



#wordsmatter

Glossary Digest #1

#Wordsmatter – Glossary Digest #1 featuring: #Sanctuary, #Soul, #Alchemy, #Communion, #Water, #Prosperity and #Light. eBook #26 by Willi Paul, Planetshifter.com Media

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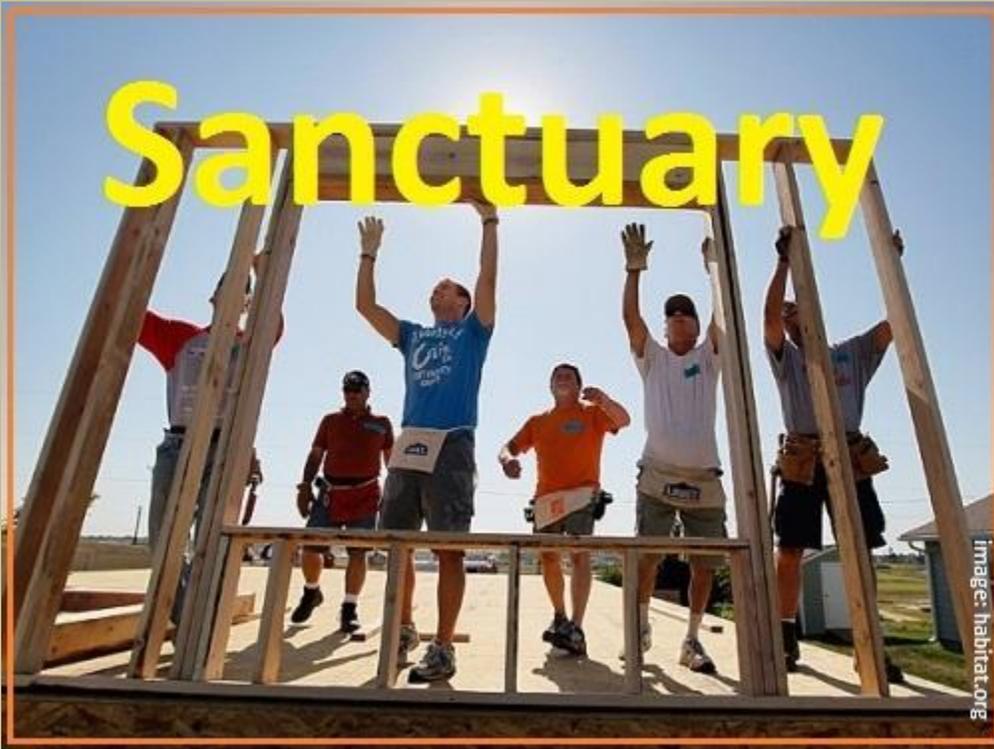
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“[Sanctuary](#)” – A Glossary and Questions for “Permaculture and Transition Children” by Willi Paul, Planetshifter.com Media +PDF

A [sanctuary](#), in its original meaning, is a sacred place, such as a shrine. By the use of such places as a safe haven, by extension the term has come to be used for any place of safety. This secondary use can be categorized into human sanctuary, a safe place for humans, such as a political sanctuary; and non-human sanctuary, such as an animal or plant sanctuary.

