



Glossary of Terms

Akashic Records

The bandwidth of the Gaia consciousness that we consider the collective consciousness of human beings. Other schools of thought call this the Gaia Mind or the Collective Consciousness.

Ancients

The I's of a collective of either the planetary consciousness, the galaxy consciousness or the Universe's consciousness. In the "I's" of the Universe, there are thousands and thousands of Ancients within Itself that are called "I's." When you take all of those "I's" collectively, you get one eventual grouping that makes up the core.

Artificial Intelligence (AI)

The name of the academic field of study which studies how to create computers and computer software that are capable of intelligent behavior.

Assimilation

A mental skill that allows you to experience things as they experience themselves. Assimilation allows you to experience what it feels like to be an animal or even an inanimate object. Assimilation is the starting point for countless other psychic abilities.

Astral Planes

Astral planes are really dimensions. Culturally, there were times when people didn't know how to explain these other realities. Sometimes they were so surreal compared to how they perceived reality that they deemed it the 'astral plane' or the 'ethereal plane.' (See Dimensions).

Astral Projection

An "out-of-body experience" often occurring during sleep or a meditative state during which the ethereal or astral energy field of the body separates from the physical body and travels over great distances to other locations. It is a process that sends conscious energy out from the physical body to collect information to bring back for experience.

Awakening

The phrase used to describe the transformation or process of becoming conscious from a prior state of unconsciousness, or unawareness. A dynamic of discovery during spiritual development. To wake from sleep. (see: Enlightenment.)

Aum

A mantra or chant done in a meditative state. Doing Aums raises your tonal and the Aums literally resonate and permeate all the objects around you, effectively re-writing all the undesirable environmental energy programming. [LINK](#)

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Babbler, The

A term to define repetitious, involuntary thoughts pervading through the organic brain. It is also referred to as “Mind-Chatter.”

Biochemistry

A term that summarizes the “chemical” functions of any “biological” organism. For example, this term would include human brain chemicals such as Serotonin, Dopamine, Acetylcholine, Phenylethylamine and others that directly relate to states of awareness.

Bodhi Tree

A very, large, old, sacred Figtree located in India, under which Siddhartha Gautama, the spiritual teacher later known as Buddha, is said to have attained enlightenment (Bodhi means awakening or enlightenment).

Buddha

Siddhartha Gautama, known as the Buddha, was born in the sixth century B.C. as a son of a chief in what is now modern Nepal. Siddhartha left a life of wealth and discovered a path of balance which he called The Middle Way. Buddha attained enlightenment, thus earning the title Buddha, or “Enlightened One.”

Calibration

A word to explain the conscious or unconscious adjustments or optimizations that take place in one’s energy, mind, or physicality. These different energy calibrations are often very subtle and not noticed; they occur all the time as a person adjusts to experiences in life. They are most often felt during meditation or clear states of consciousness.

Chakra

A name for the intersection areas of energy meridians (or electrical pathways) in the body. There are seven primary chakras along the spine. They extend from the tip of the tailbone to the crown of the head.

Chuning

Chuning is a technique you can use to clear your town or your house of bad energy where you pull a frequency from deep inside of you and release it out. When you chune, you’re opening a gateway for God to come through. That vibration permeates and travels through time and space for an infinite amount of time.

Chest Intelligence

An intelligence in your chest that works with your multi-dimensional consciousness.

Cloud Bust

A technique from Mind Storm where you use your mind to make clouds dissipate.

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Collective Consciousness

The planetary energy field of humanity's entire evolutionary experiences, shared beliefs, ideas, and attitudes which operate as a unifying force within a society. It is sometimes referred to as the Gaia Mind or the Akashic Records.

Crystallize

When one's modes of thinking are set into somewhat permanent patterns. The calcification of the pineal gland is a major contributor to this event causing spiritual inflexibility. Although the age of this biological and psychological event varies for each person, the average age is said to be twenty-eight.

Cube

A three-dimensional solid object bounded by six square faces, facets or sides, with three meeting at each vertex.

Cube, Siddhis

A cube that contains intense magnetics bearing down on an orbital core. Siddhis Powers and the symbol of the Cube is found throughout all major religions and spiritual paths. The Cube is a mystical element that binds almost every form of spirituality together.

Darkside, The

A term commonly used in the Star Wars movies to describe a destructive energy in the universe that destroys any manifestation or potential of creation.

Deep Resonating Aums

A meditation music CD featuring layers of recorded Aums by Eric Pepin while he was in a meditative state. Working with Deep Resonating Aums will raise your vibratory tonal exponentially. The Aums will quite literally resonate and permeate all objects around you, effectively re-writing all undesirable environmental energy programming.

