



LESSON 1: Determining Your Legacy

(Please be sure to print this Lesson on Three Hole Punch Paper so that you can put it your binder)

1-A, Terminology

Welcome to the first lesson of the Personal~Professional~Spiritual Mastery Success Program. Before we start on the topic of this lesson, *Determining Your Legacy*, I want to take some time to get straight on the basic terminology that I will be using throughout the course. For many of you, this part of Lesson 1 may be familiar ground, but for the purposes of this program, it is important that you be able to communicate with your fellow practitioners, not just with me. To do that, I need to ensure that everyone means the same things by the words they use.

The terms you will find in this section of the text are also found in the terminology lesson slide show. However, I have ordered the terms alphabetically in the text. This is to make it easier for you to use this chapter as a resource in the future, since you'll be able to find the terms more quickly should you need them for subsequent lessons. I've also included a small notes section after each term so that you can add in your own comments and ideas about these concepts.

Let's get started!



Being

Being is a state in which one is detached from any outcome. Being is analogous to *living in the now*. Being is unattached observation of the self or a situation.

Notes:

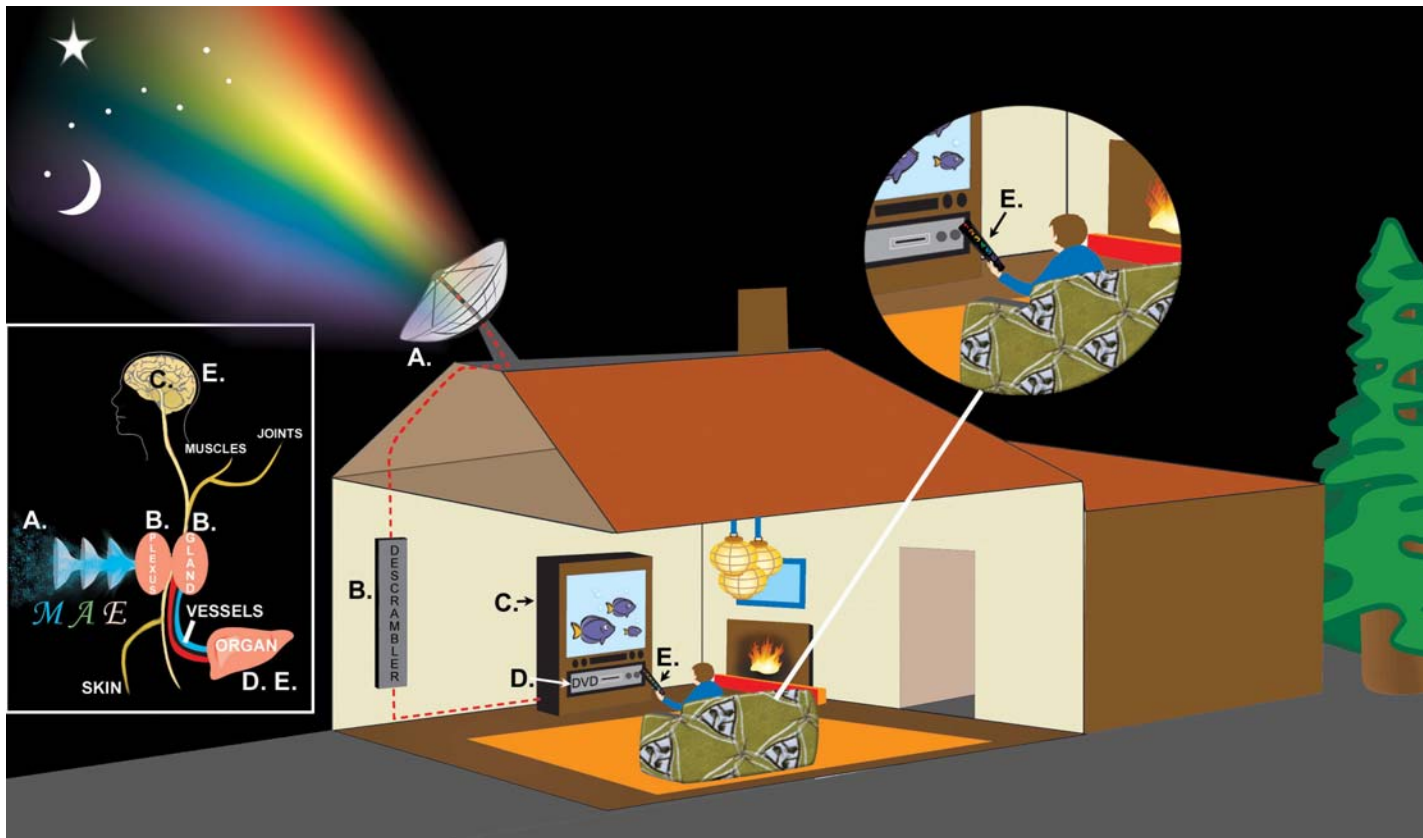
Chakra

A commonly misunderstood term, “Chakra” means *energy wheel*. A Chakra is an energy vortex. There are 7 Primary and 120 secondary Chakras. Each of the secondary Chakras corresponds to one of the joints in the body. Each of the seven primary Chakras is coupled to a gland, a nerve plexus and a specific set of psychological traits.

