

Essential Glossary

Terms related to consciousness

Terms Related to Attention

Attention: the directed light of cognition, the essence of which is knowing; a focused emanation of me towards object or subject.

External Attention: the light of cognition from the outer knower directed towards objects and thoughts

Pure Attention: the light of cognition and surrender directed towards pure subjectivity; the dynamic identity of the inner knower illuminating and embodying all the centers of me.

Bare Attention: the energetic center of me that is awakened as a byproduct of the inner knower illuminating with pure attention essence-me (in conscious me), outer essence-me (in outer knower) or transcendent I am (in pure me); the substance and identity of pure subjectivity.

Terms related to Pure Consciousness

Consciousness: the light of cognition; the knowing inherent to pure subjectivity; the vehicle of clarity and intelligence; the luminosity of the soul.

Pure Me: the secondary identity of the inner knower born through his expansion into transcendent I am; the link between the inner knower and I am that needs to be awakened on the level of consciousness, being, and heart; the individual face of the soul; our multidimensional identity comprised of pure me of consciousness, pure me of being, pure me of the heart, pure conscious me, and fundamental me.

Pure Me of Consciousness: the horizontal extension of conscious me into the I am of consciousness.

Pure Consciousness: the unity of pure me and universal I am; the horizontal samadhi of pure me in universal consciousness.

Pure Attention: the directed emanation of essence-me into pure me and I am; the transparent spirit of consciousness and intelligence that is responsible for awakening and embodying of pure and essential me; an internalized flow of directed recognition from the inner knower into all the centers of the soul.

Samadhi: the merging of me with I am; arriving at the state of absence through one or all of the centers of the soul; the absorption of human consciousness into the soul and the beyond; the self-absorption of the knower and its fusion with conscious me; the immanent absorption of the knower that results in the awakening of immanent I am.

Horizontal Samadhi: the merging of pure me of consciousness with universal

consciousness through the portal at the back of the head.

Absence: a level of absorption of the individual in the universal in which our sense of identity moves to the beyond.

Horizontal Absence: the horizontal samadhi of me in universal consciousness.

Tan T'ien: the portal in the lower belly where pure me of being enters absolute I am.

Horizontal Tan T'ien: the portal at the back of the head through which pure me of consciousness enters universal I am.

Universal Consciousness: the self-illuminating aspect of the whole of existence; the luminosity of I am of totality; the transcendental knowing of the absolute now; the universal conscious me that constitutes the base of universal intelligence.

Awareness: the internal expansion of essence-conscious me through the horizontal surrender of pure attention, without crossing the doorway to I am; a lower realization of consciousness that is not linked to surrender into universal I am; the space of consciousness in-between conscious me and pure consciousness.

Terms Related to Conscious me

Knower: the true, awakened center of intelligence; the center of both pure and external attention; the source of recognition, alertness and understanding composed of the inner knower, outer knower and its central identity of bare attention.

Inner Knower: the internal face of the knower that serves as the vehicle of pure attention, recognition and embodiment of pure subjectivity; the spark of the soul's light and source of her longing for the realization of her complete self; the heart of the true seeker.

Outer Knower: the external face of the knower which serves as the subject to external attention and conceptual intelligence.

Conscious Outer Knower: the knower experienced from embodied conscious me; the secondary center of conscious me; the subject to external attention experienced from the primary center of the inner knower; the outer knower conscious of his bare attention (the outer essence-me).

Conscious Inner Knower: the inner knower that has established his bare attention through the awakening of conscious me.

Transparent Knower: the conscious outer knower experienced from pure conscious me, fundamental me, and pure consciousness; a stage in the evolution of the conscious outer knower where it becomes an open window for perception and intelligence.

Essence-me: the inherent sense of me just behind thoughts; one's very own self; when actualized through the self-absorption of the self-conscious observer and then

embodied, conscious me; the kernel of our existence in which the original, divine energy of immanent I am is hidden; the original spark of creation; the consciousness of every living form; the core identity of the inner knower and the base of his bare attention.

Essential Me: the true center of individual consciousness; the multilayered dimension of subjectivity that has its roots in essence-me and is composed of conscious me, pure conscious me, fundamental me, and the knower.

Observer: the pre-knower, lower subconscious center of intelligence that is unaware of its essence; the external aspect of essence-me that forms a center of presence as the subject to external attention, but is unconscious of itself; the pre-conscious center of essence-me; the subject to thinking and center of our intelligence devoid of self-knowing.

Self-conscious Observer: a stage in the evolution of the observer where it feels and establishes its own subjectivity as the center of external attention by becoming illuminated through pure attention; the first level of bare attention realized on the surface of essence-me.

Conscious Me: essence-me realized; the bare attention of the inner knower; the conscious subjectivity of me at the root of the knower; the base-identity of the soul.

Pure Conscious Me: pure me of conscious me; a vertical extension of the identity of conscious me into its pure me; pure me experienced just beneath conscious me, serving as its body of being and as a doorway for vertical surrender.

