

## WORDS - Defined Definitions – Lesson 2

1. **ABSOLUTE** Middle English: *absolut*; Anglo-French < Latin *absolutus*, from past participle of *absolvere*: to set free, absolve, to loosen from. 14<sup>th</sup> century

1. Complete and total; free from imperfection
  2. Not limited in any way
  3. Having unlimited power
- It was an absolute miracle that I didn't miss my plane seeing as how I reached the gate 5 minutes before the closed the door.
  - There was absolute certainty in the way the judge delivered the verdict.

2. **ACADEMIC** Greek: *akadēmeikós*; Latin: *acadēmicus* "of the Academy"

1. Member of an institution of learning
  2. Person is academic in background
  3. Of or relating to schools and education
  4. Having no practical importance
  5. Learned but inexperienced in practical matters (good at passing exams)
- The academics felt the discussion was philosophical in nature while the implementers wished to take action.
  - Her academic performance was impressive, and she was also active in extracurricular activities.

3. **ACCEPT** Middle English: *accepten*, French: *accepter*, Latin: *acceptāre*: to receive

1. To receive or take (something offered or as payment)
  2. To be able or designed to take or hold
- The outlet only accepts certain plugs
  - I accept the acknowledgement offered by Pam.

4. **ACCEPTANCE** as above

1. The act of accepting someone or something
  2. The quality or state of being accepted or acceptable
- Her acceptance of the situation as it is brought her peace.
  - The acceptance of the child's behavior encouraged more of it.

5. **ACHIEVE** Middle English: Anglo-French *acheven* "to finish", Latin *chef* "end, head"

1. To get or reach (something) by working hard
  2. To become successful; to reach a goal
- I achieve the goals I set.
  - I achieved a highly specialized skill set during my trainings.

6. **ACHIEVEMENT**

1. Something that has been done or achieved through effort: a result of hard work
2. The act of achieving something: the state or condition of having achieved or accomplished something.

- His achievements in school earned him a scholarship.
- Achievement leads to more success in the success cycle.

7. **ACCOMPLISH** Middle English < Anglo-French: *accompliss*, Latin: *complere* - To fill up

1. To succeed in doing something
  2. To bring to completion, to bring about by effort
- He could accomplish more in two hours than it took his predecessor three.
  - Using a garnish accomplishes refined presentation.

8. **ACCOMPLISHMENT**

1. Something done, achieved, or accomplished successfully
  2. The successful completion of something
  3. A special skill or ability gained by practice and training.
- It is quite an accomplishment to have won such a prestigious award.
  - Her accomplishments earned her the recognition of her supervisor.

9. **ACKNOWLEDGE** 15<sup>th</sup> century act knowledge (accord)

1. To say you accept or do not deny the truth or existence
2. To regard or describe someone/something as having a deserving status
3. To tell or show something has been received
  - She acknowledged that he had been trying to reach her by phone.
  - To acknowledge an excuse is to permit it.
- 10. ACTIVATE**
  1. To make active
  2. To make more reactive, radioactive, or treat to improve adsorptive properties
  3. To set up, formally institute, put an individual on active duty
    - The alarm was activated accidentally and went off.
    - I activate my quadriceps during Purna Yoga.
- 11. AFFIRM** Middle English, Anglo-French, Latin *affirmāre*: to make firm
  1. To say something is true – validate, confirm
  2. To show a strong belief in or dedication to
  3. To decided that the judgment of another court is correct
    - I affirmed my address was correct on the records.
    - They affirmed their belief that the play started at 8PM.
- 12. AFFIRMATION**
  1. The act of affirming, something affirmed
    - His affirmation that the reservation was made helped us secure our table.
    - The reported sequence of events required affirmation by the log.
- 13. AGREE** Anglo-French, Latin *a + gre* (at will), *gratum*: pleasing
  1. To name the same opinion, concern
  2. To consent to as a cause of action
    - I agree to the terms of the contract.
    - He agrees with me that the food is wonderful.
- 14. ALERT** Italian: *all'erta* on the watch/height
  1. Watchful and prompt to heed danger or emergency
  2. Quick to perceive and act
  3. Active, brisk
    - Eve is on alert when she hears something unusual.
    - I was alerted even though I had just awakened.
- 15. ALLOW** Middle English, Anglo-French: *alver* to place, allot
  1. To permit something, someone to have or do something
  2. To regard a treat as acceptable
  3. To permit someone to go or come in
    - The device allowed easy access to the necessary controls.
    - I allow my dog to stop and sniff as we walk.
- 16. ALLOWING**
  1. Permitting, regarding something as acceptable
    - Allowing for any miscalculations, I gave myself more time to get there.
    - He is allowing him to put the item on hold for purchase.
- 17. ALMIGHTY** Middle English *ealmihtig*: all + mighty
  1. Having complete power, very great or loud
    - The power of the churches in the past was almighty.
    - Some believe that the banks are almighty in this country.
- 18. ALWAYS** Middle English: *alwayes*
  1. At all times, invariably, on all occasions
  2. All the time, continuously, forever
  3. At any time, whenever one wishes
  4. In every instance, with no exception
    - I will always make the effort to grow personally.
    - We can always attempt to be joyful over the lower emotions.

19. **AM** Middle English, *oem*, *am* i.e. base, BE + mi, suffix of 1<sup>st</sup> person singular of BE, Latin *sum*.

1. Present first singular of “be”

- I am amazing.
- I am a successful, happy person.

20. **ANSWER** Middle/Old English: *andswaru*, *and* – against, *swerian* – to swear

1. Something spoken or unwritten in reply to a question

2. Solution to a problem

3. Something done in response or reaction

4. One that imitates or corresponds to another

- My answer to the question allayed all of their concerns.
- The eastside’s answer to coffee shop culture show how isolated the city is.

21. **APPRECIATE** Latin *appretiatius* - *appretiare*, *ad* + *pretium* (price)

1. To understand the worth, nature, quality, or significance of.

2. To value or admire highly

3. To discern with heightened perception or understanding

4. To recognize with gratitude

5. To increase the value of

- I appreciate Pam and Karen for being so supportive and welcoming.
- He appreciates a good read and is a connoisseur of books on the subject.

22. **APPROVE** Middle English, Anglo-French: *apruer*, *approver* Latin: *approbare*, *ad* + *probare* (to prove)

1. To have or express a favorable opinion of

2. To accept as satisfactory; give formal or official sanction to

- They approved the new bylaws of the club.
- I hope the new landlord will approve of me as a tenant.

23. **APPROVAL**

1. An act or instance of approving – the belief that something is acceptable.

2. Permission to do something

- My own approval rating of the recent changes in my life is high!
- I no longer seek approval from authority, friends, or family.

24. **ARE** Middle English, Old English: *earon* (are)

1. Present second singular or present plural of “be”

- You are divine light!
- They are all manifesting wonderful things in their lives!

25. **ARTICULATE** Latin: *articulus* (joint, division, limb)

1. Intelligible, able to speak, expressing oneself clearly, readily, effectively

2. Consisting of segments united by joints. Distinctly marked off.

- He was able to articulate his reasons for voting for the proposal.
- The articulated piece of furniture folded up into a little box.

