

Spiritual Integration Coaching

DEFINITIONS

Agnosticism

1. The belief that God and the supernatural are unknown or unknowable.

Animism

1. The belief is that all places, objects, creatures, and natural life has a spiritual essence.

Asceticism

1. A life lived by denying or refraining from physical pleasures and comforts.

Contraindicated (contraindication)

1. A condition or symptom that makes a particular course of treatment, technique, process, or procedure inadvisable and potentially harmful and potentially increases the risk of harm to a client or student.

Enculturated Identity

1. Enculturation is the process of creating personal identity, or whom you believe yourself to be, through karma, social, familial, religious, and educational programming, which builds your belief structure. Your identity is a product of enculturation and occurs throughout all times, spaces, dimensions, and lifetimes. We are only consciously aware of a small amount of the programming. Enculturated identity is demonstrated by our thoughts, emotions, and beliefs.

Enlightenment

1. Being illuminated by new wisdom and understanding.
2. There are many levels of enlightenment and are very difficult to attain. The term has been as misused as the term "Love" in modern times.
3. Once the beginning stage is fully attained, most choose to leave the body as the energetic frequency and intensity of the energy that permeates the body is extremely high and hard on the physical body.

Esoteric

1. Information that is available to a select few.
2. Information that is only revealed to initiates.

Spiritual Integration Coaching

DEFINITIONS

Exceptional Human Experiences

1. An umbrella term coined by Rhea A. White to cover the full range of anomalous human experiences. When a person has potentiated the sensed but hidden meaning of an experience, consciously realizing it, this realization usually transforms that person's identity, life view, lifestyle, and worldview. At this point, it becomes an EHE because the anomalous experience or anomaly of experience has enabled the person to actualize more of their hidden human potential than would have been possible without the experience. The end result of most EHEs is a greater sense of connectedness, with previous unknown parts of self, with other people, with other species, and with the universe. White has identified 240 specific types of EHEs and groups them into seven broad classifications: death-related, desolation/nadir, encounter, healing, mystical, peak, psychical.

Experiencer

1. A person who has a non-ordinary, non-linear state of conscious experience.

Individuation

1. A term coined by Carl Jung - "Individuation means becoming a single, homogeneous being, and, in so far as 'individuality' embraces our innermost, last, and incomparable uniqueness, it also implies becoming one's self. We could therefore translate individuation as... 'self-realization.'"

(Collected Works of C.G. Jung: Volume 7, Carl Jung)

I

ineffable

1. The inability to use specific language to describe something.
2. An experience that cannot be described in a way that conveys the fulness of the experience to others.

Mystic

1. A person who has mystical experiences
2. A person who receives messages and communicates with the unseen
3. A person who travels in more realms than one

Mystical

1. The recipient feels a sense of union ("one-ness") with the divine.
2. Mysticism involves the recognition of truths beyond typical understanding.
3. Mysticism is, therefore, both ineffable and noetic.

Noetic

1. Communicating knowledge of the Divine.

Spiritual Integration Coaching

DEFINITIONS

Non-Linear

1. The experience of non-form, formlessness, beyond 3 dimensional experience.

Numinous

1. the feeling of being in the presence of something greater.

Self

1. A term to mean the highest, most whole expression of an individual. It is usually referred to as the created Self by God without the residue of human conditioning and experience. "I am as God created me."

Self-Actualization

1. The achievement of one's full potential through creativity, independence, spontaneity, and a grasp of the real world.

Shadow

1. A Jungian term includes the negative ego traits that a person has disidentified with and is hidden in the subconscious, and the over-identification with the persona, or social mask, that one wears to be socially accepted.

Spiritual

1. Pertains to the existence of conscious awareness that exists beyond the physical body and physical life.
2. Beyond the seen and known.
3. Someone who defines themselves as having a broader understanding/or experience of reality's nature than traditional religious or scientific dogma.
4. The "essence" of a thing as opposed to the physical expression of a thing. The immaterial nature is expressed as an "inward" or "expanded" nature.

Spiritual Integration Coaching

DEFINITIONS

Spiritual Experience

1. Any non-linear, non-ordinary state of consciousness experience that causes someone to become aware of, or connected to, a reality or information beyond the felt sense of their enculturated personal identity, physical body, or consensus reality.
2. The experience may or may not involve contact with previously unseen or unknown beings not associated with consensus reality. The experience of “other beings” may be sensed with the vision, body, or extrasensory perception.
3. It may be experienced as an expanded awareness of something others cannot see, hear, or touch.
4. It may or may not change a person’s worldview based on their upbringing, religion, cultural indoctrination, education, and mentoring.
5. It may be experienced in body or out-of-body.

Spiritually Transformative Experience

1. An experience is spiritually transformative when it causes people to perceive themselves and the world profoundly differently: by expanding the individual’s identity, augmenting their sensitivities, and thereby altering their values, priorities, and appreciation of the purpose of life. This may be triggered by surviving clinical death, or by otherwise sensing an enlarged reality. *(Source: The American Center for the Integration of Spiritually Transformative Experiences www.aciste.org) (The original term was coined by Dr. Yvonne Kason, Author of Farther Shores)*

Spiritual Awakening or Emergence (used interchangeably)

1. A state of expanded awareness or knowing. This implies the potential of an experience of one or more extra sensory perceptions that cause a person to “awaken” or “emerge into” a new perception of reality, beliefs, and values.

Spiritual Emergency

1. A state of being caused by either a spiritual experience, or new awareness that causes distress to the point a person becomes non-functional emotionally, mentally, or physically.
2. It may happen over time or instantaneously.
3. A crisis of faith, belief, or values that causes extreme anxiety, fear, and distress.
4. The emergency may be expressed through physical illness, relationship challenges, addiction, suicide, and other risk behaviors.
5. People experiencing a spiritual emergence or emergency are potentially vulnerable to exploitation.

Spiritual Integration Coaching

DEFINITIONS

Spiritualism

1. The belief that the spirits of the dead survive in another world or dimension and that it is possible for the living to receive communications from them through mediums. With magic and the occult arts, spiritualism may be considered the philosophical and religious counterpart to parapsychology. (Source: APA Dictionary)

Transference/Countertransference

1. Refers to emotional and psychological entanglement between therapists and clients.
2. Transference occurs when a client redirects feelings for a significant person towards the therapist (or other helping professional or teacher). The feelings can be erotic, rage, hatred, punishment, or any other strong feeling.
3. Countertransference occurs when the therapist or helping professional redirects those feelings towards a client.

Transpersonal

1. Extending beyond the known personal self
2. Esoteric mental states beyond the usual limits of ego and personality
3. Non-ordinary, non-linear states of consciousness