

Wings of Freedom Terminology

These terms are used within the energy healing audios, training manuals, and throughout the website wingsoffreedom.com. Refer to these definitions to support your ability to better understand how energetic healing is supporting your evolution and growth.

Activations for Energetic Healing and Pattern Changing

All energy healing audios are set up with your Higher Self or Spirit directing the work (deciding what happens or does not happen) with your optimal spirit guides assisting in whatever way your Higher Self knows is best. They lead you through a energetic healing process similar to having an in-person session. Your mind, emotions and body are worked on by your optimal spirit guides who may activate energetic healing codes within you or work on your energy field with your Higher Self deciding what is done. Your soul is also multi-dimensional and multi- universe, and has knowledge of much more than what your human self is aware of. The audios suggest that your Higher Self brings in and activates awarenesses from other places your soul resides in that will optimally help you in your every day life. They suggest that outdated and unhelpful patterns are transformed and let go of so that you can begin the journey into feeling lighter and happier.

Aspects of your Soul

This term is used to describe each of your soul's lifetimes including any past, simultaneous/parallel or future lifetimes, recognizing that there is really no time and space in the cosmos. We have time and space on earth so we can function, but everything is likely all happening at the same time. Past lives refer to the lifetimes that are over and complete except for some unresolved things that are still impacting us and may need to be addressed and healed.

Aura

This is the egg-shaped energy field around you that is the attracting part of the energy field. All of your energy fields (**Etheric Body, Aura** and the **Spider Web/Universal Matrix**) are made up of patterns and geometric shapes that correlate with numbers. These configurations are a universal language putting out a soul message. The aura sends out the messages as to what our individual soul's want to learn, therefore attracting the people, places and situations we need for learning and growth.

Chakra System

These are the seven major energy centers that follow the spine. The 1st chakra is at your tailbone; the 2nd chakra is below your navel, the 3rd chakra is at your waist/solar plexus; the 4th chakra is at your heart; the 5th chakra is at your throat; the 6th chakra is at your eyes, and the 7th chakra is on the top of your head. The chakra system correlates with both the issues that we are all working through, as well as the positive attributes connected to them.

Codes for Ascension

Our bodies have dormant codes within them. We can now ask to activate these codes so that we can move to a higher frequency of light.

Collective Matrix see **Spider Web**

Cosmic Orange

Term used by Maureen Higgins to illustrate our multi-dimensional, multi-universe cosmos. If you think of an orange (the fruit) as the cosmos with twelve sections/slices in it, then each section represents a universe. Each Universe is made up of a millions of galaxies, with numerous planetary lifetimes and timelines. The universes/sections are what the orange is made of, so are technically thought of as one cosmos/one fruit. However, they are also separate since they are all encapsulated by a membrane that operates as a veil of sorts keeping each universe contained. Each section/universe (except the 12th one) has 11 dimensions to it that are at different vibratory states. Dimension 1 is the lowest vibration that aligns with hate; Dimension 11 is the highest vibration that aligns with love. Earth is in section one of the cosmic orange, and is now around the vibratory state of Dimension 3 to 4 which has lots of polarity due to its lower vibrational nature. Each universe has a major core issue connected to it (earth's universe is "victim/perpetrator"), that is shared with all the other universes, but hard to energetically heal unless we first energetically heal it within the universe the core issue is anchored in. We are now ready to access more of what is going on in these other universes so we can heal more deeply personally and collectively.

Crystalline Energies or Dimension

Another term for the **Eleventh Dimension** which is all about love.

Curses (both formal and informal)

This is a term used to describe the negative intentions invoked by people who want to harm others through their bad thoughts, behaviors and practices. Curses can become stuck in the current, ancestral and other lifetime's energetic fields and need to be transformed and resolved.

Dark Magicians

This term refers to individuals who want to intentionally harm others through misuse of energy, dark arts, intentions, and behaviors. In this paradigm, these are temporary roles that people/souls are playing, and through this work, we're inviting them to let go of the role and move into a higher state of love and well-being.

Dimensions (vertical)

These are vibratory states from hate to love. Dimension 1 = hate and Dimension 11 = love. A number of timelines can exist in each dimension.

Divine Self in Human Form

Our souls have all the wisdom and loving vibrations that are possible. Our souls are a part of a Oneness field that connects with everybody else souls as well. We've all chosen to have an experience in a physical body that is at a much lower vibration than our soul essence. We are working at raising the frequency of our human body so that we embody more of our Divine Essence thus know that we are part of the Divine and can feel the loving goodness of the Divine within.

Eggs in the energy field causing things to repeat

This a symbolic way of seeing energies that cause issues/patterns to repeat/re-hatch. These "eggs" can be removed so that the pattern/issue can be permanently let go of.

Emotional Parasites

Much like candida that feeds on sugar, energetic parasites can feed on our negative emotions. These parasites, if left unresolved, may keep us unconsciously craving the negative emotions we carry.

Encryptions

These are lock-in energies that keep things stuck in the energy field. They are typically placed there intentionally by dark arts masters to prevent people from moving forward in a positive way.

Energy Field

This consists of your **Chakra System, Etheric Body, Aura** and joins into the connecting energy field/spider web that connects you to everybody and everything.

Entities see **Lower Realm Entities**

Eleventh Dimensional Guides or Crystalline Guides

These are the guides (which could also be aspects of your own soul as well) who are from the 11th dimension, also called the Crystalline Dimension, which is all about love. They energetically heal with love.

Etheric Body

This is the energy field that serves as a blueprint of your mental, emotional and physical bodies. It can be an unhealthy blueprint at times or a healthy one depending on what is going on with your issues, patterns, beliefs, memories, emotions and behaviors. It is influenced significantly by your ancestors, all lifetimes you're in (past, present & future) and by the collective.

Fragment of Your Soul

Sometimes when a challenging or difficult event happens, you or others can lose a part of self. This is a part of your spirit or soul essence that splits off. After letting go of the difficult event or challenge, you can ask to call in the part of self (fragment of the soul) that was lost, and you can ask that it becomes a part of you again. This will help you feel lighter and more whole. A Shaman would call this a **Soul Retrieval**.

God or Source

The theory says that God/Source is a loving, yet neutral, consciousness that we are all a part of. Source/God wanted to have many experiences from hate to love to see what it would be like to have these experiences as a separate consciousness. God/Source created a hologram/duplication of self to experience these many vibratory states in many places. We are now ready to "wrap up" the experiences more aligned with hate and move into reclaiming our true nature which is aligned with love.

Golden Eye

The golden eye is a symbol of protection that helps people or souls feel safe to either cross over or let go of things no longer serve them.

Guided Imagery

Wings of Freedom's energy healing audios are set up in a guided imagery format. This helps you relax so that your brain gets out of the way, and helps the activations for energetic healing and pattern changing to be accepted more easily.

Higher Self

Each person has a Spirit that never dies — this is the eternal part of self. The Higher Self can be thought of as the inseparable ray of the universe that is also a part of self. All of the soul aspects from all of the lifetimes a soul is in past, present and future are a part of the Higher Self.

Indigenous Guides

These are guides who are connected to a native wisdom such as the Native American's who consider the earth sacred and practice the sacredness of all living things.

Interlocking Soul Group

These are souls we are close to and have many lifetimes with but not all of them. They can feel like a soul group member due to the strong connection we have with them.

Lesson Givers

These are souls helping you transform outdated patterns, issues, beliefs, memories, emotions and behaviors by being a difficult personality for you. Their role forces you to work through your issues and challenges typically through conflict or lack of resolution. The pain involved in this can feel like the, "hitting you over the head" approach in order to force a shift in you since we as humans can be stubborn and resistant to change. The more you are open to learning the lesson, the less painful it is for you. Many times, these souls are in your soul group since they have the most impact on you.

Lost Souls

This refers to a soul who doesn't cross over after a lifetime is complete. The theory says that all souls have many lifetimes going on at the same time so this would mean that a small part of the soul's essence is stuck due to a lifetime that is unresolved.

Lower Realm Entities or Entities

Refers to Beings who exist in Dimensions 1, 2, 3 and 4. In Dimensions 3 and 4, they co-exist with humans in ways that may be less obvious to us or perhaps invisible to the physical eye. They influence us and anchor in our core issues. This is a temporary state of existence more aligned with hate. We all have some part of us who is there or who was there, but it is a temporary experience that can be transformed. You could think of it as transforming your shadow side.

Middle Realms

These are souls who exist in Dimensions 6 - 9. In this theory, Dimension 5 is more of a no time and no space zone that needs to be repaired in order for us to reconnect with the middle realms again. The middle realms have a much higher perspective than on earth and are more able to work through issues and challenges in a higher level way. They also tend to see all souls as interconnected and part of a giant field of consciousness. Our goal is to raise our consciousness to more of a middle realm status so we can be happier, lighter and more advanced in our thinking and feeling states.

Middle Realm Guides

These are the guides (who could also be aspects of your own soul) who are typically from the 8th and 9th dimensions. They are good at seeing things from a higher perspective and can actively help you work through issues and assist in clearing things up in your energy field.

Multi-Dimensional and Multi-Universe Cosmos

Source or God created a likeness of self or a hologram, and also created something like the **Cosmic Orange** to gather experiences. We take turns playing different roles much like actors and actresses in a play. Now we are wrapping up the “play” of Dimensions 1 – 4 since we no longer need these experiences.

Multi-Dimensional and Multi-Universe Souls

This refers to the concept that our souls can be having many lifetimes/experiences all at once, and in many dimensions. A more detailed description is given above, in **Multi-Dimensional and Multi-Universe Cosmos**.

No Time and No Space Cocoon or Zone

Much of the cosmos operates with no time and no space. However, earth uses time and space so we can function in our daily lives. The term “no time and no space cocoon” is used a lot throughout this work. You are asking that a cocoon of sorts wraps around you (much like a caterpillar in a cocoon) to make changes happen easier and faster. This helps the mind, emotions and body feel healthier when making changes. You can ask to surround yourself with a no time and no space cocoon or zone any time you want to help yourself make changes more effortlessly.

Optimal Spiritual Team or Spiritual Guides

This refers to soul friends and ancestors, or a higher aspect of your own soul, that are acting as spirit guides. You want the optimal help in your life. These processes and activations for energetic healing and pattern changing, asks that your optimal spirit guides come in to assist you with the energy healing work.

Perpetrators

These are people who intentionally do harm to others, but are not always **Dark Magicians**.

Repeat Sequences

These are energies placed in the energy field by **Dark Magicians** intended to keep things stuck. They work to keep difficult and challenging things continuously repeating in the field despite the many attempts made to clear them up and create positive change.

Restructuring and Recalibrating all energy fields that affect you

Your energy field is in a pattern that correlates with where you are at mentally, emotionally and physically. The pattern is set up with geometric shapes and lines that correspond with numbers (much like geometry does) that are a universal language. Whenever you make a change, through energetically healing yourself, your energy field becomes jumbled since the old pattern no longer fits. Your field will eventually reconfigure into a new pattern on its own, but it can take a few days, and it can make you feel out of sorts in the meantime. You can ask to restructure and recalibrate your energy field so that it goes into the new pattern right away. This will help you adapt more easily to the changes you are going through.

Scar Tissue

If you've had an injury or difficulty in your current lifetime, your physical body may have scar tissue from it. This keeps issues from clearing more easily since it creates a physical and energetic block due to the hardened scar tissue. You can also have a scar tissue imprint from another lifetime's injury or challenge that is only energetic in nature. During an injury or difficulty, your energy field will open and then slowly close back up again. During this "closing back" period, things that are going on around you may become woven into your energy field such as lost souls, entities, emotions and outdated timelines, etc. The processes will help to transform physical and energetic scar tissues and what is trapped because of them.

Spider Web/Universal or Collective Matrix

This is the energy field that is much like a spider web connecting you to everybody and everything. The issues, patterns, memories, beliefs, emotions, behaviors of your ancestors, all lifetimes (past, present, future) and the collective/cosmos is a part of this web/matrix. Therefore, much of what you're feeling and experiencing is not always your own.

Spirit Guides see **Optimal Spirit Team**

Splicing

Editing or changing anything that no longer serves you to an optimal connection or form. This is much like old movie film where editors cut out what they no longer want. Positive energies or gifts can also be spliced into our fields.

Soul Group

These are the souls you have all your lifetimes with by either being in the same incarnation/lifetime together, or by helping from the other side and acting as more of a Spirit Guide. These are the closest souls to you. They can take lesson giver roles (more challenging roles) to force you to transform what you've come into a lifetime to energetically heal, or they can be the most supportive people in your life.

Structures see **Templates and Structures**

Soul Retrieval

Sometimes when a challenging or difficult event happens, you can lose a part of self. This could be thought of as a **Fragment of Your Soul** or as a part of your spirit or soul essence that gets split off. After letting go of the difficult event or challenge, you can ask to call back this part of self that was lost, and you can ask that it becomes a part of you again. This will help you feel lighter and more whole. A Shaman would call this a **Soul Retrieval**.

Templates and Structures

Templates are considered a blueprint or roadmap that is like a navigational system. Many of the protocols ask for a new template so that you can create a new, positive way of thinking, feeling or behaving. This is brought into the **Etheric Body, Aura** and **Spider Web/Universal Matrix** (that connects you to everybody and everything), so that you have a new way to navigate through life that is different than before. **Structures** are similar to a container that holds the energy (which can be either positive or negative), and connects you up to everybody and everything. This energetic healing work may ask that a new structure/new container comes in to hold a positive new energy so you can connect into the **Spider Web/Universal Matrix** (that connects you to everybody and everything), through this more loving energy. Old templates and structures may be asked to be dissolved since they no longer serve you.

Timelines

These are individual lifetimes. You could think of a timeline as one person's individual life span or as the entire span of human existence operating under the same history (e.g. earth has a timeline that humans can track as past, present, future).

Tunnel of Light

When souls leave their human body, they typically go through a tunnel of light, which is a portal of sorts, that takes them to a more loving dimension or reality. This portal will cleanse away all worries and negativity from the lifetime they were in. A tunnel of light can also refer to an avenue for a soul to transform/ascend into a higher level of consciousness.

Universal Matrix see **Spider Web**

Wrapping up the lower realms

This is based on the premise that we are at a time in history where we are ready to transform Dimensions 1 – 4, (which are more aligned with hate), so that we can all move into a more loving and unity based consciousness. We have experienced what we need from these dimensions and are ready to move to a less polarized state of existence that is more aligned with love.

I2:I2 Portals

This is a way to call in the 12th dimension/Source/Oneness field, and the 12th universe/hologram of Source/Oneness. The 12:12 portal acts like a doorway for crossing souls over, and specifically calling it in allows the process to happen more quickly.

I3 Grandmothers

This term describes an international council of native elder women who carry the wisdom of their tribe, and have devoted their lives to “prayer and action”.

I44 DNA Activation

This is an activation that you ask the guides to bring in for yourself or for a client. It connects you up to your most advanced aspects of self to help you energetically heal yourself, repair the quantum field, and restore it to its most Divine nature throughout the 12 universes.

222 and 9999 Group Consciousness

222 is a master number, and it is the amount of souls needed for energetically healing the planet and humanity from the lower realms. 9999 is also a master number, and it is the amount of souls needed to raise our mental, emotional and physical bodies frequency to a higher level of light. This allows us to start operating at the 6th dimensional state rather than the current 3rd to 4th dimensional state.