

MICHAEL TEACHINGS GLOSSARY

By Shepherd Hoodwin

(See <https://shepherdhoodwin.com/translations/> for Italian and Russian versions.)

- Abasement:** The negative pole of the obstacle of self-deprecation, in which one degrades oneself out of an extreme sense of inferiority.
- Abrading overleaves:** Overleaves that tend to clash, especially in their negative poles, either internally or with other people's.
- Abstraction:** The negative pole of the attitude of idealist, in which one's ideals don't work in the real world.
- Acceptance:** The second most common of the goals. Its positive pole is *agape*, or unconditional love, which is also the highest goal in general for all sentient consciousness; its negative pole is *ingratiation*. It is used for lifetimes emphasizing tolerance, saying yes, and making peace with what one cannot change. Also, one of the needs—the need to live and work in congenial environments, where one feels welcomed and accepted.
- Accomplishment:** The positive pole of the young soul age, in which one asserts one's individuality in a way that helps the world. Yarbrow uses the term *intention*.
- Acculturation:** The positive pole of the baby soul age, in which one focuses on lessons about community, such as following simple rules and procedures. An alternative term is *formation*.
- Achievement:** The negative pole of the number four, in which one merely does a series of tasks. It is a more limited experience than the positive pole, *consolidation*, in which one creates a whole that is greater than the sum of its parts.
- Achievement focus:** An alternate term for the young soul age.
- Action axis:** One of the four axes, or universal qualities, upon which the roles and overleaves lie. The action axis is characterized by kinetic energy and relates to doing in the outer world.
- Active:** The negative pole of cardinal, as opposed to the positive, *lucid*. Lucidity implies more consciousness, rather than merely acting upon the environment.

Active (body types): Each body type is either active or passive, to varying degrees. The active types—saturnian, mercurial, martial, and solar—tend to move rather than remain still.

Adventure: The negative pole of the number five, suggesting the exploration of unknown territory. It is a more limited experience than the positive pole, *expansion*, in which that new territory is constructively integrated into experience. Also, one of the needs—the need to take risks and have excitement.

Agape: (Greek, *ah'-guh-pay*) A state of unconditional love, the ultimate goal of all sentient evolution. It is the positive pole of the goal of acceptance.

Aggression: One of the modes. Its positive pole is *dynamism*; its negative pole is *belligerence*. In aggression mode, one releases one's energy vigorously.

Agile: The positive pole of the mercurial body type. People with this body type are typically flexible and quick-witted.

Agreement: A plan made between two souls, usually before incarnating, to work together on the physical plane in a particular way. There are many kinds of agreements, including to help one another in a variety of ways or to have a particular kind of relationship, such as that of mate or parent/child.

Akashic plane: The central, neutral plane of creation that interconnects the other six. The distilled knowledge of the universe is found there.

Akashic records: Windows into the universe's past experiences that show events as they were experienced or later clarified. Once the universe fully assimilates these events, they are stored on the akashic plane.

Alive: An alternate term for the positive pole of the physical center, *amoral*.

Amoral: The positive pole of the physical center. It refers to experiencing one's physicality purely, without limiting moral judgments.

Anatomic: The negative pole of the instinctive center, versus the positive pole, *atomic*. Instincts anchored in the core atomic level are

according to their original blueprint. Those that come from a more surface (anatomic) structure can go awry, such as genetic abnormalities or negative cell memories.

Androgynous: Body types are either masculine, feminine, or androgynous. Solar is the androgynous type. The sun itself is a masculine symbol, especially versus the moon, a feminine symbol. However, it is also suggestive of the neutral assimilation axis in that its light and heat interpenetrate everything in the solar system. The radiance of the solar type is simply present rather than forceful like the masculine types.

Arrogance: One of the obstacles. Its positive pole is *pride*; its negative pole is *vanity*. It is a fear of being judged or of vulnerability.

Artifice: The negative pole of the role of artisan, referring to artificial or superficial creation. *Self-deception* is an alternate term.

Artisan: One of the essence roles. Its positive pole is *creation*; its negative pole is *artifice*. Artisans seek originality.

Assimilation axis: One of the four axes, or universal qualities, upon which the roles and overleaves lie. The assimilation axis is neutral; it provides objectivity and a resource for the other axes.

Astral plane: The second plane of creation. Its medium is concrete emotional energy. It is where we reside between lifetimes and after completing the physical plane.

Astral self: The part of essence that resonates with the astral plane. The lower astral self is the part that incarnates and is synonymous with *soul*.

Atavism: The positive pole of the goal of reevaluation, when a lifetime is focused on what is simple, natural, and essential.

Atomic: The positive pole of the instinctive center, in which one's instincts arise from the deepest level without distortion.

Attitude: One of the overleaves. The attitude is a person's primary slant on life. The attitudes are: stoic, spiritualist, skeptic, idealist, cynic, realist, and pragmatist.

Audacity: The positive pole of the obstacle of impatience, in which one is disrespectful while pushing oneself ahead of others.

Aura: A band of etheric substance surrounding the physical body that reflects the seven levels of self. It consists of seven layers of mid-physical plane substance vibrating a little more quickly than the physical body itself.

Authority: The positive pole of power mode. It amplifies one's expression, making one appear knowledgeable and confident.

Aversion: The negative pole of the infant soul age, in which one feels unequipped to deal with life's stresses, like a screaming infant. Yarbrow uses the term *apathy*.

Axes: On a Michael Reading chart, many traits are on one of four axes. Three relate to the universal forces of love, truth, and beauty: inspiration, expression, and action, respectively. They are divided into ordinal (concrete) and cardinal (abstract). The fourth, the assimilation axis, is neutral, proving objectivity and a resource for the other axes. It is undivided, making seven chart columns in all.

Baby soul: Someone in the second of the five main physical-plane soul ages. Baby souls have a structure focus, emphasizing lessons about working with the structure of civilization. Its positive pole is *acculturation*; its negative pole is *rigidity*.

Balance: The negative pole of the number two. In the positive pole, *stability*, one creates a working whole. Balance refers to a more limited experience, which can lead to an unstable see-saw effect.

Beauty: One of the three universal forces, which also include love and truth. It corresponds with the action axis and kinetic energy. An alternate term is *pure energy*.