Desiderata

A 1927 poem by American writer Max Ehrmann.

Direct Manifestation

Direct Manifestation is a simple but powerful technique used to create anything you want in your life: money, love, a new job, friendship, self-improvement, understanding, and more. Your imagination and the sincerity of your desire are the only things that limit you!



Dimension

One of the countless realms of reality or space. Alternate dimensions of reality can be experienced in degrees, from subtle to total immersion. There are countless dimensions of reality. These concepts are now being used in modern physics to develop theories of reality, such as String Theory. The term referenced by Eric is usually one of parallel dimensions where entities exist.

Doe (or Do)

'Doe' is the first and lowest tone of the diatonic scale. This term is used to define the primary vibratory state of the planet's consciousness. The "Doe" signifies a vibratory state that is limited to the immediate physical dimension which does not recognize higher energy frequencies. Within the 'Doe' state, immediate desires of the body outweigh the subtle urge for spiritual awakening.

Dreamscape

A therapeutic tool for revealing and handling issues that are troubling your mind. It provides a means to explore various possible higher states of consciousness. It will guide you into a vivid dream-like reality, opening doors that are normally only available to you in a dream state. In contrast to typical dreams that occur while asleep, Dreamscape "dreams" may be much easier to interact in, shape, and remember afterward.

Elongation

When entering deep states of meditation, an individual may feel as if their physical body is expanding upwards or outwards. It is actually an initial spontaneous movement of subtle energies of the body and often leads to "projections" of many types. The most common, Astral Elongation, is a result of specific energy frequencies being stimulated, through practicing nonthought, that link the physical body to its subtle energy bodies.

Entity

A term that defines any living thing in existence. It is also used to describe a spirit normally assumed (often wrongly) to be that of a dead person. Sometimes in reference to a spirit or a being from another dimension.

E.S.P.

An acronym for Extra Sensory Perception. Not only does it define the state in which all five body senses deliver a greater amount of information for the brain, it also encompasses 'paranormal' or psychic abilities such as: telepathy, precognition, psychometry, photometry, telekinesis, psychokinesis, projections, clairaudience and clairvoyance.

Face Morphing

A technique for experiencing what one looked like in a past life. During this technique, the facial structure can change or morph and sometimes even the clothing changes.

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Feels-Like

A “tag” or “feels-like” is what something feels like in your chest intelligence. Everything has a feels-like - a computer screen, a table, chair, pen, paper, etc. Without touching an object, you can imagine the texture, temperature, density, and clarity of it. You know how the object feels – its frequency.

Force, The

A term and concept for the positive life enriching conscious energy of the Universe. It is commonly used in the Star Wars movies to describe the life energy of the universe which binds any manifestation of matter together.

Frequency

A term used for the property or condition of an occurrence taking place at frequent intervals. Any form of existence has a range of frequency in order for it to exist. Frequency is a form of energy.

Gaia

The Gaia Hypothesis, formulated by James Lovelock, states that all living matter on the Earth contributes to a single living macrocosmic organism. Retrospectively in the system of a living earth, the collective consciousness of humanity would be considered the central nervous system.

Governor

An unconscious pattern and function of the brain that binds a person’s awareness to the physical world. It is a specific vibratory state which subsequently contributes to the rejection of all things that are not normal or that have yet to be discovered.

Greys, The

A short humanoid ‘alien’ species with a dark grey skin.

Grid, The

An invisible planetary energy web that interconnects all living things. If one can plug into this grid, they will have access to planetary collective experiences existing in higher dimensional vibrations. (see: Akashic Records)

Hyper-Dimensional Consciousness

The hyper-dimension is like a freeway that branches off into other dimensions. Using your mind, you can shift your consciousness into a hyper-dimensional state and begin to see and experience these other dimensions.

Icaro

A chant or mantra which is sung from a deep meditative state.



I's, The

The alternate personalities, roles, or egos within a person. A product of unconscious functioning, these I's unconsciously assist a person in coping with the environment.

In-Between, The

To be consciously shifted. There is a place between matter and energy where one can exist and be aware of both simultaneously. Not simply to be aware of yourself but to be in a special state of consciousness.

Inner-verse

The inner universe of the human body. Like the world of intelligent life that we experience, there are also intelligent life forms within our bodies; experiencing within their own universe.

Intent

Something that is intended consciously or unconsciously; an aim or purpose. Intent precedes any choice or course of action.

Jump

A term for remote influencing. A spiritual technique designed to create a desired effect at a distance. Jump teams contain three people with a balance of masculine and feminine energies.

