

# ROOTED Glossary of Terms

## Introduction

The **ROOTED Glossary of Terms** is a foundational resource designed to bring clarity and depth to the key concepts that shape **biblical coaching, contemplative spirituality, and mental fitness (PQ)**. These definitions integrate **Christian theology, Positive Intelligence, and spiritual formation**, offering a language for transformation that aligns with the **ROOTED Coaching Framework**.

In this glossary, you will find terms that reflect **the journey from the False Self to the True Self in Christ, the inner work of contemplation and prayer, and the mental and spiritual fitness needed to live a life fully rooted in God**. Whether exploring **Centering Prayer, the role of the Saboteurs, or the transformative power of Scripture**, this collection of definitions serves as a guide for those seeking **wholeness, spiritual attentiveness, and deep formation in Christ**.

This resource will continue to grow as new insights emerge. May it serve as a tool to anchor you in your journey of **becoming a Spirit-led, Presence-driven leader—fully Rooted in Christ**.

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## A

**Apophatic/Kataphatic Contemplation** – A distinction that is often misunderstood as opposing spiritual approaches, when in reality, they are deeply interconnected. **Kataphatic practices**—which engage the mind, imagination, and scripture—**prepare the heart for apophatic contemplation**, where one moves beyond words and images into deep, silent communion with God. Rather than being separate paths, **apophatic and kataphatic spirituality sustain and enrich each other**, forming a dynamic rhythm of spiritual transformation. In the **ROOTED journey**, both are essential: **kataphatic practices root us in biblical truth and awareness, while apophatic contemplation deepens our surrender to God’s presence beyond understanding**.

**Apophatic** – A theological and spiritual approach that emphasizes **knowing God through negation, silence, and mystery**. In **apophatic prayer**, one **lets go of concepts, images, and thoughts** to experience **God’s presence beyond human understanding**. Centering Prayer and the **Dark Night of the Spirit** are examples of **apophatic spirituality**, where one moves beyond words into deep **union with God**.

- This approach is deeply tied to **Contemplation**, recognizing that **God’s essence is beyond human comprehension**.

**Kataphatic** – A theological and spiritual approach that **engages God through images, words, scripture, and created reality**. Kataphatic spirituality includes **Lectio Divina, biblical meditation, and imaginative prayer** (such as Ignatian Contemplation).

- Kataphatic prayer **helps individuals visualize biblical narratives, engage in worship, and cultivate a deeper love for God through active reflection**.

**Attention** – The intentional focus of the mind and heart on a particular object, thought, or presence. In the spiritual journey, attention is the act of directing one's **awareness toward God, his truth, and inner transformation**. In PQ, attention is crucial for shifting from the **Saboteur mindset** to the **Sage mindset** and practicing mental fitness.

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## C

**Centering Prayer** – A silent, contemplative prayer practice rooted in the Christian tradition, where one **consents to God's presence and action within**. Developed by Thomas Keating and others, it involves **letting go of thoughts and distractions to rest in God's love**. This practice strengthens the ability to recognize and quiet the **False Self saboteurs**, making space for our **True Self in Christ** to emerge.

**Consent** – The act of **freely yielding to God's presence and action within**. In Centering Prayer, consent is the foundational disposition where one surrenders **self-will**, allowing divine grace to transform the inner life.

**Consolation** – A deep sense of peace, joy, or divine presence experienced in prayer or daily life. PQ practices cultivate spiritual consolation by helping individuals shift to a **Sage perspective**.

**Contemplation** – A state of deep, intuitive awareness of God that transcends **discursive** thought. It is often described as a **resting in God**, where one receives divine wisdom and love beyond words or concepts.

**Contemplative Prayer** – A form of prayer that **moves beyond words into silent communion with God**. It is closely associated with Centering Prayer and fosters inner stillness, allowing the transformation of the **False Self** into the **True Self**.

**Contemplative in Action** – A person who integrates deep **inner attentiveness to God** with an active, engaged life. Rather than seeing contemplation and action as separate, the **Contemplative in Action** operates from a **place of spiritual rootedness**, allowing **divine presence** to shape their external work and leadership. This aligns with **Spirit-led, Presence-driven leadership** in ROOTED coaching.

