

The Glossary: Key Concepts

Visit this glossary whenever you need a refresher on the terms I've created or repurposed—this is how my mind works, welcome to the party!

Healing Forward

The act of transforming wounds and limitations into opportunities for deeper self-awareness and alignment with your True Self. Healing forward means intentionally choosing growth and love-based actions, even when life challenges you, and allowing your experiences to shape a version of you closer to your soul's intent.

The Love-Based Growth Model™

Raven Thissel's original healing model is rooted in self-compassion, authenticity, and curiosity. Love-Based Growth encourages you to nurture yourself from the soul outward, replacing fear-driven development with aligned action and a commitment to your wellbeing.

Cycle of Disempowerment

A self-perpetuating loop of limiting mindsets, emotional attachments, reinforcing behaviors, and external dependence that keeps you stuck in misaligned patterns. This cycle disconnects you from your True Self and leaves you reliant on external validation or circumstances to feel whole.

True Self

The unchanging, radiant essence of who you are beyond societal conditioning, trauma, and external expectations. Your True Self is the reflection of your soul's wisdom and infinite worth.

Soul's Intent

Your soul's unique mission during its time on Earth: to learn, heal, and grow. This purpose serves as your internal compass, guiding you toward alignment with your highest potential and authentic self-expression.

Mindsets

The collection of beliefs, ideas, and attitudes that influence your thinking, actions, and ways of being. Mindsets shape how you interpret the world and your place within it.

- Staple Mindsets: Foundational perspectives that support your growth and wellbeing. These are the beliefs you intentionally cultivate to help you stay aligned with Love-Based Growth.

- Expired Mindsets: Outdated ways of thinking that no longer serve you. These mindsets keep you stuck in the Cycle of Disempowerment and must be unlearned to make space for growth.

Healing Highlight

Tools, practices, or reflections shared throughout the book to illuminate practical ways you can apply love-based healing to your life. Think of them as breadcrumbs on the path to your True Self.

Healing Ecosystem

The combination of people, places, and practices that support your healing journey. Your healing ecosystem should be intentionally curated to meet your unique needs, fostering both safety and growth.

Anicca

A term rooted in Buddhist teachings, *Anicca* means "impermanence." It speaks to the universal truth that everything—emotions, circumstances, relationships, and even our bodies—is in a state of constant change. Embracing *Anicca* helps us detach from the illusion of permanence, allowing us to flow with life's transitions rather than clinging to what no longer serves us.

Equanimity

Equanimity is the practice of treating all emotions with equal importance, without elevating some as better or disdaining others as worse. It's about meeting joy, sadness, anger, or peace with the same level of presence and acceptance, knowing that every emotion has value and purpose. This practice is especially attainable when emotions are regarded as bodily sensations.

Aligned Action

Choices and behaviors that align with your soul's intent and move you toward your highest wellbeing. Soul-aligned actions often feel purposeful and energizing, even when they require courage or discomfort.

Start Again, Start Again

A mantra for progress and perseverance. Starting again is the practice of resetting your commitment to healing after a misstep, without judgment or shame. It emphasizes consistency over perfection.

Undulation

As described by C.S. Lewis, undulation is the natural ebb and flow of life's challenges and triumphs. Healing acknowledges these highs and lows, teaching you to embrace impermanence and find peace within the rhythm of growth.

Courageous Connection

Recognizing the role of relationships in your growth journey. Healing through connection means allowing others to reflect on your blind spots, hold you accountable, and offer love in ways that expand your capacity for healing and joy.

Bio-Individuality

The understanding that every person has unique needs, preferences, and rhythms for growth. This concept emphasizes the importance of self-study to uncover what works best for you, rather than adopting a one-size-fits-all approach.