Belligerence: The negative pole of aggression mode, in which one flies off the handle.

Bleedthrough: The qualities of one's essence twin that blend with one's own, especially when of a different role. One's essence twin is one's closest soul bond, and that soul's energies combine with one's own to some degree, especially when discarnate (not physical). For instance, a scholar with a discarnate priest essence twin looks somewhat like a priest, since scholar energy is neutral. A sage with a discarnate king essence twin has strong secondary king traits.

Body type: Physical and psychological traits resulting from the influence of the celestial bodies upon a person's physical body. Everyone has a primary body type, and from one to three other body-type influences. The main body types are: lunar, saturnian, jovial, mercurial, venusian, martial, and solar. A person can also have minor uranian, neptunian, and plutonian influences.

Bondage: The negative pole of the role of server, referring to feeling obligated and unappreciated, rather than serving out of love and choice.

Buddhaic plane: The highest plane of creation. Its medium is abstract (cardinal) kinetic energy. Essences experience the buddhaic plane just before refocusing their awareness (reuniting) fully in the Tao. The infinite soul who incarnated as Buddha taught from this plane.

Cadence: A permanent group of seven essences. A primary cadence consists of seven essences of the same role; it is the smallest building block of the entity. An essence's numerical position within its cadence, and its cadence's position within its greater cadence (seven cadences), significantly influence how it manifests its role energies.

Cadre: A group consisting of seven entities.

Cadre group: A group consisting of twelve cadres. An alternate term is *energy ring*. Its positions are: 1) love, 2) knowledge, 3) compassion, 4) mentor, 5) beauty, 6) child, 7) humor, 8) discipline, 9) anchor, 10) healer, 11) enlightenment, and 12) muse.

Cardinal: Abstract, general, wide, or expanded, versus its opposite, ordinal, which is concrete, specific, narrow, or contracted. It is catalytic and influential. Its positive pole is *lucid*; its negative pole is *active*.

Casting: The Tao's expression into the dimensional universe, as in "fragments cast from the Tao," and the order of it, as in "first-cast warrior in the entity." A person's casting most commonly refers to his primary cadence position, as in "sage-cast scholar" for a scholar in the fifth position of his primary cadence. However, it applies to his position within all his consecutively larger groups of souls: his cadence's position within its greater cadence, his greater cadence's position within its string of greater cadences, his entity's position within its cadre, his cadre's position within its cadre group, and so

on. Together, they give him a unique “address” in the universe and shape the expression of his role.

Causal plane: The third plane of creation. Its medium is concrete intellectual energy. It is Michael’s plane of existence.

Caution: The second most common of the modes. Its positive pole is *deliberation*; its negative pole is *phobia*. In caution mode, one releases one’s energy carefully.

Center: One of the overleaves. The centers each process and store a different aspect of experience: emotional, higher emotional, intellectual, higher intellectual, physical, moving, and instinctive. The primary center is the part of self from which one normally first responds to stimuli. The part of center is where one’s secondary responses originate.

Cetaceans: Generally refers to an order of marine mammals. In the Michael teachings, it refers exclusively to dolphins and whales, who comprise the other main sentient species on Earth. Common porpoises are also cetaceans but are not sentient.

Channeling: The act of allowing an intelligence not in human form to express through oneself.

Chakra: An energy center in the body. There are seven main chakras.

Chaotic destruction: The negative pole of female energy, in which creative forces are uncontrolled.

Chief feature: The original term (via Yarbro) for chief obstacle.

Chief obstacle: One of the overleaves. The original term (via Yarbro) was *chief feature*. The chief obstacle is the focus of a person’s fears and illusions. A person can also have a secondary and even tertiary obstacle, and most people encounter all the obstacles occasionally. They are: self-deprecation, arrogance, self-destruction, greed, martyrdom, impatience, and stubbornness.

Clarity: The positive pole of the most common mode, observation, in which one functions by observing neutrally, without an agenda.

Cluster: A group of five lifetimes lasting more than twenty years on one theme, such as in a particular country or religious order.

Coalescence: The positive pole of the attitude of idealist, in which one pulls together what is needed in order to effect constructive change.

Coercion: The negative pole of the role of warrior, in which one obtains results through forcing the unwilling.

Communion: One of the needs—the need for connection with several others in larger community.

Compassion: The positive pole of the role of priest, in which one serves the higher good through empathetic love.

Comprehension: The positive pole of the goal of growth, in which one harvests increased understanding from new experiences.

Confusion: The negative pole of the goal of growth, in which one is overwhelmed by new experiences that one does not integrate.

Connection: The negative pole of the number six, in which one merely links parts rather than forming a pleasing and consistent whole, as in the positive pole, *harmony*.

Consolidation: The positive pole of the number four, in which one combines elements into a single coherent unit.

Context focus: An alternate term for the old soul age.

Contradiction: The positive pole of the attitude of cynic, in which one tests the soundness of an idea or thing.

Cording: The act of establishing a cord of connection with another person that draws energy from him. Cording is designed primarily so that young children can draw support from their parents. It is negative when independent adults cord others.

Creation: The positive pole of the role of artisan, characterized by genuine and effective invention.

Cycle: Commonly short for grand cycle or previous cycle. It also refers to shorter cycles such as the old-soul cycle—all of one's old-soul lifetimes.

Cycle off: To finish incarnating on the physical plane for this grand cycle.

Cynic: One of the attitudes. Its positive pole is *contradiction*; its negative pole is *denigration*. Cynics view the world in terms of what isn't or what won't work.

Deliberation: The positive pole of caution mode, in which one moves forward with intellectual alertness and care.

Denigration: The negative pole of the attitude of cynic, in which one disparages what one hasn't fairly tested.

Determination: The positive pole of the obstacle of stubbornness, in which one is unwilling to allow change. It superficially resembles the admirable kind of determination, but even the positive poles of the obstacles are fear-based and unreasonable.

Devas: Nature spirits or elementals who take care of the Earth behind the scenes. They work with the mineral, plant, and animal kingdoms, as well as with larger elements such as the oceans, clouds, and mountains.

Devotion: The positive pole of the goal of submission, in which one is actively committed to a leader and/or cause.

Dictatorship: The negative pole of the goal of dominance, in which one imposes solutions rather than catalyzing them.

