

Glossary of Wholistic Terms

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The Creator: The Universal Energetic Presence, the Source and Regulator of all life.

Compassion: The human attitudes and behaviour we display when we recognize the Creator's Presence in another living being.

Energy: The vibration or movement that defines what's alive and determines the nature of all living things.

Life: The ongoing process of energy moving purposely throughout the universe to where it is needed

Living Beings: All things that vibrate, move, and posses energy are alive. Rocks, trees, furniture, clouds, mountains, oceans, food, and plants are examples of living beings..

System: An organized structure in which a group of interconnected living beings exchange energy in order to create something of mutual benefit. Examples; the human body, farms, galaxies, schools, gardens, cities, oceans

The Universe: The largest system that exists in our human understanding.

Universal Principles / Laws: The patterns of how life works or operates through the universe.

Self Awareness: The process of observing the nature of the energies that enter and leave our being and how they are effecting us. Self awareness leads to choice

Choice: The process of deciding what action we will take (or not take) after we have been stimulated by the energies of other living beings and become aware of them.

Relationships: The temporary energetic transfers that occur between living things when they are in some form of connection with each other. Energy moves through the universe by means of these energetic exchanges.

Balance: A relationship in which all partners have satisfied their energetic needs.

Harmony: A relationship in which all partners are actively working toward a common goal.

Wholistic: A system or relationship that is in balance and harmony and is complete.

Wholism: A paradigm, worldview, or model for creating balanced and harmonious relationships that is based on universal principles or laws.

Co-operation: An approach to relationships in which we try to satisfy the energetic needs of our relationship partners as well as our own.

Competition: An approach to relationships in which we emphasize the satisfaction of our own energetic needs without concern for those of our relationship partners.

Material: The dimension or range of vibrations in which minerals, plants, animals, and humans in physical form are designed to exist.

Spiritual: The dimension or range of vibrations in which angels and other light beings, including humans in their spiritual bodies, are designed to exist.