

Ki- Essence



# **SPIRITUAL GLOSSARY**

## **CHAKRAS**

The main energy centers of the body. When in alignment, good energy runs through you freely. The mind, body, and spirit are in sync. When they are chaotic, staticky, or blocked, one can be functioning at a lower vibration. This can cause high running emotions, anger, low self-esteem, and/or feelings of being OFF.

## **ENERGY CLEARING**

Negative, chaotic, congested frequencies held in one's aura can be blocked, stuck or nonexistent. This energy can be transmuted (changed) into positive purely aligned frequencies at a soul level.

## **KARMIC ENERGY**

Energy/Situations (positive or negative) inherited through one's lineage and ancestors.

## **FREQUENCIES**

Energy that one holds at a certain level of vibration.

## **PORTAL**

The Gateway to one's soul/spirit.

## **PURGING**

Abrupt removal; purification and cleansing of the soul.

## **TAP-IN**

Permission from one's Higher Self to enter their portal. This is done by obtaining a person's full name and full birthdate.

## **TRANSMUTING ENERGY**

Cleansing one's energy and transforming it into love and light. Energy never dies. It either transfers or changes.

## **VIBRATIONS**

High-frequency energy that impacts one's emotions, energy, and mindset.