

MICHAEL TEACHINGS GLOSSARY

Abrading overleaves: *Overleaves* that tend to clash, especially in their negative poles, either internally or with other people's.

Acceptance: The second most common of the seven *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 love and tolerance.

Action axis: One of the four *axes*, or universal qualities, upon which the *roles* and *overleaves* lie. The action axis relates to doing in the outer world.

Agape: A state of unconditional love for everything. This is considered the ultimate goal of all sentient evolution. (Usually pronounced *ah-guh-pay*.)

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

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 experiences.

The appearance is that matter and energy have a sort of built-in digital recording device, storing their entire history in a photographic code, but the akashic records are actually windows into the past. They show events as they were experienced, so the information in them begins raw – it is not clarified, understood, and assimilated until a consciousness takes responsibility for doing so. Once it is fully assimilated, it is stored on the *akashic plane*.

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

Artisan: One of the seven *essence roles*. Its positive pole is *creation*; its negative pole is *artifice* or *self-deception*. 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 consciousness is focused between lifetimes and after completing the *physical plane*.

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

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

Baby soul: Someone in the second of the five main physical-plane *soul ages*. The baby soul cycle emphasizes lessons about working with the structure of civilization.

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 secondary body-type influences. The seven main body types are *lunar, saturnian, jovial, mercurial, venusian, martial, and solar*. A person can also have *neptunian, uranian, and plutonian* influences.

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

Cadence: A permanent grouping 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 his cadence, and his cadence's position within his greater cadence, significantly influence how he directs his energies. (*See also* Greater Cadences *and* Casting.)

Cadre: A unit consisting of seven *entities*. (*See also* Entity.)

Cardinal: Relating to the large or general picture; catalytic. Its positive pole is *lucid*; its negative pole is *active*. (*See also* Ordinal.)

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 is his position within his *entity* (*see* “Entity”), or commonly, just his *primary cadence* position (*see* Cadence).

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 seven *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*. People have seven centers that each process and store a different aspect of experience: *emotional, higher emotional, intellectual, higher intellectual, physical, moving, and instinctive*. A person's primary center is the part of self from which he dominantly experiences life and responds to stimuli – either the emotional, intellectual, physical, or moving center (or rarely, the instinctive center). The part of center is where his secondary responses originate. The higher intellectual and higher emotional centers are rarely if ever dominant in most people's experience.

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.

Chief feature: (*See* Chief obstacle.)

Chief obstacle: One of the overleaves, commonly called "chief feature." The chief obstacle is the focus of a person's fears and illusions. A person can also have a secondary obstacle, and most people encounter all the obstacles occasionally. The seven are *self-deprecation, arrogance, self-destruction, greed, martyrdom, impatience, and stubbornness*.

Cording: The act of establishing a cord of connection with another person that draws energy from him. Cording is

designed primarily for parents to support their children, and it is normally negative when independent adults cord orders.

Cycle: (*See Grand cycle.*)

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

Cynic: One of the seven *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.

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.

Discarnate: Not incarnate; not in a physical body.

Discrimination: One of the least common of the seven *goals*; called *rejection* in Yarbrow. Its positive pole is *sophistication*; its negative pole is *prejudice*. It is used for lifetimes emphasizing critical faculties.

Dominance: One of the seven *goals*. Its positive pole is *leadership*; its negative pole is *dictatorship*. It is used for lifetimes that emphasize “winning” and helping others win.

Emotional center: One of the seven *centers*. Its positive pole is *sensibility*; its negative pole is *sentimentality*. (*See also Center.*)

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 – it simply vibrates at a level we perceive as being solid. It is also another term for *beauty*, which, along with *love* and *truth*, are the three building blocks of existence.

Entity: In this book, usually refers to a “spiritual family” of about one thousand souls. Michael is the name of one entity. Entity is also used as in “channeled entity,” meaning a channeled consciousness of any kind, but generally a discarnate *astral plane soul*.

Essence: Soul, or “higher” self, as opposed to the outer personality, or “lower” self. It generally refers to all nonphysical levels of self, including the *astral* and *causal* selves, as well as those that resonate with the three highest planes, although it can be used to refer only to the latter.