Kirlian Photography

A photographic process using a high voltage, low amperage field of 50,000 volts or more. This process was invented by Semyon and Valentina Kirlian. It captures the radiation around objects and humans which is not visible to the naked eye. It is often used to photograph the energy field (Aura) that surrounds the human body and the energy transmissions when different forms of organic life cross each other.

Krishna

One of the most beloved and widely worshiped of all Hindu gods.

Kundalini

The elemental energy of the human body which, like a serpent, rests coiled at the base of the spine. Everyone uses Kundalini energy or power to maintain consciousness, but it very seldom rises up the central spinal channel beyond the first chakra center (the groin chakra). The Foundation meditation practice can be used to ascend to and activate the higher chakra centers.



Lotus, Full

This traditional body position provides a solid base for the practice of meditation and Prana breathing exercises. The spine is erect; the legs are crossed over one another; and the flow of blood to the legs is constricted and redirected to the internal organs. Traditionally the posture is a reminder to emulate the lotus plant, with its roots in the earth and its face reaching towards the sunlight. It is also the basis of many other yogic postures.

Lotus, Half

This seated meditation posture is almost identical to the Full Lotus position stated above. However, with the half-lotus, one foot rests on top of the opposite thigh with the sole pointing upwards, while the other foot rests on the floor, as in the common Indian position. (see: the meditation map provided with the Foundation Set in “Meditation Within Eternity.”)

Lucid Dreaming

Dreaming while knowing that one is dreaming. Lucidity usually begins when the dreamer realizes that the experience is not occurring in physical reality, but is a dream.

Magnetic Pill

A revolutionary supplement designed to “supercharge your neural network.” It is a scientifically proven brain supplement designed to give you deeper meditations, expanded consciousness, and a body that is fine-tuned to greater levels of development. Its main ingredient, magnetite, develops psychic abilities and enhances this sensory.

Mandala

A concept that takes you on a path in a direction that ends up somewhere. It always leads down the same path no matter who thinks about it. You might start off with a different concept but after thinking about it for such a long time, it directs you like a dimensional map. As you think about it, you apply it to your other thoughts and it makes everything link together giving you an epiphany.

Matrix

The Matrix is a term or allegory that dramatically conveys the view that ordinary appearances do not depict true reality and that gaining the truth transforms one’s life. The Matrix is the sensational world that traps one into believing that nothing outside the five senses even exists. The matrix is also a term for the apparent fabric of the reality in this dimension.

MDC

Multi-Dimensional Consciousness. (see: Consciousness)



Metronome

A device used to mark time by using regularly recurring ticking sounds or flashes at adjustable intervals. An effective tool for inducing states of deep trance or hypnosis.

Micro/Macro

A term to reference zooming from micro (the very small) to macro (the very large).

Micro-verse

A micro version of the universe. A universe of the very small (micro).

Middle Pillar

A term in reference to the deepest core of one's consciousness that is completely interconnected with the universe and all manifestations of life: It is the ultimate Self without a notion of ego separation.

Mindfulness

Discipline in which the mind reflects on a single point of reference. The state of attention or reflection of the mind's activities. The trait of staying aware. Using desired thought.

Navigator

The subtle urge everyone has in them that drives them to evolve and seek out the experiences of life to the fullest extent. It is an intuitive mechanism of the causal spirit used to perpetuate and direct the will of the Force.

Non-Thought

When masters suggested having non-thought, they meant to not have verbal words in one's head. It's thinking at a higher level without using the words. When you understand and internalize this concept, you can transcend the boundaries of everyday life.

OBE

An acronym for Out-of-Body Experience. An experience (similar to Astral Projection) which occurs when the astral body or etheric body leaves the physical body while the individual is in meditation, at rest, asleep, near death, or temporarily dead.

One-on-One (or 1-on-1), sometimes called "personal reading"

A private one-hour session with Eric Pepin on a variety of subjects including but not limited to spirituality and personal refinement. Usually, the person having the session will ask Eric questions that pertain to their spiritual life and Eric will give personalized advice and answers.



Paranormal

Beyond normal. Beyond the range of normal experience or scientific explanation. Beyond or above normal human ability or senses. (see E.S.P.)

Parapsychology

The study of E.S.P. and any other sort of psychic phenomena. Dates back to the foundation of the English Society of Physical Research in 1882 and continued through laboratory research at Duke University Parapsychology Laboratory, Stanford Research Institute and elsewhere.

Pineal Gland

A small endocrine gland in the brain situated beneath the back part of the corpus callosum; secretes melatonin; realized by many to be 'the seat of the soul.'