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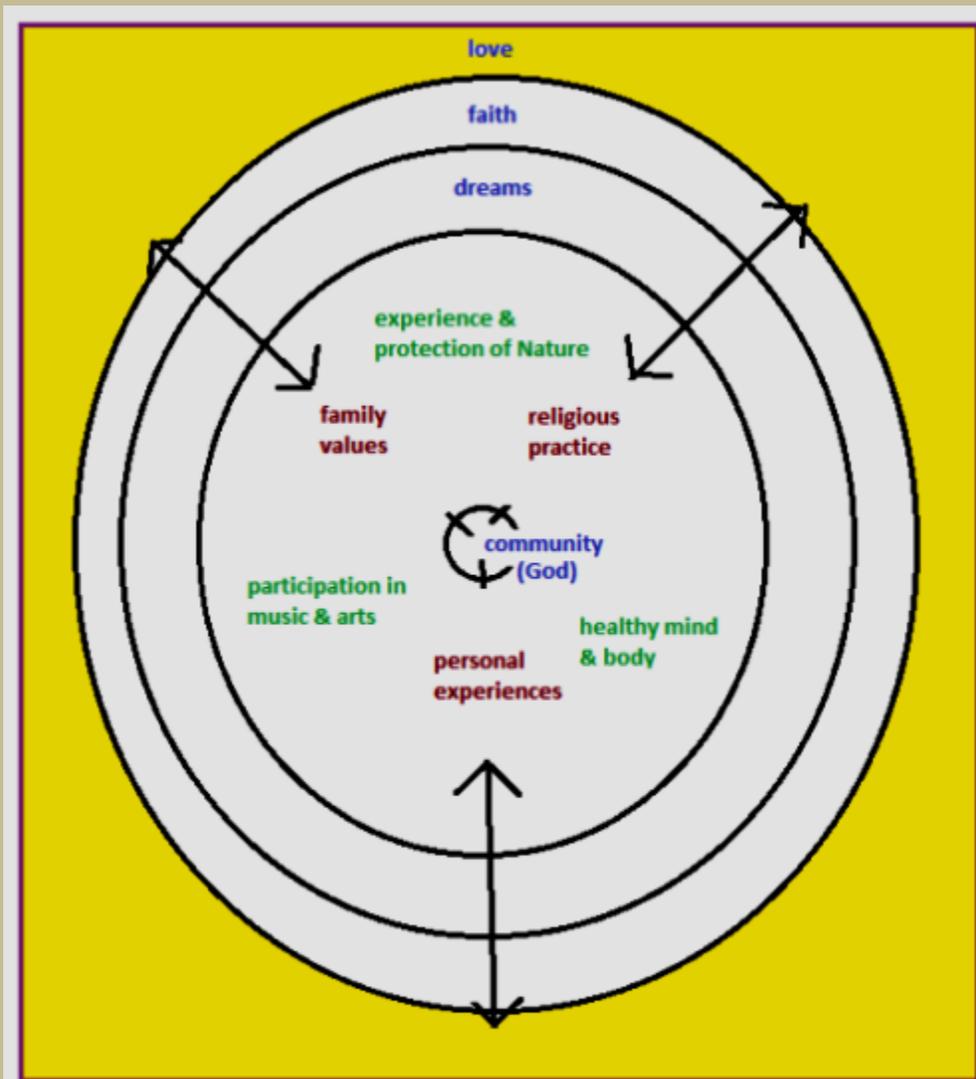
Sanctuary is a [spiritual](#) place for the individual or the community. **Music** is the key for cosmic awareness at the door of many sanctuaries. Security, like in a **Bomb Shelter**, is not sanctuary. [Privacy](#) is not sanctuary. Through initiation and ritual, we are inducted and educated to respect and energize sacred rites within sanctuaries. [Labyrinths](#) are often built in a protected place and can be a “**spiritual in sanctuary**” experience for some.

ReWilding is being with, or immersed in, **Nature**. Returning to a simpler way of living with the land and the animals can foster sanctuary. A fire pit, [Fire Circle](#), hearth or a cooking fire is not sanctuary but can be an [alchemic spark](#) to find one.

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Questions for Children and Guides:

1. Do you think that the Internet is a sanctuary?
2. How can love create sanctuary?
3. Where is paradise?
4. Where are your sanctuaries?
5. Have you found a sanctuary in Nature?



Human Soul by Willi Paul, 2016

“Soul is Spiritual Mud!” - [A New Vision of Human Soul](#) & Glossary by Willi Paul, Planetshifter.com Media

“I read the Bible often
 I try to read it right
 As far as I can understand
 It's nothing but a burning light
 I'm going to ask the question
 Please answer if you can
 Is there anybody's children can tell me
 What is the soul of a man?”

