Glossary of Spiritual and Metaphysical Terms

Simple definitions to support spiritual alignment and heart-centered growth

Cause and Effect (Metaphysical)

The principle that our inner world—thoughts, feelings, and beliefs—shapes our outer experiences. Often phrased as: 'As within, so without' or 'by correspondence'.

Divine Guidance

Support and insight received from God, the Divine, or spiritual sources such as inner wisdom, spirit guides, or synchronicity. Often felt as a gentle nudge or inner knowing.

Divine Order

The belief that everything unfolds with purpose, even if it's not immediately understood. It reflects the metaphysical truth that nothing is random.

Divine Timing

The belief that things unfold at the right time, even if not on your schedule. Trusting Divine timing means surrendering control and honoring the unfolding process.

Free Will

The ability of each soul to make choices, regardless of spiritual guidance. In metaphysical thought, free will shapes the path—even within Divine order.

Higher Self

The wisest, most expanded version of you—connected to the Divine, free from fear, and rooted in truth. Your Higher Self sees beyond ego and limitation and offers guidance from a place of love, clarity, and spiritual perspective.

Highest Good

The outcome or path that serves the most loving, expansive, and soul-aligned result—for yourself, others, and the greater whole. Trusting in the highest good means surrendering control while believing that life is unfolding in support of growth, healing, and purpose.

Inner Wisdom

The intuitive knowing within you that guides choices, nudges growth, and helps you discern what matters most.

Intuition

A felt sense or knowing that doesn't come from logic or reason. Intuition is often how spiritual guidance speaks.

Karma

The spiritual principle that every action—thought, word, or deed—creates an energetic ripple that eventually returns to its source. Karma is not punishment, but rather a form of learning, offering each soul the opportunity to grow through experience and choice.

Life Review

A metaphysical concept describing the process of reflecting on one's life after death. It's believed to be a compassionate and purposeful review in the realm of Spirit, sometimes called Summerland.

Metaphysics

The study of what exists beyond the physical—thoughts, energy, beliefs, and intention. Metaphysics helps explain how unseen forces shape our lived reality. *It's the invisible structure behind spiritual experience.*

Reincarnation

The belief that the soul returns to physical form across lifetimes for the purpose of learning, healing, and growth. Often planned in coordination with soul groups.

Sacred Practice

A regular activity (like meditation, prayer, reflection, or ritual) that nourishes your spirit and keeps you connected to your Source.

Soul Contract

An agreement made before birth between souls to support each other's growth through life lessons. Often referenced in metaphysical teachings as part of reincarnation and karma.

Soul Group

A collection of souls who incarnate together over lifetimes to support one another's growth. These relationships may take on various roles across lives—family, friends, or teachers.

Soul Work

Inner reflection, healing, or growth done to deepen your connection with your true self and spiritual purpose. Soul work is often subtle, personal, and sacred.

Spiritual Alignment

A state of being in harmony with your soul's wisdom, values, and purpose. When you're spiritually aligned, your inner truth guides your choices—and you feel clear, grounded, and at peace.

Spiritual Integration

The ongoing process of embodying spiritual insights in daily life. Integration happens when your beliefs, behaviors, and energy reflect what you know to be true—moment by moment.

Spiritual Laws

Universal truths brought into earth by Carla Neff Gordan and Ascended Masters in 1994. These laws reflect metaphysical principles like Oneness, Divine Order, Free Will, and the creative power of thought.

Spirituality

The personal, lived experience of connection with something greater—God, Source, the Divine, or your inner wisdom. It reflects how we find meaning, live with intention, and trust the quiet voice within.

Summerland

A metaphysical term for a spiritual plane where souls rest, reflect, lives before preparing for their next incarnation. It is peaceful, loving, and free from judgment.

What Matters Most

A core concept in heart-centered living, inviting you to uncover the values, priorities, and truths that guide your most meaningful life. Discovering what matters most helps align your energy, choices, and direction with your inner wisdom.

About the Glossary

These definitions are intentionally brief and offered as a starting point—not a full explanation of each term. Words like these carry depth, nuance, and layers of spiritual meaning that unfold over time and through experience. They are simplified here for clarity, but they aren't meant to replace deeper reflection, study, or personal insight. Allow them to serve as doorways into your own understanding—a language to support your journey toward spiritual alignment and heart-centered living.

If any of these words stir something in you or you'd like to explore their deeper meaning in the context of your life, I'd be honored to support that conversation.