Primary Me: the relative unity and integration between conscious me and pure conscious me.

Fundamental Me: the pure me of pure conscious me; the foundation of the essential channel; the center of essential me which opens the doorway to its complete vertical samadhi in absolute I am.

Self-absorption: the merging of pure attention with the bare attention of the knower.

Fusion: the unification of the outer knower with the inner knower achieved through the second level of self-absorption.

Outward Fusion: an external mode of fusion where the outer knower moves out of samadhi in the inner knower to utilize external attention, while still remaining inside it

Inward Fusion: an internal mode of fusion where the outer knower is in samadhi in the inner knower, and his external attention is deactivated.

Unconscious Inward Fusion: the absorption of the observer in conscious me that results from the first level of self-absorption.

Third Eye: the center of essence-me where the pure subjectivity of conscious me is awakened.

Subconscious Me: a condition in which both identity (sense of me) and function (external attention) are subconscious; the subliminal sense of identity; the diluted sense of me experienced below the threshold of the conscious mind; a dream-like, unfocused sense of self experienced when lost in the mind or spaced-out.

Subconscious Mind: the semi-conscious arising of thoughts in which the 'thinker' is not present to himself.

Additional Fundamental terms

Terms related to Subjectivity

Self: the self-evident, self-radiant, self-knowing, fundamental nature of reality; the non-dual consciousness of existence in itself, by itself, and through itself; in its higher meaning, universal I am; in its lower meaning, the soul; in its most basic meaning, the sense of me.

Me: the sense of personal individuality; the personalized light of pure subjectivity tied to individual purpose, blueprint, and destiny; the first and foremost expression of the soul through which she reflects her identity in the mirror of pure consciousness; the cognizing essence of the waking state through which the soul enters creation; the substance of pure knowing through which we identify our existence as self; the foremost expression of the immanent I am through which the original duality between pure attention and essence-me is born.

Soul: the essence of our higher individuality linked to the eternal evolution of light and consciousness; an individualized angle of perception endowed with the intrinsic knowledge of I am; our complete self composed of several dimensions of me awakened, integrated and unified as one being; the inner knower.

Dormant Soul: the soul in her non-actualized embryonic state; the unconscious inner knower.

Active Soul: the soul who is non-actualized but who has already activated the inner knower.

Awakened Soul: the soul conscious of her own identity and unity with the universal reality; the knower who has awakened his pure subjectivity on the level of the inner and outer knower.

Pure Subjectivity: the realm of I am and me; the dimension of the source and the soul; the ground of consciousness; consciousness in its original non-objectified form; the unity of me and the beyond; the light of me in its fundamental non-objectified nature; me realized as bare attention; the non-dual light of pure knowing; recognition without object; pure attention illuminating the substance of me.

Subjectivity: the dimension of me.

Personal Subjectivity: me experienced in the context of one's psychological existence and human consciousness.

Individual Subjectivity: the identity of the soul; the light of me; bare attention realized on the level of essence-me and pure me; the inner knower.

Universal Subjectivity: I am embodied by the bare attention of pure me; the subjectivity of the soul experienced in her perfect embodiment of I am; the unity of universal me and I am.

Transcendental Subjectivity: the deepest, fathomless dimension of I am that contains universal subjectivity; the transcendental realm of universal subjectivity; the subjectivity of the creator.

Personality: a structure of human consciousness composed of the physical, emotional, and mental bodies; the psychological frame of ego-consciousness; the sense of self based on the mind.

Terms Related to the Beyond

I am: transcendent subjectivity; the dimension of the source; the consciousness of the supreme reality.

Universal I am: universal consciousness; the center from which the universal light of consciousness radiates into the world of manifestation; the powerhouse of consciousness in the realm of creation; the pure subjectivity of universal consciousness; universal subjectivity; one of the three dimensions of transcendent I am.

Absolute I am: the absolute consciousness of the absolute; the source, foundation, and center of gravity of the manifested world; the pure subjectivity of the absolute; the unity of the original void, absolute consciousness, and the divine dimension; absolute subjectivity; absolute god; the I am of universal I am; the first manifestation of primordial I am; one of the three dimensions of transcendent I am.

Primordial I am: the primordial consciousness of the supreme reality; the heart and the source of all existence revealed through our immanent samadhi; the I am containing absolute I am; the source of absolute I am; one of the three dimensions of transcendent I am; the source of immanent I am.

Transcendent I am: I am that is external to me; I am realized through surrendering beyond me; the realm of universal I am, absolute I am, and primordial I am.

Immanent I am: the individualized light of primordial I am hidden within the kernel of essence-me, which is the base of our individuality; the seed of our

divinity that lies at the core of every me and is revealed through the realization of immanent samadhi; the individualized I am.