“Soul of a Man” | [Bruce Cockburn](#) | Nothing but a Burning Light

* * * * *

As RUSH sings in their classic song: “The Big Wheel”, the vision for the human Soul is a wheel that can go forward and backward; upward and downward. Please see the illustration. But there is, alas, no “right dance or final judgement per se, just a lifetime of exploration, decisions good and bad, and the memory of your life from folks that survive you.

Here is a new map of the Soul. An Ecology, integration and complex inter-relatedness simplified. Community-driven, experiential and value drenched scheme. In part, soul is religion soaked but not bribed; it is often pursued as a container or metaphor.

Not a mystery, Soul, is a multi-door initiation, a series of tests and responses. Temporary, customized per each life. A process alchemic: transmutational, paradoxical. Soul is measured in Human Life-Times.

Soul is Spiritual Mud.

Elements from the Vision -

Community (God) – As in my mythological work, community is front and center as our Soul work shines brightness in the group, neighborhood and town. I am soulful working side by side in the multi-generational clothes drives, food forest harvest and Nature classrooms.

Participation in music & arts – “Active Soul” is playing music and doing art.

Experience & protection of Nature – Being in Nature is the primordial meditation and Soul Channel One.

Family Values – The transmission of values and stories from your parents is Soul glue.

Religious practices – There are tons of reasons to attend a religious service, many are from routines and hypocritical, yes? See Community (above).

Personal experiences – How we make decisions and customize our days can bring our Souls rich rewards or a lifetime of un-fulfillment. Our Soul is our choice.

Healthy body & mind – Wise diet and exercise supports a healthy Soul.

Dreams – Soul cannot live without our dreams. These bring us symbols and archetypes that freshen.

Faith – Akin to Religious practices (above) but is more powerful when we include simple gestures and personal prayer.

Love – Trust making, honesty and respect.

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A Soul Glossary -

[Quakers](#) believe that God speaks through the contributions made at the meeting. Some people say that there is often a feeling that a divine presence has settled over the group. The words should come from the soul - from the inner light - rather than the mind.

“... [Muslims](#) infer the existence of the soul from the fact that we observe bodies that perform certain acts with some degree of will. These acts are exemplified in taking nourishment, growing, reproducing, moving and perceiving. Since these acts do not belong to the nature of bodies, for this nature is devoid of will, they must belong to a principle they have other than bodies. This principle is what is called ‘soul’.”

In [Catholicism](#), the soul is the spiritual principle of human beings and is the subject of human consciousness and freedom; soul and body together form one unique human nature. Each human soul is individual and immortal, immediately created by God. The soul does not die with the body, from which it is separated by death, and with which it will be reunited in the final resurrection.

In [Mormon](#) scripture, the term soul is used as a synonym for spirit to describe a person in four different phases of his or her eternal existence. Soul is used to describe a person in pre-mortal life—before birth. During earth life, the soul is joined with a physical body. At death, the soul leaves the body and goes to the spirit world to await resurrection. In the Resurrection, the body and soul are inseparably connected, which is called “the redemption of the soul”).

[Paganism](#) believed in the human soul. Paganism believed the human soul was immortal. Paganism believed in immortal human soul first. Then Judaism and Christianity came along, and Jews and Christians believed in the human soul. The soul is not a thing. The soul is a concept.

[Jews](#) believe that the soul consists of three parts which are called by the Hebrew names, nefesh, ruach and neshama. The word neshama is a cognate of nesheema, which means literally "breath." Ruach means "wind." Nefesh comes from the root nafash, meaning "rest."

[The Buddha](#) teaches that what we call ego, self, soul, personality, etc., are merely conventional terms that do not refer to any real, independent entity. According to Buddhism there is no reason to believe that there is an eternal soul that comes from heaven or that is created by itself and that will transmigrate or proceed straight away either to heaven or hell after death. Buddhists cannot accept that there is anything either in this world or any other world that is eternal or unchangeable. We only cling to ourselves and hope to find something immortal. We are like children who wish to clasp a rainbow. To children, a rainbow is something vivid and real; but the grown-ups know that it is merely an illusion caused by certain rays of light and drops of water. The light is only a series of waves or undulations that have no more reality than the rainbow itself.



