## Study 1.2 Language:  Helpful Terms and Concepts

**Core, identity, personality, personal will, perception, soul, locas, samadhi,**

**Nirvana, liberation, enlightenment, Unity consciousness, self-realization**

Welcome to helpful terms and concepts used in this study.  This is Arathi Ma.  In order to talk about something so elusive and transcendental as consciousness, the inner world of the human being, the psychic world, the process of awakening or enlightenment, it is helpful to have some words we can both agree on. Times have changed and spiritual language has become quit commonplace, but everyone is using the words with different meanings.  So let's make this easy from the start so that we can build a strong foundation on which you can move into greater freedom and more luminous existence.  We will be talking about certain elements that we need to know in order to get a handle on the whole process, because we are going to talk about the interior world that we can't really see so like moving to a new place.  It is advisable to get some information prior to packing up the furniture.  We have to use names and when we name something we can use it because we become conscious to it.  This study is quite practical, quite technical, as well so very real; a real roadmap into higher states of consciousness, and how far you want to go with it is just really up to you.

One of the terms you will hear me say over and over again is the **core**. And what it is, I use the core often with different words...sometimes it's the self within, the essence, truth, or reality, eternity, who you really are, God within, all those indicate the same thing...the core. But what it is specifically, when I say the core, it is an energetic totality that's found inside your body as an energetic midline that runs right through your body. It runs from the top of your head down to the perineum to the bottom of your body. In fact, it goes even beyond up through the head upwards and also downwards into the earth and beyond. And it resembles a tube of light and in the East it's referred to as the shushumna. It is an astral tube, a fine channel.  It is your central axis of consciousness.  It is that part of you that is not inside duality.  It is the source from which your entire world has arisen.  It is eternity inside your body.  We can tap into it. And awakening to the core marks the beginning of being able to see and live as your true self.  And that is very powerful. That’s the foundation we really want to move into that essentially then leads to mastery.  The core does not only exist as a central axis but is essentially inside every cell of your body.

So the next word that I will use is **identity**. And what I mean with this word here in this study is that it's an illusory sense of ‘I’ness that's fashioned from the thought material that makes up your story, your life,  it's the architecture of your beliefs and it exists in the time space continuum within duality.  It’s what really describes you, it's what you identify with being, a person that has children and lives in a certain town.  It's your story. It’s full of emotions and memories.  That's your identity. When you're in very deep sleep,  you don't have that. You don't remember who you are. There’s a **personality** and when I use the word personality, I really mean something more natural as the flavor, the expression of living being, like be it an animal a child or even an adult, although these adults are the ones that are free from identity we consider them enlightened, realized, and they don't have, like a cat or your dog or your horse an identity. They don't identify ‘I am this horse that lives in this barn’ or ‘this dog that likes this particular kind of corner in the neighborhood’ but they have a personality.  It they are the same breed, they can behave differently, or smile differently, or move differently, or have different temperaments. So that’s the personality.

Then there's the **personal will**, another word. That's the underlying rigid desire to keep everything as is.  Personal will acts as an inertia to keep the architecture of your identity intact. It defends it, because if it's not there, your identity will actually right away crumble, so it is something that continuously will force it into place...force it to be stable.

The next word is **perception**, and that's how the mind processes information that your senses retrieve from the exterior world but also from the interior and is needed in order to locate yourself within the environment, within time. It creates and maintains your identity.  This whole study has a lot to do with studying actually perception itself.  It is the capacity of the mind. An unenlightened person uses perception in order to create and maintain an identity and falsely believes this is required in order to survive as a physical being.  Perception is used by the unenlightened, in this unenlightened way, leads to reasoning and that is also a way of the mind, continuing to consolidate the identity. So perception is going to be something we’re going to talk a lot about this in this course, and there's no need to totally understand this right now.

The other thing is the **soul**. And that's the divine self that expresses itself as love in the realm of humanity.  It's similar to a drop of water from the ocean, which is composed of the same essence like the ocean and yet it also experiences itself distinctly as separate.  A drop is a drop and the soul is also source but it has sort of a unique experience.  The existence of heart in a human being is what makes the impersonal sense of awareness have warmth towards itself. As awareness is very impersonal, but the soul doesn't just have just awareness, it has also warmth, it is love.  It is the vehicle through which eternity lives in a human form and finds purpose and expression in life.  Soul gives rise to the perception, to body, ego, and all that is felt through the heart.  It creates this warmth and love and seeks to create in the realm of matter and it also seeks to gain illuminosity in realm of the immaterial, so it wants to express in both ways.  It's growing in the realm of the unknown, wants to seek more luminosity and more clarity and freedom and it uses that; and it does it through expressing in the material.  So it is a temporary vehicle necessary to navigate the astral and the physical dimensions.  At some point we can speak about... ‘Is there still a soul or not’, but that's really going outside the course of this study here.

Then the other word is **lokas** and these are dimensions of existence.  That's where the word location comes from really. These are plains of consciousness and we are going to study those in context of psychic studies and the study of harnessing spiritual power. And all these lokas, these dimensions, these planes, they exist all within your mind.

Then there is the word **samadhi** that I will use.   And that’s an eastern word that means

absorption. We’ll talk about in the context of meditation; as far as you want to take it, or as close as you want to go with it.  It's a traditional term that describes your mind being absorbed in your core to a certain degree.  When you are not engaging in linear thinking.  But you’re formless and no thought arises. It is the realm of light, of seamless bliss and stillness, but full, brimming with power. It is the aim of this study to accomplish this essentially, because that’s where full mastery is. It means that you have completely identified with your core and you begin a life of freedom and mastery. You’re sitting or standing on proper foundation of who you really are.  There are many levels of absorption, and eventually it can be transcended altogether into eternity itself, or sometimes called **Nirvana** where everything is absolutely formless...it's not being reflected in the mind it's going beyond the mind.  It is like being in deep sleep, but awake.

And what is **liberation**? Liberation is an act of grace. It’s the unspoken Nirvana, Eternity, God, Universe into which the mind cannot climb.  It’s like the ocean cannot fit into the teacup.  It's a complete annihilation of the idea of separation.  It doesn't annihilate you...not at all, in fact, it is absolute liberation freedom of all confusion so all the only thing that's annihilated is the idea that you’re separate. The idea that you have to seek something in order to become happy, you have to do something in order to become happy. And liberation is when it remains permanent. When you move more and more into states of silence and light you become more and more happy.  So the times you are happy are becoming larger, longer, more profound, and, but then there's this apparent falling out of it and experiencing more suffering and other things.  And when we are completely dissolving the idea of being this deep perception, this program of being separate, then that goes away and doesn't come back. That’s really something we can’t speak about...what it isn’t at the same time because we explain it.  So it's really what everyone is seeking...it’s just that people don't know that that's what they're seeking.  And we’ll talk about that in in the different modules, what that looks like.

There's also other words like self-realization, unity consciousness, enlightenment. I make differences. I understand them differently and I speak from my own particular experience what they mean.  I find that **enlightenment** is actually really pertaining to the mind. **Unity consciousness** has a lot to do with the soul uniting and being very open in the heart level. And **self-realization** is the sense of really recognizing completely, once and for all that you are the core.