26. **ASPECT** Middle English, Latin *aspectus* – *aspicere* (to look at)

1. The position of stars/planets with respect to one another held by astrologers to influence human affairs

2. A position facing a particular direction

3. Appearance to the eye or mind

4. A particular status or phase in which something appears or may be regarded

5. A part of something

- One aspect of the performance was lively while others were calming.
- Different aspects of the course appealed to different people.

27. **ATTACHMENT** Middle English, Anglo-French Old French *estachier* – *eastache* (stake)

1. The act of attaching something

2. Anything used for attaching

3. Device attached to a machine or implement

4. The state of affectionate regard or devotion

5. Physical process and connection by which one thing is attached (accessory for machine) to another

- The baby's attachment to its mother was apparent.
- The attachment of the part to the other prevented us from separating them.

**28. ATTACK** Middle French *attaquer*, from Old Italian *estaccare* (to attach) from *stacca* (stack)  
verb: to assail or set upon forcefully; to set to work on; to threaten

noun: the act of attacking; a bit of illness; the setting to work on some undertaking

- The attack on people who wished to prevent mandatory vaccines was forceful.
- He attacked the burger with relish as he was rather hungry.

**29. ATTAIN** Middle English, Anglo-French *ateigh*, *ateinche* – to reach, accomplish, convict,  
Latin: to touch

1. To accomplish or achieve, reach as an end
  2. To come into possession of
  3. To come to as the end of a progression or course of movement
- He attained a position in the organization which permitted him access to the president.
  - I attained my medical license in the state of California.

**30. ATTRACT** Middle English, Latin *attractus/attractere*: *ad + trahere = to pull, draw*

1. To cause to approach
  2. To pull or to draw toward oneself
  3. To draw by appeal to natural or excited interest
- I attract the highest vibration people into my experience for which I'm grateful.
  - The business attracted a positive and gracious and loyal clientele.

**31. AUTHORITY** Middle English, Anglo-Frenc, Latin *authoritas*: opinion, decision, power

1. Persons in command
  2. Power to influence or command thought, opinion, or behavior
  3. Convincing force, grounds, warrant
- The authorities decided to release information to help local citizens.
  - Her authority as the subject is well-known.

**32. AWAKE** Middle English, Old English *awaician*: to be awake

1. To cease sleeping
  2. To become accused or active again
  3. To become conscious or aware of something.
- I was awake this morning before everyone else was up.
  - He awoke as if from a spell.

**33. AWAKEN**

1. To stop sleeping – to wake up
- The poem awakened in him the emotions which had lain dormant for so long.
  - Entrepreneurs have an awakened fire within them to succeed.

**34. AWARE** Middle English, Old English *gewaer* - wary

1. Showing or having realization, perception, or knowledge
  2. Watchful, wary (archaic)
- I was aware that the dog was outside in the back yard.
  - She was aware of an odd odor coming from the sink.

**35. AWARENESS**

1. The quality of being aware
- My awareness of the situation helped me to prepare for it.
  - Awareness of the importance of eating a whole food plant-based diet is increasing.

**36. AWESOME** Middle English, Old Norse *agi*; Old English *ege* – awe; Greek *achos* – pain

1. Inspiring awe, expressive of awe, extraordinary
- Watching the iceberg calve was an awesome experience.
  - The kids had an awesome vacation at Disney World.

**37. BELIEVE** Middle English, Old English: *belēfan* - to allow, believe; Old English: *lēof* - dear

1. To accept something as true, genuine, or real
2. To have a firm conviction as to the goodness, efficiency, or ability of something

3. To hold an opinion
  - I believe in the power of positive thinking and feeling good now.
  - He believes that is covered by our first amendment rights.

**38. BELIEF**

1. The state or habit of mind in which trust or confidence is placed in some person or thing
2. Something (a tenet) believed
  - The beliefs about a high animal protein diet being leaner is costing many Westerners their health.
  - Her belief in God helped her get through her challenges.

**39. BENEFIT** Middle English, Anglo-French *benefet*; Latin *bene factum* – well done or made

1. Something that promotes well-being, useful aid
2. Service or payment provided for under a policy, annuity, or by an employer in addition to wages
3. An entertainment or social event to raise funds
  - The benefits of doing yoga are multiple and affect all systems.
  - The benefit raised over \$300,00 for the YMCA.

**40. BLISS** Middle English, Old English *blithe* – joyous

1. Complete happiness; paradise, heaven
  - Follow your bliss.
  - The vacation experience was blissful.
  - I was in bliss while visiting Maui.

**41. CALM** Latin *cauma* - heat; Greek *kauma* – to burn

noun: state of tranquility, quiet, peace

verb: to become or make calm

adjective: free from agitation, excitement, or disturbance

- He was calm as he prepared to deliver his speech.
- The calm in the activity gave everyone the chance to rest.

**42. CAN** Middle English, Old English, Old High German *kan* - know, am able; Old English *cnāwan* - to know

1. Know how to, be physically or mentally able to
2. Be permitted by conscience, indicate possibility
3. Have permission to, be enabled by law, be inherently designed to do
  - I can speak elementary French.
  - Can she still go to Oslo?

**43. CAUSE** Middle English, Anglo-French, Latin *causa* – cause, meaning – reason

noun: A reason for an action or condition

1. Something bringing about an effect or result
2. Sufficient reason, charitable undertaking

verb: to serve as a cause or occasion of. To compel by command, authority, or force.

- The cause of the recent day weather is a high-pressure zone.
- She caused me to reconsider my motive in undertaking the project.

**44. CERTAIN** Middle English, Anglo-French, Latin *cernere* - to sift, discern, decide; Old Irish *criathur* – sieve

1. Fixed, settled, dependable/reliable, inevitable, indisputable, sure/incapable of failing
2. A specific but unspecified character or degree
3. Assured in mind or action
  - He used a certain spice to give the dish that flavor.
  - I am certain that the show ended at 4PM.

**45. CERTAINTY**

1. Something that is certain
2. The quality or state of being certain, especially on the basis of evidence
  - The certainty of the property appreciating in value made it a sound investment.
  - There was absolute certainty that our room was ready.

**46. CHANNELS** Middle English, Anglo-French, Latin *canalis* – channel

noun: straight or narrow sea, deeper part of a river, a bed where a natural stream of water runs.

A means of communication or expression

A way, cause, or direction of thought or action

verb: to express, form, cut or wear a channel in

Convey or direct into or through a channel

- He channels his energy into making his business succeed.
- The channel waters were too turbulent to permit our small vessel.

**47. CHERISH** Middle English, Anglo-French, Latin *carus* – charity

1. To hold dear, to keep or cultivate with care and affection
  2. To entertain or harbor in mind deeply and resolutely
- She cherished her baby doll toy as her most prized possession.
  - I cherish each photo of my baby nephew.

