



## SPIRITUAL GLOSSARY

*The following definitions are derived  
from my more than 30 years of scholarship  
in Creativity, Healing, and Spirituality.  
I hope they will enrich your understanding  
of metaphysical process.*

<b>Acceptance</b>	Conscious surrender.
<b>Awareness</b>	The state of conscious aliveness.
<b>Beauty</b>	Anything placed in context with grace or refinement; that which reflects the shape of the soul.
<b>Buddha</b>	One who is awake.
<b>Consciousness</b>	Innate awareness of the Divine power that creates, generates, and preserves life.
<b>Crisis</b>	Derives from the Greek <i>krisis</i> , meaning “to decide.”
<b>Cure</b>	A typically passive process in which symptoms are relieved due to the attentions or ministrations of an external source. Its effect is to successfully control or cause the abatement of the physical progression of a condition without necessarily alleviating the

spiritual, emotional, or psychological stresses that produced it.

<b>Depression</b>	A release of energy or life force without consciousness.
<b>Detachment</b>	The nonjudgmental recognition of whatever one has created, promoted, and/or allowed.
<b>Disillusion</b>	The loss of belief in that which is not energetically whole. While disillusion is painful, it can also be highly constructive. With illusions dispelled, truth becomes visible and apprehensible.
<b>Dispel</b>	To relieve attachment to a story in which one is deeply invested.
<b>Energy</b>	The vibrational expression of the life force.
<b>Enthusiasm</b>	Derives from the Greek <i>enthousiasmos</i> , meaning “passionate excitement.” Vibrant or energetic expression connected with the Divine.
<b>Faith</b>	A fertile condition of receptivity to that which the mind does not yet see or comprehend.
<b>Forgiveness</b>	The willingness to see a person or situation from a different point of view. Forgiveness is the generator of miracles.
<b>Grace</b>	An exquisite energy frequency activated by spirit and whose presence and potency are enhanced by liberation from negative attachments.
<b>Healing</b>	An active and internal exploration of beliefs, attitudes, memories, and feelings with the intention of releasing negative patterns of thought and behavior; a return to balance, wholeness, and alignment with divine power. Its effect is increased

power for the creation of health, self-esteem, and love.

**Health** The physical and psychological state resulting from uninhibited and unimpeded communication among mind, heart, and body.

**Incantation** Derives from the Latin *cantare*, meaning “to sing.” The words or stories with which we sing a thought into manifestation form an incantation.

**Inspiration** Derives from the Latin *spirare*, meaning “to breathe.” The essence of the life force is within the breath. To breathe with consciousness of the life force is to be inspired.

**Integrity** Derives from the Latin *integer*, meaning “one.” To be whole, complete (i.e., to be One) is to possess integrity.

**Intuition** Sensory intelligence.

**Luck** The meeting of preparation and opportunity.

**Miracle** A shift in perception that creates an opening in the heart/mind and eventually results in manifestation.

**Passion** Sustained enthusiasm.

**Power** The energy that promotes life and is the foundation for health.

**Repentance** Derives from the French *repenser*, meaning “to think again.” In a spiritual context, this means to rethink in alignment with Divine thought.

**Response** Derives from the Latin *responsum*, meaning “to pledge, to promise.” Metaphysically, this means to acknowledge a feeling and creatively honor it.

<b>Ritual</b>	An act that calls forth spirit. An act that calls forth and embraces the shadow, consciously putting it to rest.
<b>Sacrifice</b>	Derives from the Latin <i>sacrare</i> , meaning “to make sacred.”
<b>Shadow</b>	The body of self-knowledge repressed in the subconscious.
<b>Sin</b>	Derives from the archery term meaning “to miss the mark,” that is, to think or act in a way that is unaligned with the Divine and to need repentance, or rethinking in alignment with the Divine.
<b>Suffering</b>	Unnecessary or prolonged pain. Attachment to pain.
<b>Truth</b>	Consciousness of innate bliss.
<b>Will</b>	The intention to see and accept truths, to explore the subconscious without judgment, and to recognize how one has used one’s energies while remaining open to redirection.

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