

HELPFUL DEFINITIONS FOR THIS SERIES

Journey: a traveling from one place to another; an expedition (physical or of the mind)

Consciousness: the state of being awake and aware of one's surroundings; the fact of awareness by the mind of itself and the world; awareness or perception of something by a person; deconstruction of reality and putting it back together in a new way; absolute clarity

Stewarding: one actively concerned with the direction of affairs; looking and making decisions for; caring for; minding; leading; protecting; safeguarding; codirecting

Collective: group of individuals considered as a whole; involving all members of a group as distinct from its individuals; a cooperative unit

Collective unconscious: (in Jungian psychology) the part of the unconscious mind which is derived from ancestral memory & experience and is common to all humankind, as distinctive from individual unconscious

Healing: Restoration of health; curing; to cause an undesirable condition to be overcome

Planetary: relating to the planets or in our case relating to Earth as a planet

Realignment: act of changing or restoring something to a different or former position or state

Mindful: conscious or aware of something; focusing one's awareness on the present moment, especially as a part of a therapeutic or meditative technique

Heal: to make or become healthy, sound or whole; cure; remedy

Mindful Healing: consciously changing patterns of thoughts, behaviors, and actions that no longer serve

Awareness: state of being conscious of something; ability to directly know and perceive, feel, or be cognizant of events

Alchemical Transformation: goal is to attain a higher state of consciousness and access our true Self; turning that which is unconscious into consciousness; from the darkness this knowledge comes and brings light; consciousness & awareness is the core of spiritual alchemical transformation

Empathy: the capacity to understand or feel what another person is experiencing from their frame of experience; the capacity to place oneself in another's position; definitions of empathy encompass a broad range of emotional states and include cognitive, emotional (affective), somatic, and spiritual empathy

Compassion: Latin= 'to suffer with'; concern for the suffering or misfortunes of others; motivates people to go out of their way to help the physical, mental, or emotional pains of others or themselves; often regarded as having sensitivity, which is an emotional aspect to suffering; the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering

Co-creation: collaborative innovation; a way of working together and create something by working with one or more others; create something jointly

Enlighten: to give spiritual insight to; tending to provide knowledge, understanding, insight

Transmutation: to change or alter in form, appearance, or nature especially to a higher form; in the physical realm, conversion of base metals to silver

Container: something that contains (to keep limits within); a hollow object that can be used for holding something, especially to carry or store it; by nature is meant to have things placed in it or to hold things that are physical, relational, and energetic; containers are by nature feminine

Energy: the strength and vitality that required for sustained activity; the capacity for doing work; the potential for causing changes; the master system that built the nervous system, immune system & belief system

Group: a number of people or things that are together or in the same place; a number of people who are connected by a shared activity, interest or quality

Intention: goal, purpose, aim or plan; a mental state that represents a commitment to carrying out an action or idea in the future; in medicine meaning the healing process of a wound; helpful to set intentions with visualizations/tapping into the feeling; for intentions to manifest fear and doubt must be released