Absolute: the dimension of the source consisting of absolute consciousness, the divine dimension, and the void aspect of the absolute; the realm of absence; the unborn; the uncreated; the heart of the now; the primordial isness of reality; the original void; the ground of creation; the unmanifested essence of the beyond; the being aspect of the supreme reality.

Beloved: the heart of the supreme reality; the divine; the creator; the all-embracing love-essence of the god-state.

Beyond: the inner dimension of transcendent I am; the divine realm; the unmanifested.

God: the supreme reality; the absolute heart of existence; the mind and being of all-that-is; the cause and ultimate goal of creation.

Source: the absolute; the unmanifested; the original emptiness.

Terms Related to Self Realization

Enlightenment: the complete transcendence of ignorance; the awakening of the soul and her return to the original state of wholeness; the unification of me with the soul and the soul with the ultimate reality; actualization of our complete subjectivity on all levels in conjunction with arriving at perfect samadhi in the universal reality.

Awakening: a radical shift of consciousness into a higher state of existence; meeting the light of me; the realization of pure subjectivity; meeting the essence of our original self as the me of the soul.

Transcendence: the realization of immanent I am.

Wholeness: the soul's evolutionary completion, including her spiritual illumination and human completion; the realization of our evolutionary potential; the embodiment of our ultimate self; the complete and multidimensional awakening of our soul-identity.

Soul-awakening: the realization of the light of our pure subjectivity through pure me and essential me; meeting oneself as the divine subjectivity in the context of surrender to the transcendent I am; a shift of identity from the observer into the real me; the realization of the inner knower.

Soul-realization: the complete actualization of the soul's identity; becoming one's eternal self; the culmination of the individuation process; the birth of our complete self, our ultimate individuality.

Self-love: the love and devotion linking me with its pure subjectivity; an inherent quality of the soul representing her awakened relationship with her pure subjectivity; surrender and merging of pure attention into bare attention; a profound feeling of devotion and intimacy in the union of pure attention with bare attention.

Terms Related to Meditation

Meditation: a natural state of absorption in reality; the condition of embodying our pure nature within the context of samadhi in the inner realm; the state of pure subjectivity.

Meditation Practice: the inner work based on self-remembrance, self-embodiment and surrender that aims at achieving the natural state of pure subjectivity; the internalization of attention; an expansion and deepening of consciousness towards unity with the beyond; cultivation of various aspects of the inner state, related either to the solidification of our light or its surrender to the realm of absence; the process of unifying me with I am with the aim of reaching samadhi; the process of conscious cooperation with our awakening and surrender.

Self-remembrance: pure attention cultivating the continuity of the recognition of I am prior to and after the birth of pure me; the unbroken flow of self-cognition rooted in pure subjectivity.

Cultivation: methodical practice directed towards perfecting a previously awakened state, or towards preparing the ground for a further stage of awakening.

Stabilization: the relative completion of a process through which an awakened state becomes fully established; a stage of awakening in which the need for further cultivation of a particular state becomes unnecessary; establishing constant recognition of pure subjectivity and constant surrender into one of the portals of I am.

Integration: arriving at full maturity, transparency, and naturalness of the awakened state; the ability of me to function naturally from the place of having fully embodied the awakened state.

Embodiment: the merging of pure attention with bare attention in which either conscious me or pure me is established as our fundamental identity.

Surrender: the process of letting go of me into I am to embody the higher identity of the soul, and then letting go as the soul into the beyond to realize the state of absence and samadhi.

Absorption: the experience of being merged with the inner plane; the fusion of self and reality; the amalgamation of me with the absolute existence; the unconditional repose of the soul in the beloved; samadhi.

Additional Terms Related to the Inner State

Inner State: the energy state beyond the mind that serves as a container for the awakening of our pure subjectivity; the energy body of the soul realized on the level of consciousness, being, and heart.

Being: the aspect of the inner state that links the soul with the vertical plane of the source; the ground of existence; the pure isness of the supreme reality; the fundamental support of consciousness and all that is.

Heart: the sacred core of individual consciousness; the seat of the soul; the soul's gateway to the divine; the divine realm; the divine aspect of the soul.

Human Heart: our higher emotional center; the center of feelings; the dimension of the heart linked to our human existence through feeling me; the doorway to the heart of the soul.

Samadhi: the merging of me with I am; arriving at the state of absence through one or all of the centers of the soul; the absorption of human consciousness into the soul and the beyond; the self-absorption of the knower and its fusion with conscious me; the immanent absorption of the knower that results in the awakening of immanent I am.

Horizontal Samadhi: the merging of pure me of consciousness with universal consciousness through the portal at the back of the head.

Vertical Samadhi: the merging of all the centers of the soul with the absolute I am.

Samadhi of Being: the complete absorption of pure me of being in the absolute; the absolute state.

Samadhi of the Heart: the complete absorption of the heart in the absolute; the divine state.

Samadhi of Pure Consciousness: the complete absorption of pure me of consciousness in the absolute; absolute consciousness.

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