**48. CHOICE** Anglo-French *choisir* – to choose; Middle English, Old High German *kiosan* – to choose

1. The act or power of choosing; the best part, a person or thing chosen, care in selecting
- The choice of first chair violin was made after numerous auditions.
  - A choice meal was had at my favorite restaurant at my final day in town.

**49. CHOOSE** Middle English *chosen*; Old English *cēosan*; Latin *gustare* – to taste, relish

1. To pick out by preference from what is available; take as a choice; select
  2. To decide or prefer, infinitive object
  3. To have the desire or wish
- I choose to get better and better every day and in every way.
  - She chose the pink frosting on the chocolate cake option.

**50. CLAIM** Latin *clamare* - to cry at, shout

1. To call for, to assert, to be rightfully one's aim, to take, to ask for as a right
- Her claim of innocence in the plot was corroborated by authorities and evidence.
  - The storm claimed several trees in its wake.

**51. CIRCUMSTANCE** Latin *circumstans* - to stand around

1. A condition or fact that affects a situation
  2. An event or situation you cannot control
  3. The specific details of an event
- It was circumstance which resulted in us choosing a different restaurant over the original choice.
  - Her circumstances required that she move to another state.

**52. CLEAR** Latin *clarus* – bright

1. Bright, luminous, untroubled, free from mist or haze, clean, pure, easily seen through, easily heard/visible/understood, free from doubt, absolute, bare, free from obstruction, empty of contents, free from entanglement

- She was clear about her intentions.
- The clear winner of the race was the first horse.

**53. CLARITY** Middle English *clarite*, Latin as above

1. The quality or state of being clear
- I reached a point of clarity in terms of what I wanted.
  - The clarity of sound from the instrument was remarkable.

**54. COGNATE** Latin: *nasci* – to be born

adjective: Of same or similar nature; related by blood  
Related by descent from same ancestral language.

- Iyengar and Purna Yoga are cognate.
- My accent is cognate to my cousin's midwestern accent.

**55. COGNITION** Latin *cognoscere* - to become acquainted with, know, came to know

1. Cognitive mental processes, or a product of these processes
- I had a cognition while listening to Ron Ball's audio that the best way to handle rejection is to find ways to not take it personally.
  - Cognitions occur when you come up with a realization from mental processes.

- 56. COMMAND** Middle English *commanden* ; Old French *cumander*; Latin *commendare* - to commit to one's charge  
 verb: to direct authoritatively, to have at one's immediate disposal, to demand or receive as one's due, to exercise a dominating influence over  
 noun: an order, instruction, or power that someone has to give orders
- His command reached across several armies and nations.
  - She commanded the complete attention of the audience with her mesmerizing performance.
- 57. COMPLAIN** Latin *com + plangere* – to lament
1. To express grief, pain, a discontent
  2. To make a formal accusation or charge
- He complained that she was suddenly asking too much in their relationship.
  - She complained that he never expressed that that was how he felt.
- 58. COMPLETE** Latin: *complēre* - be big enough to fill, fill, furnish/supply  
 adjective: having all necessary parts, elements or steps  
 Brought to an end, total/absolute, fully carried out, highly proficient  
 verb: to finish, bring to an end (especially into a perfected state), execute, make whole or perfect.
- My new life partner is a complete gentleman and completely genuine.
  - I completed the project, and it was a smash hit!
- 59. COMPLETION**
1. The act or process of completing
  2. The quality or state of being complete
- My business start-up process is reaching the state of completion.
  - The completion of the addition increased the size and value of the house.
- 60. COMPREHEND** Latin *comprehendere* - to understand/grasp; *com* (with) + *prehendere* (to catch, hold of, seize)
1. To grasp the nature, significance, or meaning
  2. To contain or hold within a total scope
  3. To include by construction or implication.
- She comprehended the importance of the business deal for the future of her company.
  - To comprehend many disciplines, one must first understand its unique language.
- 61. COMPREHENSION**
1. The act of action of grasping with the intellect; the process of comprising knowledge gained by comprehending
  2. The capacity for understanding fully, the faculty of including
- He gained comprehension of the situation by reading about the subject fully.
  - Her comprehension of the French Language made it easy for her to navigate Paris.
- 62. CONCENTRATE** Latin *con + centrum* = center
1. TO bring or direct toward a common center or objective
  2. TO gather into one body, mass, or face, to accumulate
  3. TO make less dilute.
  4. To gather, collect, to focus one's efforts or attention
- I am concentrating on my move and getting my new business organized.
  - When he concentrates, you can say his name and he won't notice.
- 63. CONCENTRATION**
1. The act of process of concentrating. The state of being concentrated
  2. Academic major; a concentrated mass or thing
- Her concentration is in art history.
  - The noise from the trail does not disturb my concentration.
- 64. CONDITION** Latin *condicere* – to agree, *com + dicere* to say, determine  
 noun: a premise, prerequisite, qualification, state of being, state of health  
 verb: to adapt, modify, so as to conform, put in a proper state for work or use
- The conditions for proceeding with the deal were clearly stated.
  - The condo was in perfect condition for moving in.
- 65. CONFIDENCE**

1. A feeling or belief that one will act in a right, proper, or effective way
2. Certitude, relation of trust or intimacy
3. Reliance on another's discretion
  - I have complete confidence in her ability to complete the project.
  - He had confidence about the integrity of the relationship
66. **CONFIDENT** Latin *confidere* - be sure
  1. Full of conviction, having or showing assurance and self-reliance
    - She was confident about her training for the meet.
    - I am a confident businesswoman and professional.
67. **CONGRATULATE** Latin *congratulari, com* (together) + *gratuluri* (to wish joy)
  1. To express one's pleasure at good fortune or success, felicitate
  2. To rejoice at, celebrate/greet/hail
    - I congratulated Felicia on her new business and website.
    - He congratulated her on the birth of her son.
68. **CONNECT** Latin *connectere* - to bind together, *com* (together) + *nectere* (to fasten)
  1. To join or fasten two things together; link; couple
  2. To show or think of as related, associate
  3. To provide with a circuit (telephone)
    - She connected the dots in the game.
    - He connected the shower water filter to the shower faucet.
69. **CONNECTION** Latin *connexio*
  1. Joining or being joined, coupling, union.
  2. A part or thing that joins.
  3. A relationship, association.
  4. A relative (distant), business associate
  5. Act of transferring from one train, bus, etc. to another
    - I made the connection between how the two friends met and knew each other.
    - There was no connection between how the two parts of the story fit together.
70. **CONSCIOUS** Latin *conscius* – knowing, aware
  1. Having a feeling or knowledge, aware, cognizant
  2. Able to feel and think in the normal waking state
  3. Aware of oneself as a thinking being; knowing what one is doing and why
  4. Accompanied by an awareness of what one is doing, thinking, and feeling
  5. Felt by oneself
    - He was conscious of a group of people watching him from a distance
    - Most patients are nearly fully conscious within an hour after surgery.
71. **CONSCIOUSLY**
  1. With consciousness
    - He consciously prepared the meal, taking care to avoid any cross contamination of ingredients.
    - She consciously stepped forward, preparing to address the crowd's questions.
72. **CONSCIOUSNESS**
  1. The state of being conscious, awareness of one's own feelings and what is happening around one
  2. The totality of one's thoughts, feelings, and impressions, conscious mind
    - I am actively eliminating or transforming negative images or concepts that may be in my consciousness to positive ones.
    - The awareness of a disparity was not even in his consciousness.
73. **CONDEMN** Latin *condemnare, com* (intent) + *damnare* (to harm) "DAMN"
  1. To pass a judgment on, disapprove of strongly, censure
  2. To declare to be guilty of wrongdoing, convict
  3. To inflict a penalty upon
  4. To take for public use by the power of eminent domain
  5. To declare unfit for service



