



# Free Yourself with Resting Meditation

## *Glossary of Terms*

Below are some explanations for terms used in this course. They are not intended to be rigid mental definitions for you to memorise but more of a springboard for your own explorations. May you come to your own experience of what each term is pointing to.

*“A map is not the terrain, it simply helps one to navigate  
and experience the terrain directly.” Mani*

**Aspiration** - the call in the being for higher things, for goodness, truth and beauty, the Soul's pure flame of transformation. Aspiration is the counterpart to Grace, when there is a sincere and strong aspiration then the Grace of the Divine cannot but respond. (Aspiration should not be confused with vital exuberance or demanding desires.)

**Awakening** - coming to the knowledge of one's true being: individual, universal and Divine. Awakening is an ever deepening lived realization of the truth of one's being.

**Conditioning** - the patterns of habit and movement of the mind, life and body. Conditioning allows for repetition but can also cause rigidity and resistance to change.

**Consciousness** - Consciousness is not only awareness of one's self and things, it also has a dynamic and creative energy.

**Divine** - The Divine is that from which all comes, in which all lives. The Divine is that which is not limited to stillness or activity.

**Ego** - is the separative sense of individuality. This sense of separation makes each being think of itself as an independent personality alone in a world of “others.”  
Ego is a distorted reflection of the Soul/Spirit that is focused solely on the surface nature.

Ego is formed by Nature. It is a mental, vital and physical formation whose evolutionary function is to aid in centralising and individualising the surface nature consciousness. With the discovery of Soul and Spirit, the ego is no longer necessary and must vanish - the true 'I' takes its place.

**Embodiment** - the bringing down of higher Spiritual consciousness and the bringing forward of the deeper Soulful consciousness into the physical, vital and mental levels.

**Faith** - that which the Soul knows, but the mind has not yet recognised.

**Grace** - the assistance of a higher Divine Force beyond the law of karma. It can lift us past the limitations of our present surface nature. It is sometimes bountiful and at other times fierce, but it is always beneficial, whether or not we are conscious of it.

**Identification** - the forming of an identity. Attaching to and believing that one is one's thoughts, feelings or sensations only.

**Ignorance** - the ignorance of oneness; not knowing our own source or what we truly are. It is founded on the belief and the conditioning that "I am a separate individual cut off from others and the world." Ignorance is to be divorced from the unifying knowledge of the One Reality.

**Knowledge** - the truth, awareness of the true nature of one's being. The knowledge of the One Reality.

**Labelling** - a function of the mental consciousness. It is helpful to label movements of the surface nature in order to understand them. However, during resting meditation, it is not necessary to label or identify with labels.

**Mental Consciousness** - The conceptual and cognitive mind. Thoughts, plans, ideas, beliefs, constructions of the mind, commentaries, memories, reason, planning, discernment, mental intelligence and all that occurs on the mental plane.

**Nature/Prakriti** - The outer force of the active consciousness that moves the world. The purpose of Prakriti is for working out the evolutionary process. The Power behind Prakriti is Shakti.

The "nature" of an individual refers to one's mind, life force (vital energy) and body. It is also known as the 'surface nature' or 'instrumental nature.'

**Physical Consciousness** - all that relates to the physical form, the body.

**Purusha** - the conscious Soul; the essential being supporting the play of Prakriti.

**Resistance** - Inertia and opposition to change. An attempt to keep to the same grooves and patterns of consciousness by one or more parts of the being.

**Sat-chit-ananda** - Existence, Consciousness and Bliss (Peace, Power and Joy.)

**Shakti** - power, force; the Divine cosmic creative energy.

**Soul** - a spark of the Divine in the being; an individualised aspect of the Divine.

**Spirit** - the consciousness above the mind and the self which has not incarnated and is always in oneness.

**Surface Nature** - the outer mind, vital and physical consciousness.

**Surface Personality** - the outer being, our ordinary exterior mind, life, and body consciousness *as an identity*. The instrumental aspect of our being that forms our personhood.

**Transformation** - a radical change in the surface nature that brings it in harmony with the Soul and Spirit.

**Vital Consciousness** - the vital is our life energy and enthusiasm. It is the seat of emotions, passions, drives and desires of all kinds. It can be petty, indulgent and jealous, or noble, compassionate and steadfast. Once aligned with our Soul, it is a loyal and dynamic force for change, but, in its untransformed state, it is one of the greatest hindrances to progress.

**Waking In** - awakening to Soul.

**Waking Up** - awakening to Spirit.

**Will** - comes from the Soul as a wise force of change.



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