

Glossary of Terms, Tools, and Themes

The following are definitions, tools, and themes used or mentioned in the book *Me Myself and I*. This list is intended to clarify meanings of our usage of these terms as they are presented in the book.

Automatic writing	Automatic writing is a self-coaching tool. It is a form of journaling that can uncover belief systems hidden in your subconscious or unconscious mind. Use it when you're aware of an emotional block or a question or a desire for something you don't have in your life for which you want greater insight. Write about what you want and why you don't have it. How does your current circumstance serve you? What gifts has it brought? Sit and write any thoughts, feelings, and emotions that come up in response to your question or desire, without filtering any of what comes up. Ask your self questions and write whatever comes up in response. What is this block telling me? Why do I feel I can't have what I desire? Why was I told it was wrong in the past? Why do I feel I don't deserve it? Why was it not practical? How ill my friends and family see me if I have what I desire? Write whatever comes up. Let the words flow from your body through your pen—no filtering. No one else needs to read this. You can burn it afterward. Automatic writing can bring deep self-knowledge into the light of your conscious awareness. Write in blue pen because blue is the color of your throat chakra of expression.
Beliefs	{be the lie} Beliefs are your initial blueprint, your entire identity has been formed by others' opinions and ideas of you. Your personality is compiled data of traumas, rewards, failure, success, loss, disappointment, struggle, fear, shame, resentment, pain, joy, love, hope and faith. This is what we also lovingly call your subconscious mind.
Brain-body connection	The scientific definition of the brain-body connection refers to the brain's communication with the rest of the body via neurotransmitters. The brain-body connection is known as the most important gateway to functional physical health. But brain researchers are now saying there's more we don't know about the brain-body connection than what we do know. There are continually new scientific discoveries being made in physiology and in the body's energy systems. In behavioral training modalities, it's been demonstrated that your brain and body don't know the difference between something imagined and something real. The same hormonal and physiological symptoms and events occur. When we feel, see, experience, taste, touch, and smell something in our imagination, it is just as real as the actual experience of it.
Conscious mind	Conscious mind is the five percent of your mental, emotional, and energetic activity at the level of your conscious awareness. The rest (about 95%) is below the surface of your conscious awareness, composed of the subconscious and unconscious minds.

Ego	<p>{Edging God Out}</p> <p>A person's sense or idea of self. The personality construct of the accumulation of memories, programs and concepts. False self. The inner child's timeline. The idea of who you are based on the viewpoint of others. Ego is the part of you that feels like it can't have what it wants. It sees itself as mortal (when you are eternal). It is the wounded inner child who didn't receive what it wanted along your timeline, causing energetic blockages and arrested development at those points in your life. Those blocks continue to vibrate in your subconscious mind, blocking your ability to manifest what you want now.</p>
Emotion	<p>{energy in motion}</p> <p>Awareness in motion, thought in motion, biochemical reaction to information. Our internal guidance system, or "GPS" to show you your point of attraction.</p>
Emotional trigger work	<p>Trigger work is a preliminary self-coaching tool that can help address a persistent personal emotional issue. It provides the foundation for a shift in perspective, opening the way for more advanced tools, such as time travel. These are the steps:</p> <ol style="list-style-type: none"> 1. Who is triggering me? (list names of people) 2. What do they do to upset me? 3. How do I feel when these things are done? 4. When have I done these same things to others or myself in my life? <p>The object of trigger work is to see that all triggers are a mirror, reflecting you back to yourself, so you can become aware and address the issue within you (where it resides).</p>
Focus	<p>Overwhelm your current reality with the frequency you choose and hold that vibration regardless of circumstance. You are what you choose to see.</p>
Frequency and vibration	<p>The song that your emotions sing; sounds of emotion; the soundtrack of your thoughts, feelings and emotions.</p>
Higher Self	<p>Your Higher Self is your soul, your oversoul, the higher essence of you, the unlimited aspect of you. Higher Self is that bigger part of you who completely remembers all that you've been and will be. Higher Self vibrates at joy and above. It will never drop below joy—ever. It is the wisest part of you that you forgot about when you incarnated and the veil of forgetfulness descended on your awareness. Higher Self is the director of your avatar—the "you" this lifetime. Your perceived reality is your avatar's game environment. Your world is a hologram, projected outward by your Higher Self, filtered through your conscious, subconscious, and unconscious perceptions and belief systems.</p>
Hold tight and learn to surf	<p>The act of holding your focus and standing in your new state of being as the Universe re-configures your reality.</p>