Discarnate: Not incarnate; the state of a soul that is fulltime on the astral plane and not in a physical body.

Discrimination: One of the least common of the goals. Its positive pole is *sophistication*; its negative pole is *prejudice*. It is used for lifetimes emphasizing critical faculties and saying no. The original term (via Yarbrow) was *rejection*.

Dogma: The negative pole of the attitude of pragmatist, in which what once seemed most practical is made into a rigid practice that is applied even when it is not appropriate or the best solution.

Dominance: One of the goals. Its positive pole is *leadership*; its negative pole is *dictatorship*. It is used for lifetimes that emphasize learning to facilitate group action.

Dynamism: The positive pole of aggression mode, in which one successfully accomplishes several things in a vigorous, can-do manner.

Eclecticism: The negative pole of the number seven, in which diverse threads aren't integrated and inculcated.

Egotism: The positive pole of the obstacle of greed, in which one puts one's appetites above the needs of others.

Emotional center: One of the centers. Its positive pole is *sensibility*; its negative pole is *sentimentality*.

Empathy: The positive pole of the higher emotional center. Its most exalted manifestation is a feeling of oneness with all things.

Enduring: The positive pole of the moving center, in which one experiences being "in the zone."

Energetic: The negative pole of the moving center, in which one is temporarily moved to act, perhaps leading to burnout due to poor energy management. It is more limited than the positive pole, *enduring*.

Energy: The fundamental substance of the universe. Energy is characterized by vibration and the impulse to move. The word often describes the nonphysical factors of life, although matter is also energy, vibrating at a level we perceive as being solid. *Pure energy* is an alternate term for beauty.

Enterprise: The positive pole of the number three, in which one is resourceful in undertaking difficult tasks.

Entity: A spiritual family of about one thousand souls. Michael is the name of an entity. Entity is also used as in "channeled entity," meaning a channeled consciousness of any kind. In the field of spiritual healing, an entity is an invasive, parasitic being, usually of low intelligence, that needs to be removed for one's well-being.

Erotic: The negative pole of the physical center. It does not necessarily refer to sexual arousal but to any limited, localized stimulation of the body that is not integrated with the whole. An alternate term is *stimulated*.

Essence: Higher self, as opposed to personality, or lower self. It especially refers to the levels of self that resonate with the three highest (abstract) planes. It is sometimes synonymous with *soul*.

Essence contact: Occurs when a personality makes a direct connection with either its own essence or the essence of another person. Essence contact is necessary in order for spiritual growth to occur. It can be powerful and life-changing, or relatively mild.

Essence mate: An essence who was one's essence twin during a previous grand cycle.

Essence role: Full term for *role*.

Essence twin: Another essence one teams up with in the beginning of a grand cycle to reflect oneself; also known as *twin soul* or *twin flame*. It is the closest bond an essence can have. Ninety-five percent of us have one.

Ethereal: The negative pole of the solar body type, in which one is fragile and lacks earthy groundedness.

Exalted: Synonym for *cardinal*.

Exchange: One of the needs—the need to share one-on-one, to have meaningful relationships with others.

Expansion: The positive pole of the number five, which results in an enlargement of consciousness, often through making unconventional or risky choices. The negative pole is *adventure*. Also, one of the needs—the need to grow things, whether a garden or a company.

Expression: The positive pole of the role of sage, in which one authentically communicates one's uniqueness. Also, one of the needs—the need to express oneself, e.g., through community theater or public speaking.

Expression axis: One of the four axes or universal qualities upon which the roles and overleaves lie. The expression axis is intellectual and brings the inner world into the outer.

External monad: Full term for *monad*. An essential physical-plane experience completed with another soul, usually in two different lifetimes. An example is the teacher/student monad, in which one intensively explores being a teacher and student.

Extraterrestrial: A sentient soul based on a planet other than Earth who is visiting Earth either physically or astrally, usually in order to study it and/or assist in the changes occurring here.

Extravagant: The negative pole of the jovial body type, in which one dissipates one's energies. The original term (via Yarbro) was *elephantine*.

Faith: The negative pole of the attitude of spiritualist, in which one blindly follows an inspiring view without validating it.

False personality: False ego; fear-motivated personality. It is the sum of one's obstacles, the negative poles of one's overleaves, and imprinting contrary to one's true self. It is sometimes contrasted with maya, which is illusion on a soul level, including the negative pole of one's role.

Female energy: Creative energy that emphasizes being; it moves inward in a diffuse way, creating atmosphere. Its positive pole is *generation*; its negative pole is *chaotic destruction*.

Feminine: Each body type is either masculine, feminine, or androgynous. Feminine types receive energy and appear more feminine. Lunars absorb strength, venusians soak up sensual stimulation, and mercurials take in energy (and can become wound up).

Fluid role: One of the four higher-frequency roles: server, priest, artisan, and sage. If priest and artisan are defined as airy (since they are high frequency) rather than fluid, server and sage (which are middle frequency) are the fluid roles.

Flow: One of the goals. Its positive pole is *suspension*; its negative pole is *inertia*. It is used for lifetimes of rest or learning to let go. The original term (via Yarbro) was *stagnation*. Alternate terms include *relaxation* and *equilibrium*.

Focus: The core lesson of each soul age, and an alternate term for soul age in general.

Formation: An alternate positive pole of the baby soul age, *acculturation*.

Fragment: Generally synonymous with *soul* and *essence*, although there are distinctions among them. *Fragment* conveys that each of us is a fragment of the whole, and particularly, a fragment of our entity, with which we will recombine when we have completed all our lifetimes on the physical plane. Shepherd mainly uses the term to refer to members of the Michael entity.

Freedom: One of the needs—the need to have the space to call one’s own shots.

Frenetic: The negative pole of the mercurial body type, in which one is prone to being wound-up and nervous.

Frequency: Rate of vibration of the soul on a scale of one to one hundred. It gives it its consistency. Slow frequencies feel solid, medium frequencies feel fluid, and fast frequencies feel airy. Lower-frequency souls tend to experience life with greater steadiness and stability; higher-frequency souls, with greater speed and intensity. Each role also has a frequency: warriors, kings, and scholars are low frequency; servers and sages are middle frequency; and artisans and priests are high frequency.

Gaunt: The negative pole of the saturnian body type, in which one is characterized by an excessively prominent bone structure.

Generation: The positive pole of female energy. It brings new life.

Goal: One of the overleaves. The goal is a person’s primary motivator. The goals are: reevaluation, growth, discrimination, acceptance, submission, dominance, and flow.

Grand: The positive pole of the jovial body type, in which one tends to be large and round.

Grand cycle: An experience that begins when an essence is cast from the Tao. It includes physical-plane incarnations and subsequent progression through the higher planes. It is complete when it is fully reabsorbed back into the Tao.

Greater cadence: A group of seven primary cadences.

Greater cluster: A group of five clusters, or twenty-five lifetimes lasting more than twenty years each, on one theme. An example is religious orders, with each cluster in a different one.

Greed: One of the obstacles. Its positive pole is *egotism*; its negative pole is *voracity*. It is a fear of lack or want, usually fixated on something such as money, food, sex, or attention.

Growth: The most common of the goals. Its positive pole is *comprehension*; its negative pole is *confusion*. It is used for lifetimes emphasizing learning new things. People in growth seek stimulation.

Harmony: The positive pole of the number six. It forms a pleasing and consistent whole in which each part is in its fitting place.

Heart link: A bond formed through life experience that does not end when the lifetime is completed. It can be forged by any intense sharing, such as being an exemplary parent or child, or saving someone's life. The bond is close even if the two souls are not in the same cadre group.

Higher centers: The higher emotional, higher intellectual, and moving centers. These are inner pathways to love, truth, and beauty, respectively, accessed most potently during moments of great intensity, bringing transcendent, revelatory experiences. However, one also uses them more routinely: non-personal emotions such as altruism are experienced in the higher emotional center; conceptualization occurs in the higher intellectual center; and movement uses the moving center.

Higher emotional center: One of the centers. Its positive pole is *empathy*; its negative pole is *intuition*. It is the inner pathway to love, used for non-personal emotions such as altruism.

Higher intellectual center: One of the centers. Its positive pole is *integration*; its negative pole is *telepathy*. It is the inner pathway to truth, used for conceptualization.

Hive soul: The soul type that most animals have, versus the more complex sentient soul for humans and cetaceans (dolphins and whales). Hive souls have consciousness and feeling but are not capable of purely intellectual function, such as making a budget.

Honorary role: When a person's two secondary role influences, essence twin and primary casting, are of the same role (but different from their own), they reinforce each other and therefore are particularly significant. For example, a scholar with a warrior essence twin and

warrior primary casting is an “honorary warrior” and has strong warrior traits.

Humility: The positive pole of the obstacle of self-deprecation, in which one has an overly modest view of one’s abilities. It superficially resembles the admirable kind of humility, but even the positive poles of the obstacles are fear-based and unreasonable.

Idealist: One of the attitudes. Its positive pole is *coalescence*; its negative pole is *abstraction*. Idealists view the world in terms of how it could be changed for the better.

Identification: The negative pole of passion mode, in which one loses boundaries and identifies with the object of one’s passion.

Immolation: The negative pole of the obstacle of self-destruction, in which one destroys oneself.

Immutability: The negative pole of perseverance mode, in which one refuses to let go of something unproductive.

Impatience: One of the obstacles. Its positive pole is *audacity*; its negative pole is *intolerance*. It is a fear of missing out.

Imprinting: Conditioning by outer influences such as parents, education, or society in general.

Input: Psychic receiver. All roles devote one input to perceiving their immediate circumstance. Warriors, kings, and scholars have just that one. Priests and servers have two, adding another to perceive the higher and common good, respectively. Sages have three; for example, sage actors can perceive the set, their fellow actors, and the audience simultaneously while performing. Artisans have five “modular” inputs that they can rearrange to facilitate creativity.

Incarnate: Living in a physical body, as in “incarnate soul.”

Inclusiveness: The positive pole of the old soul age, in which one sees the place and value of all things. Yarbrow uses the term *substantiation*.

Inculcation: The positive pole of the number seven, in which experience is completed and its lessons are ingrained.

Inertia: The negative pole of the goal of flow, in which one is stuck.

Infant soul: Someone in the first of the five main physical-plane soul ages. Infant souls have a survival focus. Its positive pole is *innocence*; its negative pole is *aversion*.

Infinite soul: An incarnate representative of a reunited cadre who brings the Tao to bear through one of the three high planes, e.g., Jesus, who manifested the infinite soul from the messianic plane during the last thirty days of his life. The infinite soul is a catalyst for the spiritual transformation of humanity.

Ingratiation: The negative pole of the goal of acceptance, in which one tries too hard to be accepted rather than focusing on accepting others.

Inhibition: The negative pole of reserve mode, in which one is repressed rather than elegantly contained.

Innocence: The positive pole of the infant soul age, in which one approaches life with wonder. Yarbrow uses the term *experience*.

Inspiration axis: One of the four axes or universal qualities upon which the roles and overleaves lie. The inspiration axis is emotional and relates to the inner world.

Instinctive center: One of the centers. It is the part of self that runs automatic, unconscious functions, such as breathing. Its positive pole is *atomic*; its negative pole is *anatomic*.

Integration: The positive pole of the higher intellectual center, in which one experiences an all-encompassing, profound consciousness of truth.

Intellectual center: One of the centers. Its positive pole is *thought*; its negative pole is *reason*.

Internal monads: Seven milestones that can be completed within a lifetime in their positive or negative poles, or can be abdicated: birth, the “terrible twos,” leaving the nest, midlife crisis, life review, dying, and death.

Intolerance: The negative pole of the obstacle of impatience, in which one is testy or rude when feeling delayed or inconvenienced.

Intrusion: The negative pole of male energy, in which one violates boundaries.

Intuition: The negative pole of the higher emotional center, in which one has emotional knowledge without resonance.

Investigation: The positive pole of the attitude of skeptic, in which one objectively explores a situation.

Jovial: One of the primary body types. Its positive pole is *grand*; its negative pole is *extravagant*. Jovial types tend to be full-bodied and extroverted. It is the most developed body type.

Karma: A major violation of another person that limits his or her choices, resulting in a compelling debt.