Essence contact: Occurs when the 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 a powerful and life-changing experience, or relatively mild.

Essence mate: An essence who was your *essence twin* during a *previous grand cycle*.

Essence role: (*See 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. (*See also Grand cycle.*)

Expression axis: One of the four *axes*, or universal qualities, upon which the *roles* and *overleaves* lie. The expression axis relates to bringing the inner world into the outer.

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 to assist in the changes occurring here.

False personality: False ego; the part of self motivated by fear.

Flow: One of the seven *goals*; called *stagnation* in Yarbro, also known as *relaxation* and *equilibrium*. Its positive pole is *suspension* or *free-flowing*; its negative pole is *inertia*. It is used for lifetimes of rest or learning to let go.

Fragment: Individual *essence* or *soul*. The term conveys that each person is a fragment of the whole, and particularly, a fragment of his entity, with which he will recombine when he has completed all his lifetimes on the *physical plane*.

Frequency: Rate of vibration of the soul on a scale of one to one hundred. It gives the essence its “consistency.” Slow frequencies feel solid, medium frequencies feel liquid, and fast frequencies feel gaseous.

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

Grand cycle: A cycle of experience that begins when one’s *essence* is cast from the *Tao*. It includes physical-plane incarnations and subsequent progression through the higher planes. It is complete when essence is fully reabsorbed back into the *Tao*.

Greater cadence: A unit of seven *primary cadences*. (*See* Cadence.)

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

Growth: The most common of the seven *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.

Heart link: A bond formed through life experience that does not end when the lifetime is completed. It can be forged regardless of cadre by any intense sharing, from being an exemplary parent or child, to saving someone's life.

Higher center: The *higher intellectual*, *higher emotional*, or *moving center*. These are inner pathways to *truth*, *love*, and *beauty*, potently accessed most often during moments of great intensity, bringing transcendent, revelatory experiences. However, we also use them more routinely for overarching ideas, inspirations, and actions. (*See also Center.*)

Higher emotional center: One of the seven *centers*. Its positive pole is *empathy*; its negative pole is *intuition*. (*See also Higher center and Center.*)

Higher intellectual center: One of the seven *centers*. Its positive pole is *integration*; its negative pole is *telepathy*. (*See also Higher center and Center.*)

Idealist: One of the seven *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.

Impatience: One of the seven *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.

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

Infant soul: Someone in the first of the five main *physical-plane soul ages*. The infant soul cycle emphasizes lessons about survival.

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.

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

Instinctive center: One of the seven *centers*. Its positive pole is *atomic*; its negative pole is *anatomic*. (See also Center.)

Intellectual center: One of the seven *centers*. Its positive pole is *thought*; its negative pole is *reason*. (See also Center.)

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

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

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

Level: (See Soul age level.)

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 quadrate*. 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 thing the soul wants to accomplish. There can be more than one, with each having many aspects.

Lunar: One of the seven 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 excel at abstract thought.

Male/female energy ratio: The ratio between male (focused) and female (creative) energy in a particular essence. For example, an essence may have a ratio of 35% male energy/65% female energy. Male energy emphasizes doing; it moves into the outer world in a linear way toward goals. Female energy emphasizes being; it moves inward in a diffuse way, and creates atmosphere.

Martial: One of the seven primary *body types*. Its positive pole is *wiry*; its negative pole is *muscle-bound*. Martial types tend to have reddish hair and skin, muscled bodies, and be feisty and active.

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

Mature soul: Someone in the fourth of the five main physical-plane *soul ages*. The mature soul cycle emphasizes lessons about relationships, emotions, and the inner world.

Maya: Fear-driven illusion or false belief, particularly on the essence level (as opposed to false personality). It is a Hindu term referring to the transitory, illusory appearance of the physical world that obscures the spiritual reality from which it originates.

Medium: A channel who specializes in communication with people who have died, as opposed to one who works with higher or more abstract sources.

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

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

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

Michael: A group of 1050 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 a person's genuine *role*, *overleaves*, and *life path* emerge

wherever they were obscured by what she was conditioned to be. Those who do not successfully complete the midlife monad tend to remain stuck in their restrictive imprinting.