“Alchemy: A Glossary for Permaculture & Transition” by Willi Paul, planetshifter.com

[Alchemy](#) is action with heart and a plan. New alchemies are now available and can be experienced as a spiritual exchange, group brainstorm, and garden digs. I propose that the following types of alchemy are available for our use.

* * * * *

[Imaginative Alchemy](#) – The power of the idea and collaboration, making visions real.

[Eco Alchemy](#) – Creating and sharing new solutions for global stewardship and permaculture practices.

[Shamanic Alchemy](#) – Journeys, initiations and holistic practices with the spirit as lead by a wise healer.

[Sound or Sonic Alchemy](#) – Vibrations, natural or human made, and their power to support creation.

[Digital Alchemy](#) – Computerized images and text that create new stories, songs and myths.

[Community Alchemy](#) – in transition together, sharing best practices and as we build a permaculture future.

[Earth Alchemy](#) – Seeing the Earth and Nature as a living, evolving organism. Humans, plants and animals as one.



communion and the new mythology

“Communion” – A Glossary for “Permaculture” and “Transition” Children by Willi Paul,
Planetshifter.com Media

Old Mythology -

[Holy Communion](#) (also called the Lord's Supper and the Eucharist) is a rite considered by most Christian churches to be a sacrament. According to some New Testament books, it was instituted by Jesus Christ during his Last Supper. Giving his disciples bread and wine during the Passover meal, Jesus commanded his followers to "do this in memory of me," while referring to the bread as "my body" and the wine as "my blood." Through the Eucharistic celebration Christians remember Christ's sacrifice of himself once and for all on the cross.

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New Mythology -

Consider a new communion based on Nature and the global community. An [interchange or sharing of thoughts or emotions](#); sharing or holding in common.

Examples of sacred participation may include the following:

[Amazon Tribe Ayahuasca Ceremony](#) –

The Ayahuasca ceremonies are led by people with years of experience taking Ayahuasca and they are well versed in dealing with different situations that may arise within ceremony. Logistically, one person leads the ceremony, while other experienced assistants support the participants, in order to provide a safe environment for you to go through the experience with peace of mind. It is important that participants feel safe, especially if this is the first time you are taking Ayahuasca.

[Quaker Meeting for Worship](#)

Quakers (or Friends, as they refer to themselves) are members of a family of religious movements collectively known as the Religious Society of Friends. One type of gathering is called unprogrammed worship (also known as "silent worship" or holy communion). Friends believe that God plans what will happen, with his spirit leading people to speak.

[American Indian Rain Dance](#)

The Native American Rain dance is a centuries-old tradition, filled with symbolism, including the wearing of feathers and turquoise to represent wind and water.

[Permaculture Convergence](#)

The annual Northwest Permaculture Convergence is a unique opportunity to share permaculture skills, stories and fun with others who are working to build resilient communities. The 2015 Convergence is the first ever to be hosted in a suburban neighborhood. In Eugene, host city for the event, there are

many impressive sites to show and stories to tell about greening our lives, neighborhoods and communities.

[Share Faire – Transition Palo Alto](#)

Our quarterly Share Faire brings all the benefits of sharing Stories, Skills, and Stuff together in one fun event. Come join us to share garden produce, arts and crafts supplies, books, toys, and clothes. We'll have music, bike repair, storytelling, and other demos each time.

[Neighborhood Mythology Program - A Curriculum Vision](#)

Desired Outcomes -

- + Community Awareness and Trust Building
- + Revitalized Power of Old Mythologies
- + Improved Writing, Illustration for Storytelling & New Myth Making
- + Spreading Permaculture and Transition Values

[Pagan - Celebrations of Nature](#)

Paganism sees the Divine as manifest in all Nature. For Pagans, the turning pattern of the seasons is a mirror in which to see reflections of the many changing faces of the Old Gods. Pagans celebrate seasonal festivals to commune with Nature's mysteries. By way of myth, poetry and ritual drama, Pagans enact simple rituals as acts of worship and joyful celebration.