- The housing complex was condemned due to structural issues.
  - The politician was condemned by the conservative group for his views.
- 74. CONSIDER** Latin *considerare* - to look at closely, observe, *com* (with) + *sidus* (a star)
1. To think about in order to understand or decide; ponder
  2. To keep in mind; take into account
  3. To be thoughtful of (others) or show consideration for.
  4. To regard as; think to be
  5. To believe or conclude after thought
- She is considered an expert in the field of integrative medicine.
  - I considered many condos and apartments before settling on this one.
- 75. CONSIDERATION** Latin *consideratio*
1. The act of considering; careful thought or attention
  2. Thoughtful or sympathetic regard for others
  3. Something that is or should be considered as in making a decision
  4. Regard, esteem, importance
- After a short period of consideration, she answered the question thoughtfully.
  - Plenty of consideration was given to how to conserve water in the construction.
- 76. CONTRAST** Latin *contra* (against) + *stare* (to stand)
1. A contrasting or being contrasted; a difference (especially striking) between thing being compared
  2. A person or thing showing differences when compared with one another
  3. The effect of a striking difference (color, tone) of adjacent parts (visual)
  4. To compare such as to point out the difference
- The contrast of the two colors side by side was very dramatic.
  - He lives to contrast while I like to compare.
- 77. CONTROL** Middle English *countrollen*; Anglo-French *contrerouler*; *contrarotulus*; Latin: *contra* (against) *rotulus* (roll) < *rota* (wheel)
1. To check or verify by comparison with
  2. To regulate
  3. To verify (experiment) by comparison with a standard
  4. To exercise authority over, direct command
  5. To operate or regulate
  6. To hold back, curb restrain
  7. The act of controlling, power to direct or regulate ability to use effectively
  8. A condition of being directed or restrained, restraint
  9. A means of controlling; check
  10. A standard of comparison for verifying or checking the findings of an experiment, specifically such a standard obtained by withholding the substance, drug, etc. being tested
  11. An instrument or apparatus to regulate a mechanism
  12. A spirit supposed to direct the actions and speech of a spiritualistic median.
- The president of the board has complete control over the speed at which decisions are made.
  - I am in control of my thoughts, emotions, and actions.
  - There is a control of the speed.
  - They used a control.
  - He was reportedly speaking for the control.
- 78. CONTENT** Latin *continere* – to contain
1. Happy enough with what one has or is; not desiring more or different
  2. SATISFIED Willing (British House of Lords)
- noun: all that is contained in something.
- I am content with living my life the way it is now but look forward to growth.
  - He was content to stay home and watch a movie and snuggled on the couch.
- 79. CONTENTMENT**
1. The state, quality, or fact of being contented

- The look of contentment on her face told everyone she was enjoying the show.
  - The child reached a state of contentment paying with his new toy.
- 80. COULD** Old English *cuthe* – to be able
1. Past of CAN
  2. Future time reference of CAN, expressing shade of doubt or lesser degree of possibility or ability
  3. Politely less certainty than CAN
- I could go to the market tomorrow, but I prefer doing it tonight.
  - He could definitely learn more if he was willing.
- 81. CREATE** Latin *creare* – to create; Middle English *createn*; Latin *creātus* - to grow
1. To cause to come into existence, bring into being, originate, make or design
  2. To bring about, give rise to, cause
- I created a powerful force by visualizing my future success.
  - She created the concept for her new business.
- 82. CREATOR** Latin *creator*
1. One who creates, creator, God, the Supreme Being
- I am the creator of my yoga and B.E.S.T. business.
  - The creator of the series was pleased that it was recognized.
- 83. CRITICIZE** Greek *kritikos*, *critic* – able to discern
1. To analyze and judge as a critic
  2. To judge disapprovingly; find fault, censure
- She criticized the inclusion of the part of the story she felt was not needed.
  - Don't be too quick to criticize unless you're willing to try doing it.
- 84. CURIOUS** Latin *curiosus* - *careful*, diligent, curious, *cura*; care
1. Eager to learn or know
  2. Prying, arousing attention or interest because it is unusual or strange, odd (rare highly detailed, fastidious)
- She was curious to learn more about the ancient relic.
  - It was a curious choice as the piece did not seem to fit with the scene.
- 85. DECISION** Latin *decision* - a cutting short, *decidere* - decide
1. The act of deciding or settling a dispute/question by giving a judgment
  2. The act of making up one's mind
  3. Judgment or conclusion reached
  4. Determination; firmness of mind
- He made a decision to eliminate meat from his diet.
  - The child finally made a decision about what she wanted from the menu.
- 86. DECREE** Latin *decernere*, *de* (from) + *cernere* (to sift, judge) separate; Middle English *decre* < Old French *decret* < Latin *decretum*, neuter – *decretus*
1. An official order, edict, or decision as of a (church, government, court, etc.)
  2. Something that is or seems to be foreordained
  3. To order, decide, or appoint by decree or officially
- A decree was issued by the governing body to halt use of the rule.
  - It was decreed that only certain artists would be featured in the palace.
  - They issued a decree.
  - It was a decree from 50 years prior.
  - I decree myself a success.
- 87. DERIVATIVE** Latin *derivare* - to divert, to turn a stream from its channel, *de* + *rivus* (stream)  
adjective: derived. Using or taken from other sources; not original, of derivation  
noun: something derived  
A substance derived from another substance by chemical change
- The new item was a derivative of another line of products.
  - The word was a derivative of another language.
- 88. DERIVATION**
1. A deriving or being derived