Planes of Light

A blissful vibratory state usually attained after maintaining deep prolonged focus during meditation and consistent Prana circulation. Perceived as an all encompassing brilliant illumination that internally and externally surrounds the meditator.

Prana

This is originally a yogic term for cosmic energy or the evolving life force of the Universe. Prana is thought to flow through the body, enriching and aligning health and vitality. It is considered the vital link between spiritual dimensions and material dimensions. Harnessing this energy through meditation enables people to accelerate the development of psychic states and the ability to perform miracles.

Psychokinesis

The power of mind over matter without the use of physical or sensory means. Together with ESP, psychokinesis (PK) includes telekinesis (the paranormal movement of objects); levitation and materialization; mysterious events associated with given people or houses, hauntings, and psychic healing. Since the 1930s, PK has been a major research interest among parapsychologists, especially in the United States and Russia.

Psychometry

The ability to gather information or impressions that are hidden to ordinary sensory perception from a physical object. The vibratory information and impressions could be the history of the object and its history of people and events associated with it.

Red Cell

A person who lives according to the natural purpose of Gaia and the vibration of the 'Doe' and is unconscious of the urge to pursue their full spiritual potential.

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Remote Influencing

A spiritual technique designed to create a desired effect at a distance.

Remote Viewing

The practice of using the sixth sense to describe details about a target that is inaccessible to normal senses. A remote viewer might be asked to describe a target (person, place or event) on the other side of the world or perhaps describe a person or an activity, without being told anything about the target.

Samadhi

Samadhi means being in the state of undifferentiated being. It is a state of consciousness whereby one realizes the oneness of self while other I's are put aside. Eric's reference of Samadhi is one of an ecstatic state of bliss.

Scanning

A technique of psychically receiving information from, but not limited to, a person, place, or thing.

Shadow Beings

Beings from another dimension that are dressed all in black.

Shangri-La

A mythical country allegedly located in the mountains of Tibet, created by James Hilton in his novel "Lost Horizon," in which he describes the perpetual youth and vigor of its residents.

Shifting

Changing your frequency to a higher level by reflecting on what you are and what you are part of. The more conscious you are of this, the more that 'reality' begins to change.

Siddhartha

Siddhartha Gautama, known as the Buddha, was born in the sixth century B.C. as a son of a chief in what is now modern Nepal. Siddhartha left a life of wealth and submitted himself to rigorous ascetic practices. Not fully satisfied, he discovered a path of balance rather than extremism. He called this The Middle Way. Buddha attained enlightenment, thus earning the title Buddha, or "Enlightened One." Buddha preached the Dharma in an effort to help others reach enlightenment.

Siddhis Powers

One of the Siddhis powers is the very big and the very small. Since everything is an illusion, if they perceive very big or they perceive very small, that is the higher truth.



Sixth Sense

The Sixth Sense is the ordinary term for the faculties of Extra Sensory Perception. (see E.S.P.) The Sixth Sense is the ability to receive or send information beyond the realm of the five senses of sight, sound, taste, touch, or smell.

Sleeper

Someone who lies dormant. One who has yet to awaken their Sixth Sense but can feel the impulses of their Navigator.

Soul

A term for the life energy of an individual; an energy body of the non-physical self. That part of the individual which survives death and lives on into the hereafter, before being reincarnated.

Super Being

A White Cell who has fully awakened and become a Super White Cell.

Telekinesis

The ability to move physical objects by force of will or mental energy alone. (see: Psychokinesis)

Third Eye

The Mind Chakra. The area approximately between the eyebrows thought to utilize intuitive sense. Also believed to be the center of psychic vision.

Ties That Bind

Refers to a chapter in Meditation Within Eternity which discusses the effects that energy has on every aspect of our lives and the world we live in. When you can understand this, you can reclaim, restructure and reprogram the energy in your environment.

Time-step

Move your consciousness back through time. You can project knowledge from the future into your past. Or you can send messages to your past self.

Tones (sometimes called 'Bars' or 'Pitches')

The "Voice of God." A high pitched frequency usually heard on one side of the head – either the right or the left. Comes from within your consciousness. Focusing on it allows it to become louder and louder.

Tonal

This term refers to the vibratory degree of frequency that the energy of a person, place or thing exists at. (see: Frequency; Vibration)

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Vibration

A particular frequency or resonance of a thing or event in existence. Not necessarily specific to that person or entity. (see: Frequency; Tonal)

White Cell

One who lives their life according to the divine will and direction of the Universe.

Yantra

A computer program that is designed to open your mind. If you can follow it with your consciousness, it unfolds your mind into another hyper dimension.