Mode: One of the *overleaves*. The mode is a person's primary way of operating. The seven modes are *reserve*, *passion*, *caution*, *power*, *perseverance*, *aggression*, and *observation*.

Monad: An essential physical-plane experience.

Moving center: One of the seven *centers*. Its positive pole is *enduring*; its negative pole is *energetic*. (See also Center.)

Negative pole: (See Poles.)

Nine needs: These are qualities of life experience that provide satisfaction: *security*, *adventure*, *freedom*, *expansion*, *power*, *expression*, *acceptance*, *communion*, and *exchange*. For each person, three are primary, and are listed in priority order. For example, one person's needs might be exchange, power, and freedom.

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

Old soul: Someone in the fifth of the five main physical-plane *soul ages*. The old soul cycle emphasizes lessons about perspective.

Ordinal: Relating to the small or specific picture; receptive. Its positive pole is *responsive*; its negative pole is *passive*. (See also Cardinal.)

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 of them, or works with balancing two of these qualities. 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, for example. 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 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*.

Parallel universe: An alternative reality similar to this one in which a person makes different critical choices, and goes in different directions as a result.

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

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

Physical center: One of the seven *centers*. Its positive pole is *amoral*; its negative pole is *erotic*. (*See also Center.*)

Physical plane: The densest of the seven *planes*; 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*.

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

Positive pole: (*See Poles.*)

Power: One of the seven *modes*. Its positive pole is *authority*; its negative pole is *oppression*. In power mode, one releases one's energy strongly.

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

Previous cycle: A *grand cycle* completed by an individual spark before its present one on earth. (*See Grand cycle.*)

Priest: One of the seven *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., 37%. As people continue to exercise their free will and make choices, that percentage can change.

Quadrant: A configuration of four souls who work together over many lifetimes; also known as *quadrant*, although technically, a quadrant is one quarter of a quadrangle. The positions of a quadrangle are *love*, *knowledge*, *power*, and *support* (or *compassion*). The first and third positions are strongest.

Realist: One of the seven *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.

Reevaluation: The least common of the seven *goals*; called *retardation* in Yarbro. Its positive pole is *atavism* or *simplicity*; its negative pole is *withdrawal*. It is used for lifetimes spent processing past experiences.

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: (*See* Discrimination.)

Repression: (*See* Reserve.)

Reserve: One of the seven *modes*; called *repression* in Yarbro. 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.

Retardation: (*See* Reevaluation.)

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

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

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

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

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

Sentient: Self-aware, choice-making consciousness. Humans and cetaceans (dolphins and whales) are the two primary sentient species on earth.

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.

Server: One of the seven *essence roles*; called *slave* in Yarbrow. Its positive pole is *service*; its negative pole is *bondage*. Servers seek the common good.

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

Slave: (See Server.)

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.

Solar: One of the seven 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.

Soul age: The soul's stage of development relative to the *physical plane*. The five main physical-plane soul ages are *infant, baby, young, mature, and old*. (See also *Transcendental soul and Infinite soul*.) Each soul age is divided into seven *levels*. (See *Soul age level*.)

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

Spirit guide: Nonphysical souls who support a person's growth, help him complete his *life tasks*, and in general provide the spiritual assistance he needs. Many people are spirit guides to others when they are discarnate.

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

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

Stagnation: (See *Flow*.)

Stoic: One of the seven *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.

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

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

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.*

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

Task companion: An *essence* one teams up with in the beginning of a grand cycle (or during the infant soul cycle) to help with each lifetime's *life task*, either by having the complement of one's life task on the *physical plane*, or by being 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*.

Transcendental soul: The incarnation of a representative of a reunited *entity*, e.g., Gandhi. The transcendental soul is a catalyst for social transformation.

Venusian: One of the seven primary *body types*. Its positive pole is *voluptuous*; its negative pole is *obese*. Venusian types tend to have olive skin, dark hair, and rounded bodies, and be sensuous, warm, and easygoing.

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

Young soul: Someone in the third of the five main physical-plane soul ages. The young soul cycle emphasizes lessons about worldly success.