[UN – General Assembly](#)

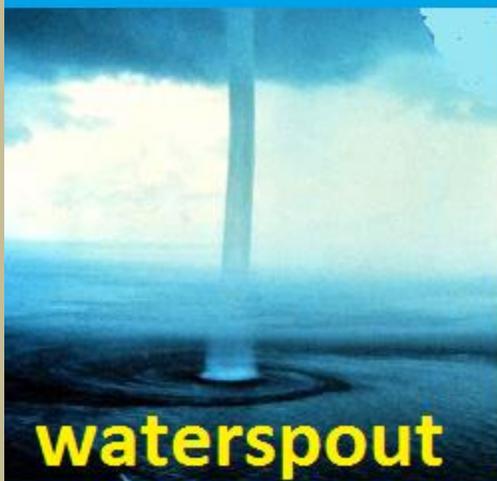
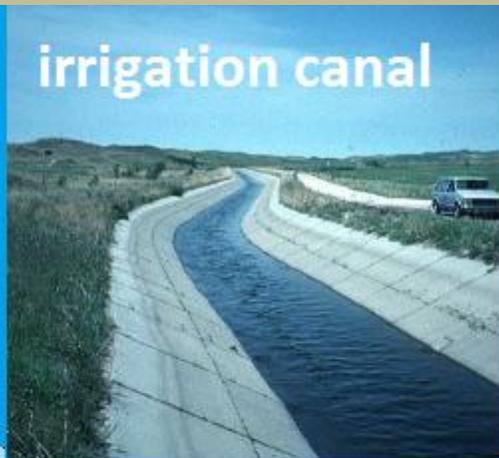
The General Assembly meets under its president or Secretary-General in regular yearly sessions the main part of which lasts from September to December and resumed part from January until all issues are addressed (which often is just before the next session's start). It can also reconvene for special and emergency special sessions. Its composition, functions, powers, voting, and procedures are set out in Chapter IV of the United Nations Charter.

[Family Picnic / Fishing Trip](#)

Nothing says summer better than a leisurely picnic and eating alfresco is the perfect way to celebrate the season. But eating outdoors shouldn't mean leaving a trail of litter in the form of disposable plates and cutlery. There are plenty of ways to make your picnic as green as the grass you'll be sitting on.

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No matter how or when you choose to get together, only you can decide what is sacred.



“Water” – A Glossary for Creative Kids by Willi Paul, Planetshifter.com Media

A **sun shower** is a meteorological phenomenon in which rain falls while the sun is shining. These conditions often lead to the appearance of a rainbow, if the sun is at a low enough angle. The phenomenon has a wide range of sometimes remarkably similar folkloric names in cultures around the world. A common theme is that of clever animals and tricksters getting married or related to the devil, although many variations of parts of this theme exist.

A **rainbow** is a phenomenon that is caused by reflection, refraction and dispersion of light in water droplets resulting in a spectrum of light appearing in the sky. It takes the form of a multi-colored arc. Rainbows caused by sunlight always appear in the section of sky directly opposite the sun.

Fracking pollutes by placing stress on **surface water** and **ground water** supplies from the withdrawal of large volumes of water used in drilling and hydraulic fracturing. Each time a well is fractured ("fracked") it requires massive amounts of water. It is estimated that the average well will use 5.6 million gallons per frack. If you figure an average family of 4 in Ohio uses about 300 gallons of water per day, the water used in one fracture would supply one household with water for 51 years.

Drought is an extended time when a region receives a deficiency in its water supply, whether atmospheric, surface or ground water. A drought can last for months or years. Generally, this occurs when a region receives consistently below average precipitation. It can have a substantial impact on the ecosystem and agriculture of the affected region. Although droughts can persist for several years, even a short, intense drought can cause significant damage and harm to the local economy.