Kinetic energy: The action axis is characterized by kinetic energy, as opposed to the emotional quality of the inspiration axis and the intellectual quality of the expression axis. It resonates with the beauty force, and brings vitality and manifestation.

King: One of the essence roles. Its positive pole is *mastery*, which kings seek; its negative pole is *tyranny*.

Knowledge: The positive pole of the role of scholar. It is also the second position of the life quadrangle.

Leadership: The positive pole of the goal of dominance, in which one helps facilitate win-win solutions.

Level: One of seven levels of each soul age or plane of creation. For example, a person may be sixth-level mature; Michael resides on the fourth level of the causal plane.

Life path: The course one's life takes as one's life plan unfolds.

Life plan: The overall blueprint for one's life. The soul designs its life plan before incarnating. It includes life task, overleaves, and agreements with other souls to be guides, parents, children, etc., in order to help complete monads, karmas, and to otherwise support each other.

Life quadrant: A position in the life quadrangle, such as love or support.

Life quadrangle: The four positions that together result in effective teamwork. In each lifetime, people specialize in one of four possible primary contributions to each group of which they are part: the love position initiates; the knowledge position provides information; the

power position moves the group to act; and the support position holds the group together.

Life task: The centerpiece of one's life plan, the most important spiritual accomplishment the soul seeks. There can be more than one, and each can have many aspects.

Love: One of the three universal forces, which also include truth and beauty. It corresponds with the inspiration axis and emotion. It is also the first position of the life quadrate.

Lucid: The positive pole of cardinal, which implies consciousness while having an influence; its negative pole is merely *active*.

Luminous: The positive pole of the lunar body type, in which one gives off a healthy cool glow, like a full moon.

Lunar: One of the primary body types. Its positive pole is *luminous*; its negative pole is *pallid*. Lunar types tend to have pale skin, round faces, and "baby fat." They tend to be slow to react and to excel at abstract thought. It is the least physically developed body type.

Male energy: Focused energy that emphasizes doing. It moves into the outer world in a linear way toward goals. Its positive pole is *penetration*; its negative pole is *intrusion*.

Male/female energy ratio: The ratio between male and female energy in a particular person. For example, a person may have a ratio of thirty-five percent male energy/sixty-five percent female.

Manifested soul age: The soul age focus of a person's day-to-day life. About two-thirds of people don't fully manifest their actual soul age. For example, a mature soul might manifest young, either across the board or just in her career. That can occur simply because the person is physically young and hasn't yet retraced all the steps leading up to her current age (recapitulation), which needs to happen in each lifetime in order to fully manifest one's soul age. It can also be that the soul is deliberately reviewing an earlier stage. In addition, the person may be stuck at an earlier level because of a failure to deal with issues that are in the way.

Martial: One of the primary body types. Its positive pole is *wiry*; its negative pole is *muscle-bound*. Martial types are feisty and active. They tend to have reddish skin and/or hair, and a muscular body.

Martyrdom: One of the obstacles. Its positive pole is *selflessness*; its negative pole is *mortification*. It is a fear of being unworthy.

Masculine: Each body type is either masculine, feminine, or androgynous. Masculine types emit energy and appear more masculine. Saturnians exude leadership, martials discharge power (and can be explosive), and jovials release energy (sometimes dissipatively).

Mastery: The positive pole of the role of king, in which one seeks self-control and excellence.

Mature soul: Someone in the fourth of the five main physical-plane soul ages. Mature souls have a relationship focus, emphasizing lessons about emotions and the inner world. Its positive pole is *resonance*; its negative pole is *subjectivity*.

Maya: (Sanskrit) Illusions of the physical plane that obscure spiritual truth, such as culturally defined norms, expectations of others, and fleeting feelings of erotic love as opposed to unconditional love. It is sometimes defined as soul-level illusions, including the negative pole of the role, that can continue on the astral plane between lives, as opposed to false personality.

Medium: Someone who specializes in communicating with people who have died, as opposed to a channel, who works with guides, teachers, or abstract sources. The terms are sometimes used interchangeably.

Mental plane: The fifth plane of creation. Its medium is abstract (cardinal) intellectual energy, emphasizing truth. The infinite soul who incarnated as Lao Tzu taught from this plane.

Mercurial: One of the primary body types. Its positive pole is *agile*; its negative pole is *frenetic*. Mercurial types are energetic and good communicators. They tend to have dark hair and eyes, and compact bodies.

Messianic plane: The sixth plane of creation. Its medium is abstract (cardinal) emotional energy, emphasizing love. The infinite soul who incarnated as Jesus taught from this plane.

Michael: A group of 1,050 souls who individually completed a series of lifetimes on the physical plane, progressed through the astral plane, and now work together and teach from the causal plane, partly through channels.

Midlife monad: Midlife crisis; an approximately two-year period around the age of thirty-five (although it can occur anywhere from ages twenty-five to forty-five, or even later) in which our genuine role, overleaves, and life path emerge wherever they were obscured by what we were conditioned to be. Those who do not successfully complete their midlife monad tend to remain stuck in their restrictive imprinting.

Mode: One of the overleaves. The mode is one's primary way of operating and achieving one's goal. The modes are: reserve, passion, caution, power, perseverance, aggression, and observation.

Monad: An essential physical-plane experience. External monads are completed with another soul, usually in two different lifetimes. An example is the teacher/student monad, in which one intensively explores being a teacher and student. There are also seven internal monads, milestones that can be completed within a lifetime in their positive or negative poles, or can be abdicated: birth, the "terrible twos," leaving the nest, midlife crisis, life review, dying, and death.

Mortification: The negative pole of the obstacle of martyrdom, in which one practices extreme self-denial.

Moving center: One of the centers. Its positive pole is *enduring*; its negative pole is *energetic*. It is the inner pathway to universal beauty, and is used for movement.

Muscle-bound: The negative pole of the martial body type, in which one's muscles are developed at the expense of flexibility.

Needs: Nine kinds of experiences that facilitate the completion of our life task and provide satisfaction: security, adventure, freedom, expansion, power, expression, acceptance, communion, and exchange. For each person, they could be ranked from most important to least. On Shepherd's Michael Reading charts, the top three are listed. For example, one person's primary needs might be exchange, power, and freedom.