Functionally, Chakras are responsible for sending and receiving energetically encoded information between the internal and external environment of a living organism. The diagram below offers an analogy that clarifies how the Chakras function in relation to the body.



Mental, Astral and Etheric Chakras all act like stepdown transformers. They take high vibrations, slow them down and transform them into a form of information that can be decoded by the body. The nerve plexus and glands are the decoders in the body, descrambling the codes brought to them by the Chakras. Decoded information shows up in the mind as a mental image. These images are recorded in your organs. The organs record the emotional aspects of all of your experiences. Each of the seven primary Chakras tune into a specific psychological trait. The first Chakra, for example, handles issue of safety, security, tribal associations and money.



The energy vortex that is the Chakra extends both from the front and the back of an individual. The front vortex acts as a receiver as described above. The rear Chakra is an expression of the will. When you make use of the energy received through the Chakra,



anyone sensitive to Chakras will be able to feel the energies transmitted through the will via the back Chakra.

Notes:

Dialectic

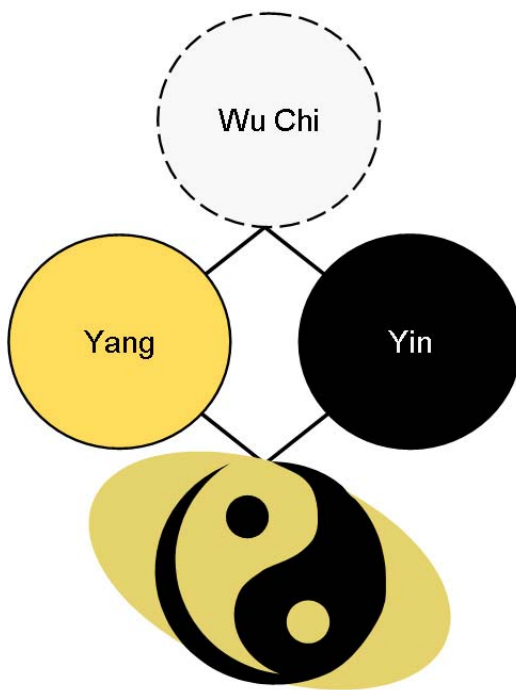
In philosophy, a dialectic exists when opposing opinions are seen as part of a larger whole. Once more, in philosophy, a dialectic is a process of arriving at the truth by weighing contradictory hypotheses and synthesizing them to arrive at a new theory. In nature, we see not red vs. violet, but a seamless transition between them. This is a dialectic.

Dialectics can also be thought of as tensions that exist. These tensions bind, but at the same time are separate. Yin (female) and Yang (male) are thought of as opposing forces or entities. They aren't, rather they are synergistic with one another. They emanate from Wu Chi (emptiness). Yin and Yang are *expressions* of Wu Chi.



Yin and Yang are *not* opposites just as men and women are not opposites. For example, any man has all of the female hormones in his body, just as any woman has all of the male hormones in her body. The difference is just a matter of how much of one kind of hormone one has in their body. Looking at the Yin~Yang symbol on the next page, you can see that Yin has Yang in it and Yang has Yin in it. This is the dialectic, men are *more* male and women are *more* female, but they are not opposites. Nor can one be understood completely without the other.

Notes:





Engram, Motor

A series of processes or commands associated with any given cognitive goal or task. A motor engram is the result of repetitive stimuli.

Notes:

Engram, Psychoneuroimmunological

Contrasted with a motor engram, the Psychoneurological engram as described by L. Ron Hubbard is a mental image or picture of an experience containing pain and a real or fancied threat to survival stored in the subconscious mind.

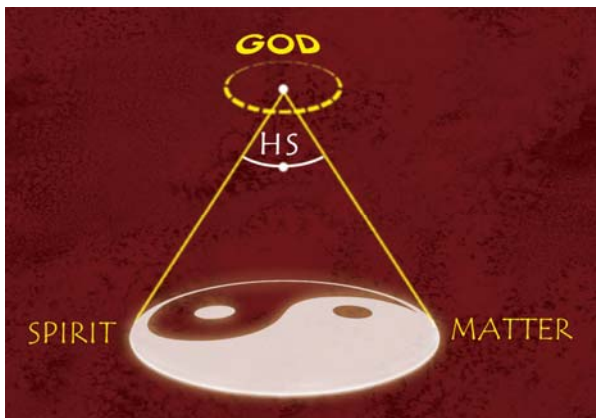
Notes:



Freedom

To live without restriction on thought or action. More specifically for the sake of the Personal~Professional~Spiritual Success Mastery Program, we will understand freedom to mean having ownership of one's own mind. While this may seem an odd way of defining freedom, as we will learn later in the program, there is a great deal of research showing that the vast majority of people do *not* own their own minds and this is a consequence of many influences.