**Martha & Mary – A False Dichotomy Between Action and Contemplation** - The biblical account of **Martha and Mary** has often been misrepresented as a **choice between action (Martha) and contemplation (Mary)**, suggesting that one is superior to the other.

In reality, **both are necessary aspects of the spiritual life**, and the true lesson of this passage is about **attentiveness to Christ's presence in all things**.

- **Martha's service** reflects the active life—engagement in work, leadership, and responsibility.
- **Mary's posture** represents the contemplative dimension—being still, listening, and receiving from Christ.

Rather than condemning action, Jesus is inviting **Martha (and all believers) to integrate action with inner stillness**—to be a **Contemplative in Action**. The **ROOTED** journey embraces both: **deep contemplation (Mary) fuels Spirit-led action (Martha), and Spirit-led action must flow from deep contemplation**. This rhythm aligns with **kataphatic and apophatic spirituality**, showing that **the most effective, transformational leadership is born from a place of deep spiritual rootedness**.

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**Dark Night of the Senses** – A phase in spiritual development where **God purifies** the soul from reliance on **emotional or sensory consolation**. During this period, external spiritual experiences may feel dry or distant, helping one detach from **Emotional Programs for Happiness** that fuel the **False Self**.

**Dark Night of the Spirit** – A deeper phase of purification where the soul undergoes **intense detachment** from the **False Self**, moving into **greater union with God**. Unlike the **Dark Night of the Senses**, this stage challenges the core identity, leading to **True Self transformation**.

**Discursive** – A form of **prayer or meditation that involves active reasoning, reflection, and structured thought**. It is often used in spiritual exercises where a person contemplates **biblical passages, theological ideas, or personal experiences** in a logical, step-by-step manner.

- **Discursive prayer** contrasts with **Contemplative Prayer**, which moves beyond words into silence.
  - This method is useful for **spiritual growth, biblical meditation, and self-examination**, serving as a bridge toward deeper contemplation.
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**Emotional Programs for Happiness** – A term from Thomas Keating describing unconscious attachments and coping mechanisms developed in childhood that drive **False Self behavior**. These programs seek happiness through **control, approval, security, or pleasure**, reinforcing **Saboteur tendencies**.

**False Self** – The conditioned self shaped by **wounds, fears, and attachments** rather than divine identity. The False Self operates through **Saboteurs**, distorting perception and leading individuals away from the wholeness found in Christ. In PQ, the False Self is characterized by the **Judge and nine accomplice Saboteurs**.

**Human Condition** – The universal struggle between the **False Self and True Self**, marked by the tendency **to seek fulfillment outside of God**. Christian spiritual formation and **mental fitness** help navigate the human condition by fostering divine transformation and inner healing.

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**Human Will** – The faculty of **choice and decision-making**, given by God as part of the **Imago Dei (True Self)**. The human will determines whether one aligns with the **True Self in Christ** or operates from the **False Self and Saboteurs**.

- When **surrendered to God**, the will becomes an instrument of divine love, leading to spiritual transformation (**Luke 22:42** – “Not my will, but yours be done.”).
  - When **controlled by the False Self**, the will seeks self-preservation, power, and independence from God, reinforcing **Emotional Programs for Happiness** and Saboteur-driven behavior.
  - In **mental fitness and biblical coaching**, training the will through **spiritual disciplines, PQ practices, and contemplative prayer** helps individuals move from **self-reliance to divine reliance**.
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**Imago Dei** – A Latin term meaning “**Image of God**”, referring to the biblical truth that humans are created in God’s likeness (**Genesis 1:26-27**). This identity calls people to reflect God’s nature—**love, wisdom, and holiness**—and serves as the foundation for the journey from the **False Self to the True Self**. In PQ and biblical coaching, understanding the **Imago Dei** restores an individual’s **sense of purpose, dignity, and transformation in Christ**.

**Intention** – A deliberate commitment to align **thoughts, actions, and desires with God's will**. Intention is crucial in **Centering Prayer**, where one’s intention is to be present to God rather than achieve a particular outcome.

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## *K*

**Kataphatic** – A theological and spiritual approach that **engages God through images, words, scripture, and created reality**. Kataphatic spirituality includes **Lectio Divina, biblical meditation, and imaginative prayer** (such as Ignatian Contemplation).

