

Body Soul Spirit

Glossary of Website Terms

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Archetype

Based on themes and ideals, archetypes are universally understood and experienced modes of human behaviour, roles people play, positive and negative aspects of your personality. They also represent your life lessons or challenges.

Chakra

A chakra is a model that represents a single point of intangible, invisible spiritual power that corresponds to physical locations within the human body. A chakra contains physical, emotional, mental and spiritual aspects and life challenges for further development.

Chakra System

The Chakra System is a template or model that represents a group of seven chakras that correspond to physical locations from the tail bone to the top of the head. The chakra system represents a path for personal and spiritual growth and development. Each chakra stage consists of physical, emotional, mental and spiritual challenges to be developed and mastered.

Collective Soul

Your soul is connected to the collective soul, that is, the eternal spiritual personality of all humanity, which holds a wealth of wisdom from across the ages.

You could say that since the collective soul contains shared, ancient wisdom, your individual soul contains the wisdom you have gained from your life experiences to date. It also holds the wisdom you have inherited wisdom from your ancestors.

The collective soul also contains archetypal information. Information from your soul, your ancestral wisdom, and the collective soul can all be accessed using your intuition.

Ego

Your ego is your conscious self. The word 'ego' is often used to refer to a very confident type of personality, but the ego is like a peacemaker. It wants you to conform, or do what is right or moral on one hand, and on the other, it is influenced by the pleasure seeking principle, urging you to do what you want instead. Finding a happy medium between following the rules and doing what you want is a challenge for the ego. When you understand your archetypal strengths and weaknesses, you can reduce the conflict.

The ego likes to be in charge of your thinking and your feeling functions, so it's wise to understand how it influences your life.

Intuition

Intuition is a sense that exists beyond the five senses. It's not a physical sense, but a 'second-nature' sense. It's an accumulation of universal knowledge, and this includes archetypal information. Because archetypes are patterns, this makes them very predictable. When you think, or you can see, hear, feel or sense a pattern is emerging, you can predict the outcome more accurately.

This information, combined with other relevant life experiences which have been recorded in your memory as empirical data, plus your intelligence, creative imagination, common sense thinking, being and doing create very powerful information. It is even more potent when this way of living has become second nature.

Intuition is an unconscious way of perceiving the people, events and circumstances in your life.

Personal Development

Personal development is the act of self-improvement, a self inquiry that increases personal awareness and understanding of the self, which will also benefit others.

Sacred Contract

A term coined by C Myss, a Sacred Contract is a commitment made between your soul and the Divine before you enter this life.

Soul

The Soul is your internal and eternal, spiritual personality. It is intangible, like your spirit, and full of ancient knowledge and wisdom. If your spirit had a 'face', then you would call it your soul.

Soul Purpose

To live in alignment with the promptings of your soul, who you really are and what you are meant to do with your life for the highest good is what it means to find your soul purpose.

Spirit

Spirit is the life force. This life force keeps you alive. It is a part of everything that is living. If you are alive, then you are filled with spirit. When you die, the life force leaves your body. Every religion and philosophy has their own theory about what happens to your spirit after you die. If you are curious enough about it, then I recommend that you explore each one so that you find a belief that works for you.

Spiritual Development

Spiritual development is the act of refining your conscience and acting on it with greater consciousness. It is a process of introspection and self exploration where undertaking the process of self discovery is aimed at achieving greater self realisation. You could say that it is the aspiration to realise your greater, deeper or wiser self. Some would call this your soul.

Wheel of Life

The Wheel of Life is a circular template with twelve spokes that divide the wheel into twelve sections or areas of life. The Wheel of Life is an ideal map to record the placement and appearance of your twelve archetypes, since each section of the wheel represents groups of life activities, issues, interests and challenges. Each archetype will govern a different area of life shown on the Wheel of Life template.