Negative: Each body type has either a positive or negative charge, like the two sides of a magnet. The negative types are more like the night: darker, more sensitive and pessimistic, emphasizing the inner, and tending to notice what needs correction. Lunars are sensitive and cool, mercurials can be sarcastic, and martials can be ill-tempered.

Negative pole: A fear-based, constricted and distorted manifestation of a Michael teachings trait, resulting in destructiveness or limitation.

Obese: The negative pole of the venusian body type, resulting from overindulgence.

Observation: The most common of the modes. Its positive pole is *clarity*; its negative pole is *surveillance*. In observation mode, one releases one's energy neutrally.

Obstacle: One of the overleaves. The chief obstacle is the focus of one's fears and illusions. One can also have a secondary and tertiary obstacle, and most people encounter all the obstacles occasionally. They are: self-deprecation, arrogance, self-destruction, greed, martyrdom, impatience, and stubbornness.

Obstinacy: The negative pole of the obstacle of stubbornness. It is an unyielding resistance to change despite the pleas of others or extreme consequences.

Old soul: Someone in the fifth of the five main physical-plane soul ages. Old souls have a context focus, emphasizing lessons about perspective. Its positive pole is *inclusiveness*; its negative pole is *undirectedness*.

Oppression: The negative pole of power mode, in which throwing one's weight around bears down uncomfortably on others.

Oration: The negative pole of the role of sage, in which one's expression is on automatic pilot, disconnected from its audience and not anchored in essence.

Ordinal: Concrete, specific, narrow, or contracted, versus its opposite, cardinal, which is abstract, general, wide, or expanded. Its positive pole is *responsive*; its negative pole is *passive*.

Orientation: There are three universal forces: love, truth, and beauty (or pure energy). These correspond with emotions, intellect, and body, or

the inspiration, expression, and action axes. Each soul orients in one, or works with balancing two. Someone with a truth orientation is more likely to be blunt about the truth she perceives, whereas someone oriented in love is more likely to forgive and let go of the trespasses of others. Someone with a beauty orientation is more likely to cultivate his body and enjoy nature; it aligns with the action-axis affinity for physicality and energy.

Overleaves: Seven types of personality traits that “overlay” the essence, chosen to facilitate the purposes of the lifetime. From innermost to outermost, they are: goal, attitude, mode, center, obstacle, body type, and soul age. There are seven of each. The goal influences what one does; the attitude, why one does it; the mode, how one does it; the center, the part of self from which one does it; and the obstacle(s), what tends to block or distort one’s doing. Body types embody one’s doing, and soul age is its perspective, based on the current focus of one’s development. More generally, overleaves refer to any Michael teachings trait, including role, but technically they refer to these seven, which can change from lifetime to lifetime.

Pallid: The negative pole of the lunar body type, in which one looks anemic and pasty.

Parallel universe: An alternate reality similar to this one in which people make different critical choices and go in different directions as a result.

Part of center: One’s secondary center. For example, people in the emotional part of the intellectual center react first by thinking, then by feeling; their emotions tend to reflect their thoughts.

Passion: One of the modes. Its positive pole is *self-actualization*; its negative pole is *identification*. In passion mode, one releases one’s energy boundlessly, downward and outward.

Passive: The negative pole of ordinal, versus the positive, *responsive*, which implies engagement with catalytic cardinal influences.

Passive (body types): Each body type is either passive or active, to varying degrees. The passive types—lunar, venusian, and jovial—tend to remain still rather than move.

Penetration: The positive pole of male energy. It shapes the outer world.

Perception: The positive pole of the attitude of realist, in which one sees facts accurately and evenhandedly.

Perseverance: One of the modes. Its positive pole is *persistence*; its negative pole is *immutability*. In perseverance, one releases one's energy steadfastly.

Persistence: The positive pole of perseverance mode, in which one stays with a task worth doing, even when it's difficult, until it is completed.

Personality: The part of the human psyche unique to the current lifetime, as opposed to essence, which remains the same for the entire grand cycle. Personality includes the overleaves, imprinting, and accumulated experiences. "Body, mind, and spirit" would be referred to in the Michael teachings as "body, personality, and essence."

Persuasion: The positive pole of the role of warrior, in which one gets others on the "same page" in order to help social structures function more effectively.

Phobia: The negative pole of caution mode, in which one is paralyzed because of a fear of taking the wrong action rather than simply proceeding with care.

Physical center: One of the centers, characterized by bodily excitation. Its positive pole is *amoral* or *alive*; its negative pole is *erotic* or *stimulated*.

Physical plane: The densest of the seven planes of creation, where we presently reside.

Planes of creation: Physical, astral, causal, akashic, mental, messianic, and buddhaic. Just as there are seven colors in the rainbow and seven tones in a musical scale, each with a different vibratory rate, there are seven levels of being on the spectrum of creation. The slowest speed of vibration occurs on the physical plane; the fastest, on the buddhaic plane. From the buddhaic plane, energy returns to its source, the *Tao*.

Planetary sentient: A sentient soul who incarnates as a "creature of reason" on the physical plane of a particular planet. It then ascends through the higher planes of that planet until fully reuniting with the *Tao*.

Poles: Two aspects of an energy. The positive pole is an energy's true or love-based manifestation. The negative pole is the constriction and distortion of that energy by fear.

Positive: Each body type has either a positive or negative charge, like the two sides of a magnet. The positive types are more like the day: brighter, less sensitive, more optimistic, emphasizing the outer, and tending to overlook flaws. Solars are sunny, jovials are mirthful, venusians are warm, and saturnians have a can-do attitude.

Positive pole: A love-based, free and undistorted manifestation of a Michael teachings trait, resulting in constructiveness and clarity.

Power: One of the modes. Its positive pole is *authority*; its negative pole is *oppression*. In power mode, one releases one's energy strongly. It is also the third position of the life quadrate. In addition, it is one of the needs—the need to influence one's environment.

Practicality: The positive pole of the attitude of pragmatist, in which one finds the most workable approach for a particular situation.

Pragmatist: One of the attitudes. Its positive pole is *practicality*; its negative pole is *dogmatism*. Pragmatists see the world in terms of what works best or most efficiently.

Prejudice: The negative pole of the goal of discrimination, in which one forms an opinion without engaging with and intellectually processing the facts.

Previous cycle: A grand cycle completed by an individual spark before its present one on Earth.