Hologram	The common definition of a hologram is a photographic recording of a light field, rather than of an image formed by a lens, and it is used to display what appears to be a fully three-dimensional image of the holographed subject, which is seen without the aid of special glasses or other intermediate optics. In the same way, metaphysically we see our reality projected or reflected to us as if it were a fully three-dimensional video game or movie that our Higher Self is creating according to our conscious and subconscious focus.
Hormones	The communication mind between brain and body based on thoughts and feelings. Activated reactive response to thought and the six senses. Adrenaline – Stress, fight or flight, reactive hormone Cortisol – Stress and safety hormone Dopamine – Reward and calming hormone DHEA – Human Growth hormone (anti-aging) Melatonin – Relaxation, heal and reboot Oxytocin – Love hormone
I	{I AM} Intention, the true authentic self. The extension of God and the creator.
Imagination	{I am magician} {I imagine my nation} Imagination is your spiritual, psychic connection to your higher self. When you're using your imagination your brainwaves change to theta and new neuropathways are formed toward that which you want to create. Reality is not solid, it is malleable and you form clay-like reality using your imagination. Your imagination is your greatest tool!
Intimacy	{Into me I see} The intimacy of relationship, especially of our close intimate relationships, is the biggest reflection back to us of our creative nature, showing us our frequency and vibration at the conscious, subconscious, and unconscious levels.
Law of attraction	The Law of Attraction is the law of the magnetic force, bringing to you a reality based on the frequencies and vibrations you are generating. Your subconscious and unconscious minds are 95% of your point of attraction. The Universe is responding to your entirety—100% of your conscious, subconscious, and unconscious choices, frequencies, vibrations, and belief systems.
Law of reflection	By the Law of Reflection your reality, each circumstance, is a message from your Higher Self. Everything in your life is a mirror for you, reflecting back what's alive and vibrating in you consciously and—most important—below your conscious awareness. By the Law of Reflection, your reality is your guru—the guru you seek is your present reality.
Manifestation	A symptom or a sign of alignment; the masterpiece of your chronic thinking and feeling.
Me	{My ego} My untrue self, the idea of who I am based on what I have done, seen and experienced.

Myself	{My body} The supercomputer that operates between worlds. Electromagnetic energy conductor and emitter. The transmitter of thought, the biography of the mind, the faithful servant, the GPS system, the vehicle of the soul.
Neutrality	{new to my reality} Neutral is your natural state of being. The goal of shadow work is to release the emotional charges of wounding carried on your timeline to a point of neutrality.
Parallel realities	See “Timelines”
Parallel timelines	See “Timelines”
Quantum or quantum field	For this book, “quantum” means “all,” representing the tiniest, perhaps virtual particle that composes all things. The quantum field can be said to be the stuff out of which all is made so can be said to contain every possibility. Therefore it represents all things. It is only through the interaction, observation, or focus by consciousness, us, that a specific reality, result, or outcome will occur, according to our focus. Our world, our Universe, has infinite potential, infinite possibility. Our consciousness, by our focus, can shape our world in any way we choose.
Reincarnation	Reincarnation is the belief that an aspect of a living being known as the soul starts a new life in a different physical body after each biological death. It is an idea common to several East Indian religions, some modern religions, and several ancient and tribal cultures.
Remember	{re-member} To bring back together. The remembrance of one’s universal knowledge and beingness.
Remote Viewing	Is the practice of seeking impressions about a distant or unseen target using subjective means in particular extra sensory perception, ESP or “sensing with the mind”
Responsibility	{ability to respond} To respond to one’s self through self-care and self-awareness. Allows you to be the deliberate creator of your reality and it should be used to respond to the “you” that is asking for help. Responsibility should be used to bring you back into self-awareness when you or your body needs attention.
RTR	{Re-stimulated Trauma Response} Re-stimulation of stressful, traumatic frequency.
Subconscious mind	Subconscious mind is the byproduct or imprint of everything you've seen, felt, witnessed, experienced, or practiced in your lifetime. The subconscious mind is stored in each person’s cellular structure from conception. It is constantly recording. Your subconscious mind doesn’t decipher whether something is right or wrong, or discern whether to keep some information and let go of other information. It just records. The subconscious mind is gathering information, mostly at an etheric and energetic level. This process of non-discerning, empathic absorption from your environment continues after birth, through the first seven years of your life.
Symbol	Find the soul’s desire and locate the ego’s symbol, e.g., money equals freedom.

Time travel	{quick regression process} Choose a time in your awareness that was negatively based and then “remember” allow the experience to fully wash over you, accept it and allow it to be there for a moment. Now imagine you freeze that moment in time and change the story/outcome to something that you would prefer. Feel that new story and allow the triumph to wash over you. Feel gratitude for the changed timeline.
Timelines	Your timeline and the nature of time (one moment in which you’re creating continual iterations of that one moment, so all moments on your timeline are accessible right now, including those moments on your parallel timelines)
Trigger work	See “Emotional trigger work”
Unconscious mind	Unconscious mind is below the level of our conscious awareness, and is where traumatic or painful experiences are stored. It is where key past life memories are stored and our parallel timeline access is deeply hidden.
Universe	{you in verse} You are the writer, director, editor and star of your life. Everyone that is co-creating with you is your mirror. You coming into the awareness that you are the entire universe focused in a physical body. This life is about you!
Vibration	See “Frequency and vibration”