2. Descent or origination
3. Something derived; a derivative
4. The source or origin of something.
5. The origin and development of a word
  - The word's derivation was from Latin.
  - The philosophy was a derivation of the ancient texts.
89. **DESERVE** Latin *deservire* (to serve diligently), *de* (intent) = *servire* (serve)
  1. To have a right to because of acts or qualities
  2. Be worthy of reward, punishment, etc.
  3. Merit
  4. To be worthy
    - I deserve to achieve all of the goals I have worked so hard for.
    - Everyone deserves their own self-respect as well as that of others.
90. **DESERVING**
  1. Having merit; worthy of aid, a reward; worth of
    - She is wholly deserving of the recognition as she has labored to make this happen.
    - I know of no one more deserving of the praise than you.
91. **DESIGNED** Latin *designare*, *de* (out, from) + *signare* (to mark)
  1. To make preliminary sketches of
  2. To plan and carry out, to form, to plan, purpose, intend
  3. To make designs
  4. A secret scheme
  5. A plan or sketch to work from
  6. Arrangement of parts
    - The design of the dress was such that it flattered my figure beautifully.
    - I designed the logo so that it evoked a feeling.
92. **DESIRE** Latin *desiderare*, *de* (from) + *sidus* (star) - to await from the starts
  1. To wish or long for, crave, covet
  2. To ask for, request
  3. To want sexually
  4. A strong wish or craving, thing desired
    - I desire to earn a passive monthly income which is higher than my highest monthly income from practicing orthopedic surgery.
    - Her desire to get married and have a family is coming true.
93. **DIMENSION** Latin *dimetiri* - to measure out, *dis* (off) + *metiri* (to measure)
  1. A measurable extent (length, width, depth)
  2. A hypothetical extension beyond these
  3. Measurements in l,w,d,
  4. Extent, size, or degree
    - He marked the dimensions of the board and checked them twice before hanging it.
    - One dimension of the dresser was too large for the space.
94. **DISLIKE** Old English *gelic* – similar, equal, same form or shape, *lic* - body
  1. To have a feeling of not liking, feel aversion to; have objections to
  2. A feeling of not liking; distaste; aversion, antipathy
  3. Something disliked
    - I dislike the taste of beets.
    - He dislikes sleeping under the covers.
95. **DOMINION** Middle English *dominoun*; Latin *dominus* - a master < *domonos* < *domus*, house  
IE *dem* – to build
  1. Rule or power to rule, sovereign authority, sovereignty
  2. A governed territory or country
  3. A name formerly used for certain self-governing nations of The Commonwealth
  4. Law – ownership, dominion
    - The queen held dominion over what were many ancient countries.

- These items were the dominion of the ranked official.

**96. DOUBT** Middle English *douten* - off < *douter*; Latin *dubitare* – to waiver in opinion, *dubius* -

**DUBIOUS**

1. To be uncertain in opinion or belief; be undecided
2. To be inclined to disbelief
3. To be uncertain about, question, feel distrust
4. Lack of trust or confidence
5. A condition of uncertainty

adjective: lack of conviction, wavering of opinion or belief

To be inclined to disbelief, to be skeptical of

Apprehension or fear

- She doubted the existence of a solution.
- There was doubt about whether the case was real or fabricated.

**97. DREAM** Old English *dream* - joy, music, *dhreugh* – to deceive

1. Sequence of sensations, images, thoughts, etc. Passing through a sleeping person's mind
2. A fanciful vision of the conscious mind; daydream
3. Reverie
4. A fond hope or aspiration
5. Anything so lovely, transitory, etc. as to seem dream-like.
6. To have dreams
7. To think of as at all possible

- Her dream was to become an actress on stage.
- He dreamed that he lived in Greece.

**98. DRIVE** Old English *dhreibh* – to push

1. To force to go, urge onward, push forward
  2. To control the movement or direct the course of
  3. To carry on with vigor
  4. A trip in a vehicle
  5. Power or energy
  6. To get things done
- He had the drive and the vision to complete the project.
  - I am going to drive to California.

**99. DRIVING**

1. Transmitting force or motion
  2. Moving with force and violence
  3. Vigorous, energetic
  4. The way one drives an automobile
- The driving force behind the development of the law was the lobbyist.
  - Chris often makes fun of the driving of Asians.

**100. ECSTASY** Greek *ekstasis*, *ek* (at) + *histanai* (to set) being put out of its place

1. A state of being overpowered by emotion, as by joy, grief, or passion
2. A feeling of overpowering joy; great delight; rapture
3. A trance (especially one resulting from religious fervor)

- She felt the ecstasy of falling in love.
- He was in ecstasy over seeing his favorite sports player.

**101. EFFORT** French, Latin *exfortiare*, *ex* (intent) + *fortiare* (force)

1. The using of energy to get something done, exertion of strength or mental power
2. A try, specifically a hard try
3. Attempt, endeavor
4. A product or result of working; achievement

- I put a lot of effort into making my move and new lease go smoothly.
- She exerted her efforts in one area and reaped the rewards.

**102. EFFECT** Latin *effectus*, *efficere* – to accomplish, bring to pass, *ex* (art) + *facere* (do)

1. Anything brought about by a cause or agent, result

2. The power or ability to bring about results, efficacy
3. Influence or action on something
4. General meaning; purpose
5. Impression produced on the mind of the observer as by artistic design or manner of speaking, acting, etc.
6. Something as a design, aspect of nature, etc. That produced particular impression
7. A scientific phenomenon
8. Condition of being operative or in force
9. Belonging to property
10. To bring about, produce as a result
  - The colors in the painting had the effect of evoking spring and freshness.
  - The small bump in the road with the project had no effect on me.

**103. EGO** Latin "I"

1. The self, the individual as self-aware
2. Egotism, conceit
3. Self-esteem/respect
4. The series of acts and mental states introspectively recognize
5. Part of the psyche that experiences the external world
6. Through the senses, organizes thought processes, and governs action
  - His ego had grown with his increasing fame and popularity.
  - There is a healthy ego which recognizes your worth but does not mistake it for your higher self.

**104. ELUSIVE** Latin *elusus* (*eludere* – to finish play, parry a blow, frustrate); *e* (out) - *ludere* (to play)

1. Tending to elude
2. Hard to grasp or retain mentally, baffling
  - The elusive animal had not yet been sighted and a photograph did not yet capture it.
  - The fact that the government is complacent with allowing the food industry interests to dictate public policy and opinion on nutrition is elusive.

**105. EMBODIED** Latin *incorporare*

1. To give bodily form to; make corporal; incarnate
2. To give definite, tangible, or visible form to; make concrete
3. To bring together into an organized whole
4. To make part of an organized whole; incorporate
  - Aadil embodies integrity in all that he does.
  - Babies embody the unique and limitless potential for growth and learning that humans possess.
  - She embodied the essence of being a lady.
  - I embodied the benefits of shifting to positive thinking.

**106. EMOTE** Latin *emovere*, *e* (out) + *movere* (move); French: *emouvoir* - to agitate, stir up

1. To act in an emotional or theatrical manner while, or as though, playing a role in a drama, often used humorously
  - At Chris' office, we're encouraged to emote for the camera.
  - He was emoting as if he was being watched.

**107. EMOTION** French (probably after motion) *emouvoir* – to agitate < *emovere*

1. Strong feeling, excitement
2. A state of consciousness having to do with the arousal of feelings
3. Any specific feeling
  - Her voice shook with emotion as she spoke.
  - He is in touch with and knows how to control his emotions.

**108. EMOTIONAL**

1. Of or having to do with emotion or the emotions
2. Showing emotion, especially strong emotion
3. Easily aroused to emotions

4. Appealing to the emotions; moving people to tears, anger, etc.
- He was very emotional about the changes in his life.
- The movie was quite emotional and showcased beautiful feelings.