[Adhesion tension](#) is how water molecules get together and march up and down the roots and leaves of the plants.

Beaver dams are dams built by beavers to provide ponds as protection against predators such as coyotes, wolves, and bears, and to provide easy access to food during winter. These structures modify the natural environment in such a way that the overall ecosystem builds upon the change, making beavers a keystone species.

An **iceberg** is a large piece of freshwater ice that has broken off a glacier or an ice shelf and is floating freely in open water. It may subsequently become frozen into pack ice (one form of sea ice). As it drifts into shallower waters, it may come into contact with the seabed, a process referred to as seabed gouging by ice.

In meteorology, a **cyclone** is an area of closed, circular fluid motion rotating in the same direction as the Earth. This is usually characterized by inward spiraling winds that rotate counterclockwise in the Northern Hemisphere and clockwise in the Southern Hemisphere of the Earth.

A **waterspout** is an intense columnar vortex (usually appearing as a funnel-shaped cloud) that occurs over a body of water. In the common form, it is a non-supercell tornado over water. Most waterspouts do not suck up water; they are small and weak rotating columns of air over water.

[Nestle Water Bottling Proposal](#) - Nestlé has proposed to bottle over 100 million gallons of water per year from Oxbow Springs, a publicly-owned water source in the Columbia River Gorge National Scenic Area. The accompanying bottling plant would be built in the city of Cascade Locks and would strain existing water and transportation infrastructure, requiring millions of dollars of upgrades. Despite this, and the 200 semi-truck trips through town every day, city officials support the proposal based on Nestlé's promise of up to 50 new jobs. **[Bark](#)** is a lead member of the Keep Nestlé Out of the Gorge Coalition, which represents many tens of thousands of concerned citizens who do not want Nestlé to take their water. Bark has facilitated over 94,000 people in telling state officials that the Oxbow Springs giveaway is not in the "public interest," a standard by which the application is measured.

A **fish ladder**, also known as a fish way, fish pass or fish steps, is a structure on or around artificial and natural barriers (such as dams, locks and waterfalls) to facilitate diadromous fishes' natural migration (i.e. - can both live in fresh water and in the ocean). Most fish ways enable fish to pass around the barriers by swimming and leaping up a series of relatively low steps (hence the term ladder) into the waters on the other side. The velocity of water falling over the steps has to be great enough to attract the fish to the ladder, but it cannot be so great that it washes fish back downstream or exhausts them to the point of inability to continue their journey upriver.

A **composting toilet** is a type of dry toilet that uses a predominantly aerobic processing system to treat human excreta, by composting or managed aerobic decomposition. These toilets generally use little to no water and may be used as an alternative to flush toilets. The human excreta is usually mixed with sawdust, coconut coir or peat moss to facilitate aerobic processing, liquid absorption, and odor mitigation. Most composting toilets use slow, cold composting conditions, sometimes connected to a secondary external composting step.

A **water cannon** is a device that shoots a high-velocity stream of water. Typically, a water cannon can deliver a large volume of water, often over dozens of meters. They are used in firefighting, large vehicle washing and riot control.

Bottled water is drinking water (e.g., well water, distilled water, mineral water, or spring water) packaged in plastic or glass water bottles. Bottled water may be carbonated or not. Sizes range from small single serving bottles to large carboys for water coolers. Homeless people often gather discarded empty water and pop bottles for a small cash reward.

An **irrigation canal** is a waterway, often man-made or enhanced, built for the purpose of carrying water from a source such as a lake, river, or stream, to soil used for farming or landscaping. An essential element of farming found in archaeological digs dating as far back as 4,000 BC, irrigation canals have often meant the difference between sustenance and starvation.

Greywater (also spelled graywater) or sullage is defined as all wastewater streams generated from households or office buildings except for the wastewater from toilets. Sources of greywater include for example sinks, showers, baths, clothes washing machines or dish washers. As greywater contains many fewer pathogens than domestic wastewater, it is easier to treat and to recycle onsite for uses such as toilet flushing, landscape irrigation or even irrigation of crops.

