

Glossary

Note: For definitions of **EMPATH GIFTS**, see Chapters 11-25.

APPEARING EMPATHIC “Being nice” or “Acting as though you care.” This surface behavior has nothing whatever to do with possessing a lifelong gift as an empath... or whether an empath has developed skills or not.

AURA READING Accessing information from the human energy field. Aura reading can be taught as a form of energetic literacy, no strings attached. Note that often it is taught very differently, as a form of psychic development, clairvoyance, etc.

AURA A set of energy bodies surrounding the physical body, layers stacked up one inside another like nesting dolls. Auras are full of information which can be accessed by developing energetic literacy.

AURIC MODELING Subconsciously every human alive reads everyone else’s aura. As if each of us were a runway model in the fashion show of life, constantly displaying our every energetic characteristic.

CHAKRA DATABANKS (a.k.a. **THE NADIS**). Tubes of energy that can be read individually with reasonably competent aura reading skills. (Anyone with the ability to read this paragraph can develop the other kind of literacy, energetic literacy.)

COLLECTIVE CONSCIOUSNESS How all human beings are connected at a subconscious level, which then works its way through to conscious-level conversations, understandings, trends, and collective growth.

COMPASSION Deep awareness of someone else’s pain, combined with the desire to relieve it.

CONSCIOUSNESS Being awake inside, awake in a normal way. Like a light of awareness that illuminates inner life. Consciousness is the basis for thought, speech, action, and every nuance of perception.

DISCOVERY PERSON The person at the other end of a Skilled Empath Merge. Depending upon one's particular set of empath gifts, the technique being used for Skilled Empath Merge, and the person being explored, the Discovery Person might be a friend, a stranger, that stranger's poodle, a slab of malachite, a daisy, the walking path a block away from home, even one's latest, indispensable, electronic device.

EARTH SCHOOL The big one-room schoolhouse where each human being lives. At this challenging academy for spiritual evolution, grades are not labeled accurately. Illusions are rife. Actually, many illusions here are intentional, included for learning purposes. As part of ongoing personal development, each person gets to decide what is true.

EMPATH EMPOWERMENT PROGRAM How to become a skilled empath, the systematic program of instruction built right into this book.

EMPATH EMPOWERMENT® A unique system for training empaths that uses consciousness to prevent unskilled empath merge and the suffering this inevitably causes. This system also teaches skills for safe, productive Skilled Empath Merge.

EMPATH MERGE (See *Skilled Empath Merge* and *Unskilled Empath Merge*.)

EMPATH Someone born with at least one significant gift for directly experiencing what it is like to be another person. Many different empath gifts are possible, but the process of developing empath skill is identical whether one is born with one empath gift or many.

ENERGY CLEARING Attempt to move out STUFF from a person's aura. This brings immediate relief but not necessarily permanent healing.

FLY IN SPIRIT (Also see *Unskilled Empath Merge*, *Prolonged Empath Merge*, *Split-Split-Second Empath Merge*, *Skilled Empath Merge*, and *Out-of-Body Experience*.) Travel done in consciousness. When an empath flies in spirit, the experience is shaped by one's lifelong empath gifts.

HYPOCHONDRIAC Someone who fabricates an illness by blowing ordinary physical sensations out of proportion.

IMPORTED STUFF (Also see *STUFF*.) Subconscious-level energetic garbage that is deposited in the auras of unskilled empaths. This type of STUFF results from unintentional, unskilled empath merge. Imported STUFF is also deposited through doing empath merges on purpose but without adequate preparation or skill.

INTUITION GIFT AS AN EMPATH In its subtle way, the experience is "obviously" about someone other than the empath. (At least that degree of clarity is available to that empath's conscious mind when performing a Skilled Empath Merge.)

MEDICAL INTUITIVES Psychics who specialize in receiving health-related information. In this type of psychic reading, the practitioner investigates the client's problems, energetically staying within that psychic's own personal boundaries.

OBJECTIVE REALITY (Also see *Subjective Reality*.) Words, actions, facial expressions, body language. What can be measured or counted, like the weather or time of day. What literally happens.

ONENESS GIFT AS AN EMPATH In its subtle way, the experience from empath merge appears to be personal, about the empath. Even when this is not true. During Skilled Empath Merge, Oneness gifts provide a depth kind of information about the official Discovery Person.

OUT-OF-BODY EXPERIENCE When consciousness seems to expand beyond the physical body, enabling one to observe the world from a different point of view.

POSITIONING CONSCIOUSNESS Ordinarily human consciousness flows in an automatic manner, without purposely being directed. However, one can also learn how to direct consciousness on purpose. To do this is to position consciousness.

PROLONGED UNSKILLED EMPATH MERGE A slow variation on unskilled empath merge. While this happens, the empath may be consciously aware, or vaguely aware, not at all aware, about the travel in consciousness. Regardless, Imported STUFF, is deposited into that empath's energy field.

PUT-IN Essential for techniques of Rosetree Energy Spirituality, adding something energetically beneficial at the astral level, plus helping the client to consciously learn something relevant and meaningful. A conscious Aha! helps to support the subconscious replenishment being provided energetically.

SELF-AUTHORITY Acknowledging what is true, here and now. Self-authority comes from many sources: How one feels emotionally, responses of the physical body, worldly wisdom, common sense, intuitive hunches, and paying attention to what people literally say and do. Ultimately self-authority is a kind of honesty.

SHADOW SELF Dark aspects of the personality that can be made conscious only with concerted mental and moral effort.

SKILLED EMPATH MERGE Using a technique purposely to fly in spirit. While having that experience, the empath protected energetically, emotionally, physically, etc.

SPLIT-SPLIT-SECOND EMPATH MERGE The usual duration of an unskilled empath merge, way too fast for conscious detection. Yet the brevity and automatic nature of this empath merge does not prevent the empath from suffering the consequences, STUFF deposited in the empath's energy field.

STUFF (Also see *Imported STUFF*.) A practical term used in Rose-tree Energy Spirituality for stored-up energetic garbage. These

blobs and globs of astral-level energy are deposited within, at a level that corresponds to the subconscious mind.

SUBJECTIVE REALITY (Also see *Objective Reality*.) Feelings and thoughts. Also feelings about feelings and thoughts about thoughts.

SYMPATHY A form of identification, where another person's mood triggers one's own. One literally feels along with that person.

TECHNIQUE TIME Time spent on self-improvement techniques that detach one from regular human reality, such as prayer, meditation, yoga, reading the Bible, watching videos of Enlightened people, analyzing life, aura reading.

UNSKILLED EMPATH MERGE Repeated daily experience for anyone with empath talent who has not yet developed skill. This type of empath merge detracts from sense of identity, mental health, and auric clarity. Each Unskilled Empath Merge causes the empath to take on subconscious-level problems in the form of Imported STUFF.