**109. ENERGY** Latin: *active* – at work; *en* (in) + *ergon* (work)

1. Force of expression or utterance
2. Potential forces, inherent power
3. Capacity for vigorous action
4. Strength or power efficiently exerted
5. Resources from which electricity, heat, etc. Can be produced
6. Capacity for doing work
7. Forces or power in action
- She put all her energy into the project.
- She had a lot of energy after her nap.

**110. ENJOY** Latin *gaudere* - to be glad

1. To have or experience joy; relish, get pleasure from
2. To have the use or benefit of; have as one's lot or advantage
3. To have or experience something with pleasure.
- She enjoyed watching the musical.
- I know he will enjoy the meal as it's his favorite.

**111. ENJOYMENT**

1. The act or state of enjoying, the possession, use or benefit of something
2. Something enjoyed
3. Pleasure, gratification, joy
- My enjoyment of the vacation was heightened by having my special someone with me.
- My enjoyment of the process of moving to California is enhanced by moving closer to family.

**112. ENLIGHTEN**

1. To give the light of fact and knowledge to
2. Free from ignorance, prejudice, or superstition
3. To make clean, inform
4. Religion: to give spiritual insight and understanding to
- He enlightened him to the fact that the plane was arriving on time.
- Many people become enlightened by a seemingly unjust period of isolation.

**113. ENLIGHTENED**

1. Someone or something who/which is enlightened
- I became enlightened to the fact that I am perfect just as I am.
- She was enlightened on the subject of whole food and plant-based nutrition after reading the book.

**114. EPIPHANY** Greek: *epiphainein* - to show forth, *epi* (upon) + *phanein* (to show)

1. An appearance or manifestation of a god or other supernatural being
2. Christian festival 1/6
3. A moment of sudden intuitive understanding
4. Flash of insight
5. A scene, experience, that occasions such a moment
- She had an epiphany, realizing she didn't want to do the project after all.
- I had an epiphany and realized the perfect name for my business!

**115. EQUANIMITY** Latin: *aequanimis*, *aequus* (even, plain) + *animus* (the mind)

1. The quality of remaining calm and undisturbed; evenness of mind or temper; composure
- One of the goals of the yogic path is to obtain the quality of the equanimity.
- Equanimity leads to a constant state of calmness and not judging others by reacting with positive or negative emotion.

**116. EXERCISE** Latin *ex* (out) + *arcere* (to enclose), to drive out

1. Active use or operation; employment, performance
2. Activity for the purpose of training or developing the body or mind
3. Systematic practice

4. Regular specific movements designed to strengthen/develop some part of the body
  5. A problem/group of written examples to be studied and worked out to develop a skill
- This exercise of having us write out the definitions and then compose sentences with all the words is leading to amazing benefits!

- I am committed to regularly exercising my body.

**117. EXPAND** Latin: *expandere*, *ex* (out) + *pandea* (to spread, extend)

1. To spread out, open, or stretch out, unfold
  2. To make greater in size, bulk, scope, enlarge, dilate, extend
  3. To enlarge upon, develop in detail
  4. To show the full form of
- The government gave them increased funding which allowed them to expand the program.
  - The restaurant is expanding into the adjacent space.

**118. EXPANDING**

1. In the process of spreading out
- I am expanding my wealth consciousness continuously.
  - The universe is always expanding.

**119. EXPERIENCE** Latin: *experiri* – to try, test

1. The act of living through an event or events, personal involvement in or observation of events as they occur
  2. Anything observed or lived through
  3. All that has happened in one's life to date
  4. The effect on a person of anything or everything that has happened to that person
  5. Individual reaction to events, knowledge, skill, or practice resulting from this
- My experience with the city is that people are very friendly.
  - She experienced very little disturbance of her sleep when she travelled.

**120. EXPERIENTIAL**

1. Of or based on experience
  2. Empirical
- The learning was experiential rather than learning theory didactically.
  - Her report was based on experiential information on she lived in the field.

**121. EXPRESS** Latin: *exprimere*, *ex* (out) + *premore* (press) - press, squeeze out

- I expressed my appreciation for Rachel's friendship and the lovely gift.
- Instead of expressing my frustration, I chose to feel gratitude.

**122. EXPRESSION**

1. The pressing or squeezing out, putting into words, picturing, representing or symbolizing
  2. Meaningful and eloquent manner of speaking, singing
  3. A particular word, phrase, or sentence
- Her expression of joy communicated more than words.
  - The opera singer sang with such dramatic expression.

**123. EXISTENCE** Latin *existere* – arise, be, become

1. The act of existing, state of fact of being
  2. Continuance of being
  3. Occurrence, specific manifestation
  4. A manner of existing, being, living
  5. A being, entity, thing that exists
- The existence of the Conservatory Gardens was doubted by him, but they were only five blocks from his apartment.
  - It's a glorious existence for most dogs in the United States.

**124. EXTENSION** Latin: *extendere*, *e* (out) + *tendere* (to stretch)

1. Being extended
2. The range to which something can be extended
3. The part that forms the continuation or addition
4. An extra period of time allowed a debtor for making payment
5. A branch of a university for students who can't attend the university proper

6. An extra telephone connected to main line
7. Straightening of a flexed limb (hair, etc.)
- The extension of the deadline eased everyone's minds.
- The extension of daylight into the evening hours is a harbinger of summer.

**125. ETERNAL** Latin: *aeternus* – an age, eternal, everlasting

1. Without beginning or end, existing through all times, everlasting
2. Of eternity
3. Forever the same, unchanging, always true or valid
4. Always going, never stopping, perpetual
5. Seeming never to stop, always happening
- The ongoing quest for balance between light and dark is eternal.
- I am eternally grateful to Gin for giving me control of my life back.

**126. FAULT** Latin: *faulsus, fallere* - to deceive

1. Something that marks the appearance, character, structure, defect
2. Something done wrongly, misdeed, offense, error
3. Responsibility for something wrong
- The fault in the foundation lead to the crack in the wall.
- Through no fault of her own, she shouldered responsibility for the issue.

**127. FEAR** Middle English/Old English *foer* – sudden attack, *fara* - ambush, snare

1. A feeling of anxiety and agitation caused by the presence or nearness of danger, evil, pain, etc.
2. Dread, apprehension, tenor, fright
3. A feeling of uneasiness and concern, a cause for fear
4. To be afraid of
5. To expect with misgiving
- His fear of heights meant he was not an avid biker.
- She feared that the dish might not turn up as she had never made it before.

**128. FEEL** Middle English *fele* < Old English *felean* – akin to *fuhler*, Latin *palpare* - to stroke; IE *pet* – to fly flutter, cause to tremble > Old English *fifeal*, falter butterfly

1. To touch or handle in order to become aware if, examine, test, touching or handling
2. To perceive or be aware of through physical sensation
3. To experience an emotion or condition
4. To be moved by or very sensitive to
5. To be aware of intellectually
6. To think or believe (offer for unanalyzed or emotional reasons)
7. To have physical sensation; be sentimental
8. To appear to the senses, up to the sense of touch (to find by touch)
9. The act of feeling the natura of a thing as perceived through touch
10. To have an emotional effect
11. To try to find something by touching, grope
12. To be or be aware of being
13. To be moved to, sympathy, pity, etc.
14. The act of feeling, perception by the senses
15. The sense of touch
16. The nature of a thing as perceived by touch
17. An emotional sensation or effect
18. An instinctive ability or appreciation
19. [slang] an act or an instance, of touching, handling, groping, etc.
- It feels great to be making all these positive changes in my life.
- I feel that I am going to be a successful niche yoga teacher to the elite.
- I'm feeling for the light switch in the dark.
- I feel great!
- I feel for them.
- She has a feel for the language.