Pride: The positive pole of the obstacle of arrogance, in which one has an inflated sense of self. It superficially resembles the admirable kind of pride, but even the positive poles of the obstacles are fear-based and unreasonable.

Priest: One of the essence roles. Its positive pole is *compassion*; its negative pole is *zeal*. Priests seek the higher good.

Probabilities: The range of potential future events. At any given moment, a possible future event can be described as having a certain percentage probability, e.g., thirty-seven percent. As people continue

to exercise their free will and make choices, that percentage can change.

Pure energy: An alternate term for beauty; one of the three building blocks of the universe along with love and truth.

Purpose: The positive pole of the number one, which brings a directed, constructive intention to any activity.

Quadrate: A configuration of four souls who work together over many lifetimes; also known as *quadrant*, although technically, a quadrant is one quarter of a quadrate, or a position in it. The positions of a quadrate are love, knowledge, power, and support (or compassion). The first and third positions are strongest. One's life quadrant is the position one tends to take in any group that is doing something together.

Radiant: The positive pole of the solar body type, characterized by illuminated, refined beauty.

Realist: One of the attitudes. Its positive pole is *perception*; its negative pole is *supposition*. Realists view the world in terms of what is; they focus on a situation's objective facts.

Reason: The negative pole of the intellectual center. It is mechanical, whereas the positive pole, *thought*, is alive.

Reevaluation: The least common of the goals. Its positive pole is *atavism* or *simplicity*; its negative pole is *withdrawal*. It is used for lifetimes spent processing past experiences and integrating previous growth. The original term (via Yarbro) was *retardation*.

Reincarnation: The idea that the soul lives multiple lifetimes, gaining experience through them.

Reincarnational self: A past-life, simultaneous, or potential-future self; another personality spawned by one's essence.

Rejection: The original term (via Yarbro) for the goal of discrimination.

Relationship focus: An alternate term for the mature soul age.

Repression: The original term (via Yarbro) for reserve mode.

Reserve: One of the modes. Its positive pole is *restraint*; its negative pole is *inhibition*. In reserve mode, one draws one's energy inward

and upward, in a contained manner. The original term (via Yarbro) was *repression*.

Resignation: The negative pole of the attitude of stoic. Rather than being at peace with a situation and drawing tranquility from within, one gives up with a feeling of helplessness.

Resonance: The positive pole of the mature soul age, in which one senses the deeper levels of life. Yarbro uses the term *cognizance*.

Responsive: The positive pole of ordinal, which suggests engagement, versus its negative pole, *passive*.

Restraint: The positive pole of reserve mode, in which one contains one's energy in a gracious, elegant manner.

Retardation: The original term (via Yarbro) for the goal of reevaluation.

Rigidity: The negative pole of the baby soul age, in which precepts and rules are followed blindly. Yarbro uses the term *subsumation*.

Role: One of the seven types of essences: server, priest, artisan, sage, warrior, king, and scholar. Everyone has a particular role. It defines one's way of being or fundamental style, not one's worldly position. The full term is *essence role*.

Rugged: The positive pole of the saturnian body type, imparting strength and leadership.

Sacrifice: The positive pole of the obstacle of self-destruction, in which one takes needless risks. It superficially resembles the admirable kind of sacrifice, but even the positive poles of the obstacles are fear-based and unreasonable.

Sage: One of the essence roles. Its positive pole is *expression*; its negative pole is *oration*. Sages seek insight.

Saturnian: One of the primary body types. Its positive pole is *rugged*; its negative pole is *gaunt*. Saturnian types tend to have a prominent bone structure and be tall (or at least seem taller than they are). Psychologically, they tend to be steady, enduring, and paternal.

Scholar: One of the essence roles. Its positive pole is *knowledge*, which scholars seek; its negative pole is *theory*.

Security: One of the needs—the need to have a safe platform for life's experiences.

Segment: Seven greater clusters, or 175 lifetimes on the same overarching theme, like a college major. For example, a soul might do a segment on animals.

Self-actualization: The positive pole of passion mode, in which one pours oneself out fully, taking complete advantage of a potential.

Self-centeredness: The negative pole of the young soul age, in which individuality is defined in terms of apparent short-term advantage to self. Yarbrow uses the term *judgmentalization*.

Self-deprecation: One of the obstacles. Its positive pole is *humility*; its negative pole is *abasement*. It is a fear of being inadequate.

Self-destruction: One of the obstacles. Its positive pole is *sacrifice*; its negative pole is *immolation*. It is a fear of losing control.

Selflessness: The positive pole of the obstacle of martyrdom, in which one suffers needlessly in an attempt to earn worth. It superficially resembles the admirable kind of selflessness, but even the positive poles of the obstacles are fear-based and unreasonable.

Sensibility: The positive pole of the emotional center, in which one's ability to feel is fully developed.

Sentience: In the Michael teachings, a state of consciousness complex enough to reason, or more technically, to function in the intellectual part of the intellectual center.

Sentient soul: A self-aware, choice-making soul with free will. Humans and cetaceans (dolphins and whales) are the two primary sentient species on Earth.

Sentimentality: The negative pole of the emotional center, in which feeling is cloying and open to manipulation.

Server: One of the essence roles. Its positive pole is *service*; its negative pole is *bondage*. Servers seek the common good. The original term (via Yarbrow) was *slave*.

Service: The positive pole of the role of server, in which one finds joy in helping others in concrete ways.

Sextant: A configuration of six souls who work together over many lifetimes. The positions of a sextant are love, knowledge, power, support (or compassion), eccentric, and integrator. The first and fourth positions are strongest.

Simplicity: The negative pole of the number one, referring to oversimplification. It is also an alternate term for the positive pole of the goal of reevaluation.

Skeptic: One of the attitudes. Its positive pole is *investigation*; its negative pole is *suspicion*. Skeptics view the world with doubt.

Slave: The original term for server, used primarily in the Michael books by Chelsea Quinn Yarbro.

Sliding: Temporarily moving to another overleaf. Neutral (assimilation axis) overleaves can slide to all others. Overleaves on the three other axes can slide only to their partners on the axis. For example, dominance can slide to submission, and vice versa. Dominance cannot slide to growth, which is on a different axis.