A **spritzer** is a tall, chilled drink, usually made with white wine and seltzer, club soda or sparkling mineral water.

A **water balloon** or **water bomb** is a latex rubber balloon filled with water. They are commonly used in water balloon fights and as a practical joke device.



“Prosperity” - A glossary featuring Permaculture, New Mythology, Bioneers, Transition USA, Green Peace and Daily Acts with Discussion Questions. By Willi Paul, CommunityAlchemy.com

I. Wikipedia’s Definition of Prosperity -

[Prosperity](#) is the state of flourishing, thriving, good fortune and / or successful social status. Prosperity often encompasses wealth but also includes others factors which can be independent of wealth to varying degrees, such as happiness and health.

II. Scanning for Prosperity –

Permaculture, New Mythology, Transition, Bioneers, Transition USA, Green Peace and Daily Acts

a. [Permaculture Ethics](#) - The ethics: earth care, people care and fair share form the foundation for permaculture design and are also found in most traditional societies.

b. [New Mythology](#) – promotes new stories and myths through initiation, journey, and community support as related to Joseph Campbell.

c. [Transition Values](#) – include sharing, localization of resources, equality for all and new rituals.

d. [Bioneers](#) is an innovative nonprofit educational organization that fosters innovative solutions for restoring people and planet.

e. [Transition US](#) is a nonprofit organization that provides inspiration, encouragement, support, networking, and training for Transition Initiatives across the United States. Transition seeks to build community resilience in the face of such challenges as peak oil, climate change and the economic crisis. It represents one of the most promising ways of engaging people in strengthening their communities against the effects of these challenges, resulting in a life that is more abundant, fulfilling, equitable and socially connected.

f. [Green Peace](#) is an independent, campaigning organization which uses nonviolent, creative confrontation to expose global environmental problems, and to force the solutions which are essential to a green and peaceful future. Greenpeace's goal is to ensure the ability of the earth to nurture life in all its diversity.

g. [Daily Acts](#) provides citizens and organizations the knowledge and tools to transform lawns into food forests, install greywater systems, create habitat, keep bees, rear local chickens, and tend to personal and financial ecology. Their education programs promote skill-building at the individual level, while catalyzing green policy and widespread change throughout our communities.

III. Discussion Questions -

- + Could prosperity be linked to [coalition](#) building or [resilience](#) as a pact where people join forces for a common cause?
- + Not all of the above groups address prosperity directly. But how are they connecting to this idea?
- + What are common values needed to prosper?
- + Are we all after the “same prosperity”? With the same tactics?
- + Are we competing for hearts and minds?
- + What are opposing organizations doing in this game?
- + Is there an action plan to realize prosperity for all?
- + Is prosperity an outdated social driver now?



“Light: A Glossary for Creative Writers.” By Willi Paul, [Planetshifter.com Media](http://Planetshifter.com)

Light needs a “source, calendar, scene, context, container, shield, and / or shadow; a flash light on a journey.” - WOX

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Light as (1-4):

1. a [symbol](#) -purity, re-birth, cleansing, revelation. Light can also represent safety or a goal.
2. a [metaphor](#), a progression toward the achievement of knowledge.
3. a **mythic element** - comet, camp fire, candles.
4. a **weapon** - torch or a flaming arrow.

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[Speed of Light](#) - 186,000 miles per second, or about 671 million miles per hour.

[Light Spectrum](#) - the visible spectrum is the portion of the electromagnetic spectrum that is visible to (can be detected by) the human eye. Electromagnetic radiation in this range of wavelengths is called visible light or simply light.

[Sun Light](#) - is a portion of the electromagnetic radiation given off by the Sun, in particular infrared, visible, and ultraviolet light. On Earth, sunlight is filtered through the Earth's atmosphere, and is obvious as daylight when the Sun is above the horizon. When the direct solar radiation is not blocked by clouds, it is experienced as sunshine, a combination of bright light and radiant heat. When it is blocked by the clouds or reflects off other objects, it is experienced as diffused light.