- Kataphatic prayer **helps individuals visualize biblical narratives, engage in worship, and cultivate deeper love for God through active reflection.**

**Kenosis** – A Greek term meaning “self-emptying,” referring to Christ’s humility in **Philippians 2:5-8**. In the spiritual journey, **kenosis** is the process of letting go of the False Self to make space for the **True Self in Christ**.

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**Lectio Divina** – A **sacred reading practice** that moves from reading Scripture into deep communion with God. Rooted in the monastic tradition, it follows four stages:

1. **Lectio (Read)** – Slowly reading a passage of Scripture.
  2. **Meditatio (Meditate)** – Reflecting on keywords or themes that stand out.
  3. **Oratio (Pray)** – Responding to God in prayer based on the passage.
  4. **Contemplatio (Contemplate)** – Resting in God’s presence beyond words.
- **Lectio Divina** integrates both **kataphatic and apophatic elements**, beginning with Scripture and moving into silent communion.
  - This practice strengthens **spiritual attentiveness** and helps individuals become **Rooted in Christ** by allowing the Word to shape their transformation.
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**Rooted** – A state of **deep spiritual grounding and inner stability**, where one’s identity, purpose, and actions flow from divine truth rather than external circumstances. The term signifies **living from the True Self, being anchored in Christ, and resisting the instability of the False Self**.

In the **ROOTED Coaching Framework**, being **Rooted** means:

- Remaining **spiritually and mentally grounded** in Christ.
  - Embracing the journey of **wholeness and transformation**.
  - Recognizing that all growth stems from **God’s presence and action within**.
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**Saboteurs** – The inner voices, patterns, and preconditioned responses that **undermine well-being, and spiritual clarity**. In PQ, these mental patterns fuel the **False Self** and hinder one’s ability to walk in wholeness. The ten Saboteurs are:

**Judge** – The **master Saboteur** that fuels the False Self. The Judge distorts perception by condemning **self, others, and life's circumstances**, keeping individuals trapped in cycles of shame, fear, and separation from God.

**Controller** – A Saboteur driven by a **need for dominance**, leading to stress, **anxiety**, and an **inability** to surrender to God's timing and plans. The Controller operates from **fear of losing control**, believing that external force is necessary to secure outcomes.

**Hyper-Achiever** – The **False Self's pursuit of worth through performance, status, and success**. This Saboteur convinces individuals that they **must constantly** achieve to be loved, leading to burnout and disconnection from their **true identity in Christ**.

**Restless** – The compulsive need for **constant activity, excitement, and new experiences**, often avoiding **inner stillness, reflection, and deep connection with God**. The Restless Saboteur distracts individuals from the transformative power of silence and contemplation.

**Pleaser** – A Saboteur that **seeks approval and affirmation from others**, often at the expense of one's own needs and spiritual discernment. The Pleaser is driven by **fear of rejection**, making it difficult to set boundaries or fully embrace one's God-given identity.

**Hyper-Vigilant** – A state of **excessive anxiety, worry, and fear of potential danger or mistakes**. This Saboteur operates from a **lack of trust in God's sovereignty**, leading to an overactive mind and an inability to experience peace and rest in Christ.

**Avoider** – A Saboteur that **escapes conflict, difficult emotions, and responsibilities**, prioritizing comfort over transformation. The Avoider **hinders spiritual growth** by keeping individuals from facing necessary challenges that lead to deeper healing and surrender.

**Victim** – A Saboteur that finds **identity in suffering, struggle, and self-pity**, often using emotional distress to gain attention or justify inaction. The Victim **rejects personal agency and spiritual empowerment**, blocking the path to wholeness and healing.

**Stickler** – The **False Self's attachment to perfectionism, rigid rules, and high expectations**, creating unnecessary stress and judgment. The Stickler believes that everything must be **exact, flawless, and controlled**, leaving little room for **grace, divine spontaneity, or trust in God's process**.

Each Saboteur represents **a distortion of the True Self**, leading individuals away from **spiritual peace, mental fitness, and divine transformation**. The goal of PQ and biblical coaching is to **identify, weaken, and replace Saboteurs with wisdom and grace, aligning thoughts and actions with the mind of Christ**.