Solar: One of the primary body types. Its positive pole is *radiant*; its negative pole is *ethereal*. Solar types tend to have slight, delicate bodies and be charismatic, childlike, and cheerful.

Solid role: One of the three low-frequency, one-input roles: warrior, king, and scholar.

Sophistication: The positive pole of the goal of discrimination, in which one has done the work of sifting through perceptions, arriving at well-developed taste.

Soul: The part of essence that incarnates and carries past-life memories; lower astral self.

Soul age: The soul's stage of development, especially relative to the physical plane. The five main physical-plane soul ages are: infant, baby, young, mature, and old. Alternate terms are: *survival focus*, *structure focus*, *achievement focus*, *relationship focus*, and *context focus*. Each soul age is divided into seven levels. Transcendental and infinite soul ages occur after completing the physical plane and rarely manifest on it.

Soul age level: One of seven subdivisions of a soul age, e.g., a person might be described as being third-level young.

Spirit guide: Discarnate soul who supports a person's growth, helps him complete his life tasks, and in general provides the spiritual assistance he needs. Many people are spirit guides to others when they are between lifetimes.

Spiritual path: A way of living that emphasizes the growth of conscious awareness, particularly relative to the expression of *agape*, or unconditional love.

Spiritualist: One of the attitudes. Its positive pole is *verification*; its negative pole is *faith*. Spiritualists view the world in terms of its possibilities.

Stability: The positive pole of the number two, in which a creation works well and withstands stresses.

Stagnation: The original term (via Yarbrow) for the goal of flow.

Stimulated: An alternate term for the negative pole of the physical center, *erotic*.

Stoic: One of the attitudes. Its positive pole is *tranquility*; its negative pole is *resignation*. Stoics view the world with serenity, feeling that outer events aren't of primary importance.

Structure focus: An alternate term for the baby soul age.

Stubbornness: One of the obstacles. Its positive pole is *determination*; its negative pole is *obstinacy*. It is a fear of change.

Subjectivity: The negative pole of the mature soul age, in which one's views are shaped by temporary or excessively personal feelings rather than being rooted in what is real. Yarbrow uses the term *ratiocination*.

Submission: One of the goals. Its positive pole is *devotion*; its negative pole is *subservience*. It is used for lifetimes that emphasize supporting a larger cause.

Subservience: The negative pole of the goal of submission, in which one works for a leader and/or cause without a clear sense of self and one's own choice in the matter.

Support: The fourth position of the life quadrate.

Support circle: A configuration containing twelve positions that offer the various kinds of support that each individual needs, making one's journey through life easier. The positions are: love, knowledge, compassion, mentor, beauty, child, humor, discipline, anchor, healer, enlightenment, and muse. These are also the same positions of cadres within cadre groups.

Supposition: The negative pole of the attitude of realist, in which one supposes how things are rather than directly perceiving them. Therefore, one has difficulty determining which facts are most important.

Surveillance: The negative pole of observation mode, in which one disassociates and minds other people's business.

Survival focus: An alternate term for the infant soul age.

Suspension: The positive pole of the goal of flow, in which one is carried along by the currents of life.

Suspicion: The negative pole of the attitude of skeptic, in which one doesn't allow evidence to allay one's doubts.

Tao: (*dow*) The All That Is. The term usually refers to the dimensionless ground of being rather than to its expression in the manifest universe's seven planes of creation.

Task companion: An essence one teams up with in the beginning of a grand cycle (or during the infant-soul cycle) to help with one another's life task. When both are incarnate, their life tasks are complementary, one ordinal and one cardinal. When only one is incarnate, the other is a spirit guide. It is the second-closest bond an essence can have, after that of essence twin. An essence-twin relationship is inward-looking, whereas a task companion relationship is outward-looking.

Task mate: An essence who was one's task companion during a previous grand cycle.

Telepathy: The negative pole of the higher intellectual center, in which one receives thoughts without integrating them into the total truth of a situation.

- Theory: The negative pole of the role of scholar, in which one is separate from experience, projecting ideas about it rather than directly connecting with it.
- Thought: The positive pole of the intellectual center, in which one considers information in an organic and alive manner rather than mechanically.
- Tranquility: The positive pole of the attitude of stoic, in which inner peace buffers one from external stresses to some extent.
- Transcendental soul: The incarnation of a representative of a reunited entity, e.g., Gandhi. The transcendental soul is a catalyst for social transformation.
- True Personality: Personality as intended by essence, in one's positive poles, undistorted by fear; the authentic self.
- Truth: One of the three universal forces, which also include love and beauty. It corresponds with the expression axis and intellect.
- Tyranny: The negative pole of the role of king, in which one feels entitled to have one's own way and tell others what to do.
- Undirectedness: The negative pole of the old soul age, in which one goes to seed and loses the ability to accomplish. Yarbrow uses the term *self-envelopation*.
- Vanity: The negative pole of the obstacle of arrogance, in which one vastly overinflates one's own value at the expense of seeing the value of others.
- Venusian: One of the primary body types. Its positive pole is *voluptuous*; its negative pole is *obese*. Venusian types are sensuous, warm, and easygoing. They tend to have olive skin, dark hair, and rounded bodies.
- Verification: The positive pole of the attitude of spiritualist, in which one not only perceives inspirational possibilities but determines the possibility of their being achieved.
- Versatility: The negative pole of the number three. It is the potential of creating an effective enterprise without the accomplishment of it.

Voluptuous: The positive pole of the venusian body type, in which one is sensually well developed, able to enjoy life's pleasures in a balanced way.

Voracity: The negative pole of the obstacle of greed, in which one has unbridled appetites.

Warrior: One of the essence roles. Its positive pole is *persuasion*; its negative pole is *coercion*. Warriors seek challenge.

Wiry: The positive pole of the martial body type, in which one is lean and tough, with good muscle tone.

Withdrawal: The negative pole of the goal of reevaluation, in which one becomes hermit-like and uncommunicative.

Young soul: Someone in the third of the five main physical-plane soul ages. Young souls have an achievement focus, emphasizing lessons about worldly success. Its positive pole is *accomplishment*; its negative pole is *self-centeredness*.

Zeal: The negative pole of the role of priest, in which one is carried away by one's ideas about the higher good and perhaps forces them on others.