[Photosynthesis](#) - is a process used by plants and other organisms to convert light energy, normally from the Sun, into chemical energy that can be later released to fuel the organisms' activities.

[Electric Light](#) - the two main families of electric light are incandescent lamps, which produce light by a filament heated white-hot by electric current, and gas-discharge lamps, which produce light by an electric arc through a gas. The energy efficiency of electric lighting has increased radically since the first demonstration of arc lamps and the incandescent light bulb of the 19th century.

[Shinning the Light](#) - giving another creature empathy and security .

Seeing the Light – finding and accepting the truth.

Following the Light –to accept and embark on your next journey.

[In the Light \(Quaker\)](#) - at the very centre of the Quaker faith lies the concept of the Inner Light. This principle states that in every human soul there is implanted a certain element of God's own Spirit and divine energy.

[Shadow](#) - is an area where light from a light source is obstructed by an object. It occupies all of the space behind an opaque object with light in front of it. The cross section of a shadow is a two-dimensional silhouette, or reverse projection of the object blocking the light. Sunlight causes many objects to have shadows at certain times of the day. The angle of the sun, its apparent height in the sky causes a change in the length of shadows. Low-angles create longer shadows.

[Light Laser](#) - is a device that emits light through a process of optical amplification based on the stimulated emission of electromagnetic radiation. The term "laser" originated as an acronym for "light amplification by stimulated emission of radiation".

Flash of Light – A sudden spark or idea that carries great important as time goes on.

[Northern Lights](#) - the northern lights, one of several astronomical phenomena called polar lights (aurora polaris), are shafts or curtains of colored light visible on occasion in the night sky.

First Light (Morning Light) – often defined as the first sight or recognition of having made it through a challenging night.

[Sundial](#) - a device that tells the time of day by the position of the Sun. In common designs such as the horizontal sundial, the sun casts a shadow from its style onto a surface marked with lines indicating the hours of the day. The style is the time-telling edge of the gnomon, often a thin rod or a sharp, straight edge. As the sun moves across the sky, the shadow-edge aligns with different hour-lines. All sundials must be aligned with their styles parallel to the axis of the Earth's rotation to tell the correct time throughout the year.

[Signal Lamp](#) (& Morse code) - sometimes called an Aldis lamp, named after Arthur Cyril Webb Aldis who invented a widely used design) is a visual signaling device for optical communication (typically using Morse code). Modern signal lamps are a focused lamp which can produce a pulse of light. In large versions this pulse is achieved by opening and closing shutters mounted in front of the lamp, either via a manually operated pressure switch or, in later versions, automatically. With hand held lamps, a concave mirror is tilted by a trigger to focus the light into pulses.

[Flare](#) - a sudden brief burst of bright flame or light.

[Starlight](#) - is the light emitted by stars. It typically refers to visible electromagnetic radiation from stars other than the Sun observable from Earth during the nighttime although a component of starlight is observable from the Earth during the daytime. Sunlight is the term used for the Sun's starlight observed during daytime. During nighttime, albedo describes solar reflections from other Solar System objects including moonlight.

Light-drenched – an over use of sunlight or white color when photo- retouching

[Light Painting](#) - is a photographic technique in which exposures are made by moving a hand-held light source or by moving the camera. The term light painting also encompasses images lit from outside the frame with hand-held light sources.

[Light Pollution](#) - also known as photopollution or luminous pollution, is excessive, misdirected, or obtrusive artificial light. Pollution is the adding-of/added light itself, in analogy to added sound, carbon dioxide, etc. Adverse consequences are multiple; some of them may not be known yet.

High Noon – where the Sun – and the drama – are at the hottest!

Light One Up – tell us about your big idea!

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“Where Does the Light in your Dreams Come From?” - WOX

“It’s Always Light Somewhere.” - WOX