

# Glossary

Note: For definitions of **empath gifts**, see the detailed descriptions in the book. Each gift has its own chapter.

**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, but it is also taught in very different ways as a form of psychic development, clairvoyance, preparation for energetic bodywork, etc.

**Aura.** A set of energy bodies surrounding your 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.

**Awareness.** See Consciousness.

**Beginner’s Mind.** Exploring as if for the first time.

**Chakra databanks** (a.k.a. *Nadis*) . Tubes of energy that can be read individually with reasonably competent aura reading skills. If you can read this paragraph, you can develop this degree of energetic literacy.

**Compassion.** Deep awareness of someone else’s pain, combined with the wish to relieve it.

**Consciousness.** Being awake inside, in a normal way. Like a light of awareness that illuminates your inner life. Through the light of consciousness you know whatever you know. You see whatever you see. You feel whatever you feel.

**Discovery Person.** The person at the other end of your Skilled Empath Merge. Depending upon your particular set of empath gifts, the technique being used for Skilled Empath Merge, and the person being explored, your Discovery Person might be a friend, a stranger, that stranger’s poodle, a slab of malachite, a daisy, the forest where you are walking, even your 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.

**Efficacy.** Being Effective in life.

**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 you have been born with one empath gift or many.

**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 that inevitably causes. This system also teaches skills for safe, productive Skilled Empath Merge.

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

**Energy CLEARING.** 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 consensual -- yet not technically skilled -- empath merges.

**Intuition Gift as an Empath.** In its subtle way, the experience is "obviously" about someone other than yourself. (At least that degree of clarity is available to your conscious mind when you do a Skilled Empath Merge.)

**Master Empath.** An empath with the habit of keeping empath gifts OFF, doing Skilled Empath Merge only on purpose. Having access to a variety of techniques for Skilled Empath Merge. And using maximum personal efficacy.

**Medical Intuitives.** Psychics who specialize in receiving health-related information. In this type of psychic reading, they investigate the client's problems, energetically staying within their 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 you see in a movie, including special effects that distort one's sense of objective reality.

**Oneness Gift as an Empath.** In its subtle way, the experience appears to be about you, even when the mechanics of the experience are quite different. Actually all the shifts to your experience count as information about your Discovery Person.

**Positioning Consciousness.** Human consciousness flows automatically, without our directing it. However, we 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. The empath may be consciously aware, or vaguely aware. Characteristics of this type of unskilled empath merge include a familiar sense of freedom or, sometimes, the illusion of significant learning or helpfulness. Like any unskilled empath merge, the energetic result for the empath is extra STUFF deposited energetically and subconsciously into that empath's energy field.

**PUT-IN.** In the process of 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 for you, here and now. Self-authority comes from many sources: How you feel emotionally, responses of your 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.

**Sense of Identity .** Gaining a workable, conscious set of thoughts and feelings about yourself as an individual. What makes you special? Why would people want to get to know you? And who will they meet when they do?

**Skilled Empath Merge.** Using a technique to fly in spirit on purpose. You know what you are doing. You know how to do it. You turn the experience off and on. While having that experience you are protected energetically, emotionally, physically, every which way.

**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 Rosetree Energy Spirituality for stored-up energetic garbage. These blobs and globs of astral-level energy are deposited within you at a level that corresponds to your subconscious mind.

**Sympathy.** A form of identification, where another person's mood triggers your own. You literally feel along with that person.

**Technique Time.** Time spent on self-improvement techniques that detach you from regular human reality, such as prayer, meditation, yoga, reading the Bible, watching videos of Enlightened people, analyzing your 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, auric clarity. Each Unskilled Empath Merge causes the empath to take on subconscious-level problems in the form of Imported STUFF.