**False Self Saboteur** – A composite of **all Saboteurs**, representing the accumulated defenses, fears, and attachments that shape identity apart from God's design.

**Sage** – In **Positive Intelligence (PQ)**, the **Sage** represents the part of the mind that is rooted in **wisdom, clarity, and positive emotion**, operating from **empathy, curiosity, creativity, purpose, and decisive action**. Unlike the **Saboteurs**, which are fueled by **fear** and **self-preservation**, the **Sage mindset** sees challenges as opportunities for growth rather than threats.

### The Sage in Christianity

From a **biblical perspective**, the Sage aligns with the **mind of Christ (1 Corinthians 2:16)** and the **renewed mind that discerns truth through the Spirit of God (Romans 12:2)**. The Sage represents the **True Self in Christ**, walking in **wisdom, faith, and divine love** rather than fear, control, or insecurity.

- The **Sage's empathy** reflects Christ's **compassion** (Matthew 9:36).
- The **Sage's curiosity** mirrors **seeking God's wisdom** (Proverbs 2:3-6).
- The **Sage's creativity** aligns with **God's image in us as co-creators** (Genesis 1:27).
- The **Sage's purpose-driven action** echoes Jesus' call to **live abundantly and bear fruit** (John 15:5, 10:10).

Thus, in a Christian framework, the **Sage is not merely a human mindset, but a life surrendered to the Holy Spirit, bearing the fruit of wisdom, peace, and wholeness in Christ.**

**Sage Perspective** – In **PQ**, the **Sage Perspective** is the ability to **see every circumstance as a gift or opportunity for growth**, rather than as a threat, failure, or punishment. This mindset shifts individuals away from negativity and fear, toward **peace, resilience, and clarity** in any situation.

### The Sage Perspective in Christianity

In the Christian journey, the **Sage Perspective aligns with a faith-filled vision—seeing life through the lens of divine purpose, grace, and trust in God**. This is evident in:

- **Romans 8:28** – “In all things, God works for the good of those who love Him.”
- **James 1:2-4** – Trials refine faith, producing perseverance and maturity.
- **2 Corinthians 4:16-18** – Believers fix their eyes on **eternal reality**, not temporary struggles.

Unlike **toxic positivity or blind optimism**, the **Sage Perspective in Christ acknowledges pain, suffering, and trials but views them through the lens of faith, hope, and God's redemptive work**. It shifts the focus from **self-preservation to divine transformation**, helping believers walk in **wholeness, resilience, and unwavering trust in God's plan**.

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**Soul** – The **eternal, God-breathed essence** of a person, created in God's image. The soul is where the deepest longing for God resides, and it is the seat of both the **False Self's wounds** and the **True Self's restoration**.

The soul is traditionally understood to have **five components**:

1. **Imagination** – The faculty of creativity and visualization, which can be shaped by either divine inspiration or False Self distortions.
2. **Conscience** – The moral compass that discerns right from wrong, influenced by spiritual formation and mental fitness.
3. **Memory** – The repository of past experiences, shaping identity, emotions, and spiritual perspective.
4. **Reason** – The capacity for logic, discernment, and reflection, crucial for aligning thoughts with biblical truth.
5. **Affections** – The seat of desires, emotions, and attachments, which must be transformed by divine love to reflect the True Self.

**Spirit-led** – Living **in alignment with the Holy Spirit's guidance**, surrendering human agendas for divine wisdom. Spirit-led individuals exhibit the fruit of the Spirit (Galatians 5:22-23) and operate from **inner transformation rather than external striving**.

**Spirituality** – The **inner dimension of life** that seeks connection with the divine. In Christian spirituality, this means growing in awareness of God's presence, love, and transformative work.

**Spiritual Attentiveness** – A heightened sensitivity to **God's voice, presence, and movement** in daily life. This attentiveness grows through **mental fitness, contemplative prayer, and biblical reflection**.

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**True Self** – The identity that is fully aligned with **God's original design**, free from the distortions of the False Self. The **True Self in Christ** operates from faith, love, and inner peace, rooted in divine sonship and purpose.

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**Wholeness** – The **state of inner integration and harmony with God**. Wholeness is the journey of **moving from the False Self to the True Self**, embracing divine love, and living with spiritual, mental, and emotional alignment.

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