**129. FEELING**

1. Full of or expressing emotion or sensitivity; sympathetic
2. The sense by which contact, pressure, temperature, and pain (and pleasure) are transmitted through the skin, sense of touch
3. An awareness, consciousness, or sensation, emotion or sensitivity
4. An opinion or sentiment
5. Premonition, impression, or emotional quality
  - Seattle has a very different feeling than Southern California does.
  - My feeling about the trip is it is going to be very relaxing.

**130. FINISH** Latin: *finir* – to end, *finis* – end

1. To bring to an end, complete
2. To come to the end of
3. To use up, to give final touches to
4. To treat, to give (materials) a desired surface effect
5. To cause the defeat, collapse, death of
6. The last part
7. Anything giving the desired surface effect, texture, refinement
  - I'm looking forward to finishing the process of starting my business.
  - She finished the book and raved about it.

**131. FOCUS** Latin: *fireplace, hearth*; IE: *bhok* – to flame, burn

1. The point where rays of light, heat, waves of sound, etc. Come together
2. Center of activity, attention
3. Fix or settle on one thing, concentrate
  - The focus of the task force was to achieve any major goal
  - All the lights were focused on her on stage.

**132. FOOL** Latin: *follis* – windbag, bellows

1. A person with little or no judgment, common sense, wisdom
2. Jester
3. Victim of joke or trick
4. A person especially devoted to or skilled in some activity
5. To speak or act in jest
  - He felt like a fool after the joke was played upon him.
  - She told him she was fooling and they both had a laugh.

**133. FORCE** Latin: *fortis* – strong

1. Strength, energy, vigor, power
2. Intensity of power
3. Physical power exerted against something
4. Use of physical power to overcome/physical coercion
5. Power of a person to act effectively
6. Moral or intellectual strength
7. The power to control, persuade, influence, effectiveness
8. A person/group having a certain influence
9. Real or precise, meaning
10. To cause to do something by or as if by force
11. To take by force
12. Exert beyond natural limits
  - He forced open the lock with a tool.
  - The force of love is stronger than all negative forces.

**134. FORM** Latin: *forma* - shape, figure, image

1. The shape, outline, configuration, structure as apart from color, material
2. Body or figure
3. Anything used to give shape to something else
4. The particular mode of existence
5. Arrangement

6. Way of doing something requiring skill
7. To mold or shape, fashion; to come together/organize
8. To make up/comprise
9. To conceive
- She formed the idea for the project after watching her daughter's dance recital.
- The opportunity has taken the form of a business.

**135. FORMLESS**

1. Having no definite or regular form or plan; shapeless
- Many have described the formless substance as ether.
- The dress was formless but still flattered her figure.

**136. FREE** Old English: *fre* - not in bondage, noble, glad; IE: *prei* - to hold dear (friend); Sanskrit: *priya* - dear, desire

1. Not under the control of some other person or arbitrary power
2. Having liberty, independent
3. Able to move in any direction
4. At liberty, allowed
5. Not literal
6. Not confined to usual rules or patterns
7. Not restricted by anything but its own limitation or nature
8. Not in use
9. No change/cost
10. Open to all
11. To make free
- She was free to use all the facilities by staying on the property as a guard.
- The girls gave me the cookie for free.

**137. FREEDOM**

1. The state or quality of being free, liberty
2. Exemption or immunity from a specified obligation, discomfort
3. Able to act, move, use without restraint
4. Ease of movement or performance
- Having the movers pack gave me the freedom to focus on my activities.
- Being self-employed means having the freedom to schedule my time as I see fit.

**138. FULL** Latin: *plenos* – full; *plere* - to fill

1. Having in it all there is space for
2. Having eaten all that one wants
3. Crowded, well-supplied, rich in detail
4. Complete, attained highest rank
5. Having clearness, volume, and depth
6. Rand, filled out
- His schedule is full, but he prioritizes time with me.
- I am so thankful and grateful for always having a full stomach at mealtimes.

**139. FUN** Middle English: *fonne* – fool, *fonnen* - to be foolish

1. Lively joyous play; amusement, sport, recreation
2. Enjoyment, pleasure
3. Source or cause of amusement, merriment
- I had so much fun dancing last!
- We will work in Oslo but we're also there to have fun.

**140. GAIN** Middle English, Old French: *gaaigner* - to work, earn, *waidanjan* – pasture, *wai* – hunt

1. To get by labor, earn
2. Win or get by effort or merit
3. To cause to be directed toward oneself, attract
4. Get to, arrive at
- I am gaining on all of my dreams.
- I have gained so much insight by going through the process of changing my life.

**141. GET** Old Norse: *geta* - to get, beget; Latin (pre) *hendere* - to grasp, understand

1. Receive, win, gain, obtain, acquire
2. To reach, arrive at
3. Go and bring, to catch
4. Become afflicted with, learn/commit to memory
5. Influence a person to do something
6. Prepare
7. To become, to come, go, or arrive

- I am getting excited about my new life in California.
- I get the most amazing deals and situations and I'm so grateful.

**142. GIVE** Old Norse/Old English: *giefan* - to give; Latin: *hubere* - to have

1. To make a gift, give over possession or control without cost or exchange
2. To hand over, entrust
3. Relay, pass on
4. To produce in a person or thing
5. To confer or assign, not as host
6. Be the source of, to part with for a cause; to offer or yield
7. To show, to perform
8. To donate, to bend, yield
9. To be springy and resilient

• I give of myself in relationships and in my career willingly and the energy is totally different than when such interactions were more tiring.

- I have gift to give Eden.

**143. GIVING**

1. In the process or act of turning over possession, making a gift, etc.
- I'm thankful Seattle is giving me a clean day of sun for my last!
  - Pam is giving me a great opportunity to work with her clients.

**144. GOAL** Middle English: *gol* (boundary)

1. The line or place at which a race, trip, etc. is ended
  2. An object or end that one strives to attain, aim
  3. The act of scoring
- The goal of the game is to score more points than the other team.
  - I achieve all of my goals.

**145. GOOD** IE: *ghedh* - to unite, be associated, suitable

1. Suitable, term for approval, producing favorable results
  2. Beneficial, genuine, valid
  3. Fresh, healthy, strong, pleasant, happy, desirable
  4. Thorough, excellent, benevolent, able/skilled
  5. Healthy, welfare, materials
- She felt strongly that the change was a good one.
  - I am really good at fine detailed motor work.