Notes:



God

There is, perhaps, no more controversial term on the planet now and we will see throughout the program that our understanding of this concept can affect our lives in uncounted ways. In monotheistic traditions, God is seen as the source of all things that exist in the created Universe. In the Holy Trinity of



the Christian tradition, God is the source of both the Son and the Holy Spirit or matter and spirit respectively. Because the Bible states that Man is created in God's image, people have mistakenly come to believe that God is a kind of highly evolved human being. In actuality, God is the womb of all creation.

Notes:

Grace

Living in a state of perpetual thankfulness. Grace may also be understood as taking responsibility for all of your creations.

Notes:



Happiness

Getting what one wants in life in general, or in any particular situation. It is an internal state, largely determined by one's perception.

Notes:



Impossibility Wall

The impossibility wall is related to engrams. It is a limiting belief held by an individual, usually after being programmed with a negative engram or multiple engrams and their associated locks. Travel to the moon might be an example of an impossibility wall that we have broken through.

Notes:



Kosmos

Not to be confused with Cosmos, Kosmos is an all-inclusive term, capturing all objects in the *theosphere (the divine)*, *noosphere (the mental)*, the *biosphere (the biological)* and the realm of objects that feature in physics and chemistry.

Notes:

Lock

Related to the concept of an engram, a lock is a mental image of a disturbing experience the person has had, whose force depends upon secondary engrams which experience has stirred up.

Notes:



Love

Expressed in its authentic state, love consists of equal capacities for both giving and receiving. This authentic love can be found in *healthy* love expressed by a mother for her child.

Notes:

Love, Unconditional

While well-known avatars such as Jesus and Buddha have managed to express unconditional love, it is widely believed that this kind of love, though capable of being grasped conceptually, is unachievable in practice by humans. It may be seen as an ideal state towards which humans should strive. Mystics consider unconditional love to be the force that drives and governs the Universe.

Notes:



Meme

Originally conceived of by Richard Dawkins in his book *The Selfish Gene*, the meme is an entity analogous to the gene. The meme is a self-replicating *idea* that occupies the human mind in the same way that a symbiotic organism lives with its host. Any successful television ad or jingle can be seen as a meme. As with other symbiotic organisms, memes often have little care for the wellbeing of their host. We can see this in memes that attract buyers to products or lifestyle choices that are unhealthy.

Notes:

Meme Complex

A meme complex is a collection of memes that work together to ensure one another's survival. Such meme complexes are often engineered in this way. Example of memes engineered to work with other memes include offensive and defensive memes, centered around protecting some other meme or cluster of memes and thereby ensuring their persistence in the hosts. The threat of going to hell if one doesn't repent for their sins is a kind of defensive meme, engineered to keep one going to confession/church.

Notes:



Personal

Something that is kept to oneself. It may be difficult to determine exactly what is personal. Your traits and possessions may influence others in subtle ways even though you aren't conscious of it.

Notes:

Professional

A professional is someone that is paid to render a service. A licensed professional is monitored and sanctioned by a governing body. Unlicensed professionals do not operate under the guidance of any governing body.

Notes:



Spirit

Spirit is the energizing principle of the Divine. Spirit is not to be confused with the soul though they are closely and importantly related. To better understand spirit, think of humans as a computer. The hardware is our physical body. The soul is the software that runs on the computer. Finally, Spirit is the electricity that brings life to the computer and its software.

Notes:

Spiritual

A spiritual experience is an experience that is grounded in the physical and yet transcends the physical at the same time.

Notes:



Spirituality

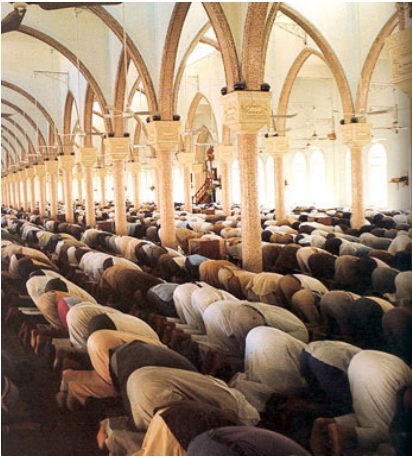
Typically seen as a practice or belief regarding something that transcends the physical. It is, however, incorrect to limit spirituality to beliefs regarding the immaterial, for spirit expresses itself in physical bodies.

Notes:

Success

Success embodies both getting what one wants and wanting what one gets. Note that by definition, success *requires* happiness since happiness is getting what one wants.

Notes:



Theomorphic

Derived from the Greek words *Theos*, meaning God, and *Morphic*, meaning structure, theomorphic means God taking form. Spirituality is theomorphic as it is the spirit taking form in physical practices.

Notes: