises is designed to move you into that transformative process of Creation in your own life.

**Animate:** To give vitality. To give life. To in-spirit.

**Being:** The nature or essence of you, also what as a conscious existence.

**Capacity:** How deeply you, as a personality, can go into your nature or essence. How much space can you have for your nature or essence to have residency in your life and in your world?

**Congruence:** To be in alignment, in sync with Creation. You and Creation are one. When not in congruence it feels like being out of sorts, out of equilibrium, when you are moving out of a lower vibrational frequency to a higher one.

**Coherence:** The ability to hear and to be heard. Being in the resonant ability to hear Creation. Able to talk to express yourself in a clear way that can be easily understood. When incoherent you are not understandable.

**Cohesive:** No longer separated from Creation; the experience of something inseparable – bliss, ecstasy, love. A state of being that occurs in the higher emotions of joy, ecstasy, love – these happen in cohesion. When the parts of the whole work well together.

**Consciousness:** The state of being aware of one's own existence and the activities consistent with that existence.

**Consegrity:** In field phenomenon when people generate a quantum, it can literally shift the entire consegrity of the field". A therapeutic modality in which energetic blockages whether physical, mental or spiritual in origin, are removed from the cells and connective tissues so that they can return to their innate ability to withstand tension and stress.

**Correlate:** To have a mutual relationship or connection, in which one thing affects or depends on another: each of two or more related or complementary things:

**Craving:** What you want, desire or long to come into existence that you don't already have or don't have in the way that you long for it to be. Craving is a natural communication system with Creation.

**Creates:** In the work of The Language of Consciousness Institute, creating is not equivalent to causation. 'Creates' is you, in unity with Creation, bringing what you crave into existence from your thoughts or imagination. The focus is your relationship to your existence.

**Creation:** That which created you and from which you came into existence. The intelligence that created all life. Others may use the term God, Goddess, Allah, Great Spirit, and numerous other names.

**Creation Exercises:** These are alchemical formulas that work with your mind, your body, and your brain to support you moving thru seven levels of consciousness. They work with the neuroplasticity of the brain. There are seven Craving templates and two Observing templates that make up the Creation Exercises.

**Design:** The blueprint from which something come forward into manifestation. Each person has a different design which makes them unique and essential.

**Direct link:** A direct line of communication without needing a mediator, someone to be a go-between for them.

**Dissonance:** Inconsistency between the beliefs one holds or between one's actions and one's beliefs. The sense that a situation or person is life-defeating for you.

**Domain:** A specified sphere of activity or knowledge.

**Embodies:** When something is sustained and maintained long enough, it comes into physical form/matter and begins to be self-sustaining and self-maintaining. It is embodied.

**Empathy:** In an individual, the ability to understand and share the feelings of another. In systems it is supportive, i.e. systems are intuitive and user friendly; systems are connected and flow easily from one space to another.

**Enwholment:** An unbroken and undamaged state where something is complete in the design of itself.

**Essential:** A person or thing that is absolutely necessary.

**Eternal:** Permanent, unending, endless, everlasting, perpetual implies lasting or going on without ceasing. That which is eternal is, by its nature, without beginning or end: God, that which is endless never stops but goes on continuously.

**Ethers:** In the Field of Tantra Maat, they are non-physical essences that animate life, i.e. love.

**Etheric Territory:** In the field of Tantra Maat, it is a non-physical territory that is a precursor of manifestation.

**Evolutionary:** Transforming and transmuting the reality we live in; about changing the matrices of larger field, field phenomenon.

**Existence:** The animate nature of life.

**Existential:** Feeling, sensations or emotions that are not necessarily yours, rather they are from a larger collective consciousness of human existence that you are experiencing. Exp. Existential grief.

**Fields:** Energetic dynamics that can be harnessed to animate and bring into existence physical form/matter.

**Field Being being the Field:** Where I am, that is. It is our sovereign nature, our Eternal Being.

**Fugue States:** Where you cannot make contact with reality as you have known it. It is where the personality framework cannot locate itself in what it is used to doing.

**Generating:** To cause (something, especially an emotion or situation) to arise or come about.

**G.O.D.:** Generating Organizing Design of all creation. Lives in vibrational frequency of language. I am the word and where I am the word is.

**Harmony:** Coming into balance, peaceful, something pleasing.

**Imagination:** The act or power of forming a mental image of something not present to the senses or never before wholly perceived in reality.

**Inanimate:** Lifeless; spiritless.

**Interactive:** Action and communication between two people or two things, such as two-way communication.

**Interrelated:** To be connected in such a way that each thing has an effect on or depends on the other.

**Interdependent:** People or things that depend on each other.

**Interweaving:** Involving interactions between two different organisms living in close physical association...denoting a mutually beneficial relationship between different people or groups.

**Landscape:** The territory you hold as a Being, a landscape of time of the landscape of a monad. Landscapes are recognitions of aspects of Self that exist in those territories where we can exist and express who we are in many dimensions of being.

**Life:** Matter that holds a divine spark or a spark of God within in. The condition that distinguishes animals and plants from inorganic matter, including the capacity for growth, reproduction, functional activity, and continual change preceding death.

**Life-enhancing/Life-generating:** This is what we want all our life's interactions and situations to be in support of living the life that we came here to live.

**L.O.V.E.:** Life Opening up to the Vibration of the Eternal.

**Memes:** Memes are units of social or cultural information transmitted/passed down through the ages. By the point something is a meme, it seems like it is "just what's so". Stereotypes, gender roles, pretty much any social norm/convention or cultural or religious tradition is a meme. This transmission of information preserves cultures, etc., so memes are valuable. There is a problem with memes when evolution/growth results in a life-defeating impact on individuals and/or groups, if the meme is unconscious and remains unexamined or entrenched for the sake of the survival of the norm. In such cases, the meme takes dominance in our reactions even though we have different thoughts about the truth of the meme.

**Meta:** Meta means to include and go beyond.

**Metalanguage:** A language that gives you access to the beyond and access to the larger landscapes of your existence that you are *part of and may not know exist*.

**Metapersonal:** An aspect of self that exists when you find something that you are willing giving your life to. Includes the personal and goes beyond it.

**Metapoint:** Where two different things come together in unity to create a greater whole.

**MetaSelf:** This state of unity between personality and being is referred to as a MetaSelf. The sense of self that rises when your surface personality is in unity with your Being. W-and, when you say the spirit-based 'I AM', you know you are what you say you are because you feel the life force energy of Creation resonating with your words. You no longer try to identify yourself according to the terms of your surroundings. You are present to the Sself of your Being that you are even if you can find no words in your present reality for you. You feel your MetaSelf. You feel yourself, and yet you cannot define yourself...

**Monad:** It is the most basic unit that cannot be destructed or simplified into something smaller. It is the ultimate constitute of whom we truly are. Monad (philosophy), a term meaning "unit" used by philosophers to signify a variety of entities from a genus to God Monads, a basic unit of perceptual reality.

**Morphic field:** A morphic field (a term introduced by Rupert Sheldrake, the major proponent of this concept, through his Hypothesis of Formative Causation) is described as consisting of patterns that govern the development of forms, structures, and arrangements.

**Neuroplasticity:** The brain's ability to reorganize itself by forming new neural connections throughout its lifetime. Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for limitations, injury, and disease as well as to adjust their activities in response to new stimulus or changes in the environment.

**Metamorphic:** Pertaining to or characterized by change of form, or metamorphosis. We have access to the consciousness of other dimensions, and we can bring that consciousness into this reality, this dimension and include it in the metaphoric field humanity lives in.

**Metamorphosis:** A profound change in form from one stage to the next in the life history of an organism, as from the caterpillar to the pupa and from the pupa to the adult butterfly.

**Observing:** Telling the truth about what you are present to in the moment.

**Original Design:** What you, as a Being, are designed to be physically, energetically, and spiritually, beyond the enculturation of your personality.

**Organizing:** To form as or into a whole consisting of interdependent or coordinated parts, especially for united action.

**Power of Balance:** This is the capability to grow and expand including 'what is' and to go beyond in a way that can be sustained and maintained over time without collapse or breakdown. The Structure of the Creation Templates gives us access to expand our Being, our consciousness, and our capacities in a stable sustainable way. The Craving templates calm the physical part of the system, which provides you access to consciously responding rather than automatically reacting. The Observing templates restore balance to the energetic aspects of your system.

**Principle:** A fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning.

**React/Reaction:** To be at the effect of a stimulus, often resulting in unconscious action. Reactions can be life-enhancing or life-defeating. An example of a healthy life-enhancing reaction is for exp. 'pulling back as you step off a curb when you notice a car coming'. That momentary fight or flight reaction allows you to take immediate, life-preserving action without having to consciously think it through, then your system can return to a calm resting state of homeostasis or balance. Reaction becomes life-defeating when your ability to choose how you speak or act is inhibited by an automatic, unconscious, unexamined, and/or conditioned way of speaking or acting.

**Reality:** Reality is a territory that has a beginning and an end. It is the landscape of your everyday existence that directly affects how you think, how you speak, how you feel and what you experience. Reality is what people hold to be real. In that territory there are landscapes of existence that shape the sensations of that reality, the perception of that reality and how things are connected-up in that reality.

**Reality of Connection/Unity:** Where human Beings live lives connected to inspired ways of living, creativity and being. They know themselves as an integral part of the whole, connected to a great living energy. They live in ways that are mutually beneficial and cooperative with the world around them. Life enhancing. Life generating.

**Reality of Separation:** Our current consensus reality that presently occurs as ‘dog eat dog, only the strong survive, everyone out for themselves way of living’ – a reality many people still hold to be real. Life defeating. Life degrading.

**Realms:** Morphic energy fields from which life forms. Realms are the way we comprehend and is the sense of something pulsing that lays out beyond our bandwidth. Like Realms of the Beloved. It is hard to get territories or landscapes but there is a sense of something present that we cannot grasp or objectify.

**Recursion:** The repetition of a set structure or formula. Each Creation Exercise is made up of four recursions, each recursion taking you deeper into the exercise.

**Registers:** Sensations, emotions, energies, and other indicators you have experienced as resonant, life-enhancing, or dissonant, life-defeating. The labels from your past experiences are not always good indicators of what is occurring in the present. Observe, listen, pay attention as you write your creation exercises, and you will soon comprehend your registers for both resonance and dissonance.

**Resonance:** Something that is pleasant, life-enhancing, life-generating, harmonious and fulfilling.

**Resonant registers:** Your sentient intelligence informing you thru sensations, emotions, energies, and other indicators. These experiences let you know you are writing resonant, life-enhancing phrases as you write the Creation Exercises.

**Respond/Response:** To express in union with your direct link with Creation. Being able to consciously choose how you act or speak beyond any stimulation by fight or flight stressor that might be present.

**Self:** Your ‘self’ is your historic personality. Your ‘Self’ is the interface with the everyday world that no longer traps you historically because you know that you are more. The Self is the point of perception of the temporal experiences of your mortal life and the eternal experiences of your immortal existence which exists within The Nature of Being. The Self is the point of perception of the sacred and the secular, the alchemical and biochemical, and more. The more consciously conscious you get of your Self, the more you begin to observe and experience that you are not static. You change, you move, and you are dynamic.

**Sensation:** Sensation is your ability to feel things physically and energetically. When writing resonant and life-enhancing phrases in your creation exercises, you can experience sensations such as: goose bumps, a catch in your breath, a sensing of a change in your gut, dizzy or wobbly, headache or a pain in your head; a sense of knowing; a sense of expansion; an emotional response such as tears, excitement, a welling up of emotion; Energies running thru you, a feeling of alignment or synching up; words or phrases popping up that seem ‘just right’.

**Sensitivity:** As you continue to regularly write your creation exercises, your ability to register

your resonant registers continually increases not only when writing your creation exercises but also in life. You more quickly and easily sense what situation or person is life-enhancing or life-defeating for you.

**Sentient Intelligence:** The resonant language of creation that bonds all that exists into one cohesive whole. This is the intelligence when picked up on allows all of life to be a sensual, engaging, vital, and connected experience. Experienced as sensations, sensitivity, emotions, or energies running thru you, imagination, words popping into your head. It is an internal communication system.

**Source-based:** Your direct link with Creation, i.e. that which created you.

**State of Being:** A 'state of being' is both a quality of your present existence and can also be an experience of your higher dimensional Being.

**Strength:** The amount of pressure you can take before you buckle under its weight. This pressure can be mental, emotional, physical, or spiritual. How strong you are when under pressure.

**Stamina:** The strength that allows you to continue doing something over a long period of time; staying power or enduring strength.

**Sustaining and Maintaining:** The initial craving stimulus must be able to be sustained and maintained over time in order for it to stay in existence. This is the stability point of the craving.

**Telling the Truth:** To observe and report without filtering, whether what you observe is pleasant, unpleasant, or somewhere in between. This is the capacity to trust yourself and be present to what you are present to without judgement, then report it without censoring what you observe. This is crucial in writing the Observing Exercises, even if you perceive what you are present to as negative, wrong, bad or undesirable.

**Template:** The written structure for each Creation Exercise, to which you add your own words. There are seven Craving templates and two Observing templates in total.

**Territories:** The Self goes beyond human into Being. Within that Self are territories of consciousness that we become aware of related to and experience ourselves of.

**Time:** Temporal Is Moving thru the Eternal

**Tensegrity:** The balance of both tension and integrity within a structure. Tensegrity structures can withstand stress and offer the maximum amount of strength.

**Transpersonal:** In the field of Tantra Maat, transpersonal is a local sense of self that craves what it perceives will have it exist.

**Unique:** Being the only one of its kind; unlike anything or anyone else.

**Unity:** Living with others and in community in ways that are mutually beneficial and cooperative with the world around you. Life enhancing. Life generating.

**Vibration:** A movement of particles that usually move in a back and forth motion. They are experienced as sensation, energy moving thru us, emotions, sensitivities, imagination. This is our sentient intelligence picking up on these subtle movements and giving us information. Is it resonant? Dissonant? Is it something to pay attention to? Normally when we begin to sense something, we are responding to a vibration.