**146. HAPPY** Middle English: *happi* - convenient, suitable; IE *kob* - to be fitted to, to suit; APT: *felicitus*

1. Favored by circumstances, lucky, fortunate
  2. Having, showing, or causing a feeling of great pleasure; contentment, joy, etc.
  3. Exactly appropriate to the occasion
- I am so happy with my new life and that makes me happier.
  - The circumstances surrounding my move are very happy ones.

**147. HAPPINESS**

1. Great pleasure, joy, the state of being fortunate/lucky, glad, pleased
- The happiness is independent of external circumstances
  - Her happiness over becoming engaged showed in all of her expressions.

**148. HAVE** Middle English: *haver*; Latin: *cupere* - to take, to hold, have in hand

1. To hold in the hand or in control, own, possess

2. To possess as a part
  3. To be affected by; to possess by way of an experience
  4. To hold or keep
  5. To get, receive, perform, beget, feel, and show
    - I have such amazing luck and so many blessings for which I'm grateful.
    - I have a wonderful, loving, understanding, and supportive family.
- 149. HERE** Middle English/Old English/German/IE: *ke/ki* - this one
1. At or in this place (intensifier)
  2. Toward, to; or into this place
  3. Hither
  4. At this point, in an action. On earth.
    - Be here now.
    - I am here at Top Pot Doughnuts.
- 150. HONORED** Middle English/Old French/Latin: *honor, haros* – official dignity, repute, esteem
1. High regard or great respect given, received
  2. High rank, position, distinction, dignity
  3. Special courtesy or privilege
  4. To show great respect for
    - I was honored as a special guest at James' Mastering to Success Mastery Course.
    - She was honored at the commencement ceremony for her special achievement.
- 151. HOW** Middle English/Old English: *hwu, hu* – interrogative base
1. In what manner or way, by what means
  2. In what state or condition
  3. For what reason or purpose (why)
  4. By what name, with what meaning
  5. To what effect, to what extent
  6. In whatever manner or way
    - She knows how to create the reality he wishes to experience.
    - I know now how it is that I came to exist in this body, on this planet, and at this time and am explaining why I'm here.
- 152. HONEST** Middle English/Old French: *honeste*, Latin: *honestus, honer*
1. That will not lie, cheat, or steal; truthful, trustworthy
  2. Showing fairness and sincerity; straightforward, free from deceit
  3. Gained or earned by fair methods
  4. Being what it seems; genuine, pure
  5. Frank and open
    - He is always honest and never bends the truth.
    - Her attempt at correcting the area was honest.
- 153. HONESTY** Middle English/Old French *horeste*; Latin: *honostas, honestus*
1. The state or quality of being honest
  2. Refraining from lying, cheating, and stealing
  3. Being truthful, trustworthy, or upright
  4. Sincerity, fairness, straight forwardness
    - His honesty in business was lauded and well known in the community.
    - The honesty of a statement was obvious since its highlighter one of her own faults.
- 154. HUMBLE** Middle English/Old French: *humilis* - law small, slight; akin to humus, soil, earn
1. Having/showing a consciousness of one's defects or shortcomings; not overly proud.
  2. Modest, not self-assertive
  3. Low in condition or rank: to lower in pride, make modest
    - I was humbled by their amazing generosity.
    - Like most business, ours had handle beginnings.
- 155. HUMILITY** Middle English: *humilite*; Old French/Latin: *humilitas*
1. The state or quality of being humble
  2. Absence of vanity or expensive pride

- It is with great humility that I accept the designation from my teacher.
  - His humility showed in the way he treated everyone with equal respect.
- 156. IDEAS** Latin/Greek: form or appearance of a thing as opposed to its reality; Greek: *idein* – to see; Old English: *witan* – to know
1. Something one thinks, knows, or imagines; a thought; mental conception or image
  2. An opinion or belief
  3. A plan/scheme/project/aim
  4. Impelling/fanciful/notion/vague impression
  5. Meaning a significance
- She has a great idea on how to solve the situation.
  - He had the idea that the program started at two in the afternoon.
  - My idea is to have my clients come to me.
- 157. ILLUMINATE** Latin: *illuminatus, illuminare* – to light up
1. To give light to, light up; brighten, animate
  2. To explain, elucidate; make clear
  3. To inform, instruct, enlighten
  4. To make illustrious, glorious, or famous
  5. To decorate with lights
  6. To decorate (initial letter, border, manuscript)
- The lamps illuminated the room.
  - She illuminated the group of what the relevant issues were in the debate.
  - The manuscript was meticulously illuminated.
  - The opera house was illuminated by Chagall's paintings.
- 158. ILLUSION** Middle English/Old French: *illusio* – a mocking, *illudere* – to mock, play with, *in* (on) + *ludere* (to play)
1. A false idea or conception
  2. An unreal, deceptive or misleading appearance or image
  3. A trick (performed by stage magician) appearing to defy ordinary physical laws
  4. A false perception, conception, or interpretation of what one sees
  5. The misleading image resulting in such a false impression
- She was under the illusion that all was progressing on schedule.
  - He created the illusion that the object was floating.
  - Time is an illusion, as many believes.
- 159. IMAGE** Old French/Latin: *imaginem, imago* – imitation, copy, image
1. A representation or likeness of a person or thing
  2. A visual representation of something produced by a mirror, refraction through a lens, ultrasound, etc.
  3. A person or a thing very like another; copy
  4. A type, typical example
  5. A mental picture, impression
  6. A concept of a person
- Her image of the ocean appears when I remember Florida.
  - The image of light is what we use when we meditate.
  - He is the image of unconditional love and mutual respect.
- 160. IMAGINE** Middle English/Old French: *imaginary imago* – a likeness
1. To make a mental image of, form an idea or notion of, conceive in the mind
  2. To suppose, guess, think
- I imagine that it would take 30 minutes to drive to the office from here.
  - He imagines a world where everyone cleans up his or her messes.
- 161. IMAGINATION**
1. The act or power of creating mental images of what is not actually present.
  2. The act or power of creating mental images of what has never actually been experienced – creative power
  3. Anything imagined

4. A foolish notion, empty fancy
5. The ability to understand and appreciate imaginative creations of others' resourcefulness deeply
6. Resourcefulness in dealing with new or unusual experiences.
  - Her imagination was vivid and capable of creating entire other worlds.
  - His imagination caused him to believe that she was interested in him.
  - It takes imagination to create a work of art.

**162. IMPORTANT** French/OIT/ML: *importance, in (in) + portare - to carry*

1. To bring in, introduce
2. Meaning a great deal; having much significance, consequence, or value
3. Having or acting as if having, power, authority, influence high position
  - It was important to her that the house have that feature.
  - He was an important man in the field of psychology.
  -

**163. INEFFABLE** Middle English < Middle French < Latin: *ineffabilis, in (not) + effabilis* (utterable), *effaris - to speak out*

1. Too overwhelming to be expressed in words; inexpressible
2. Too awesome or sacred to be spoken
  - The beauty of Big Sun is ineffable, words cannot describe it.
  - Many say the name of God is ineffable.

**164. INSTANT** LME/Middle French/Latin: *instare - to stand open or near, press in, upon stare*

1. Soon to happen, imminent
2. Without delay, immediate
3. A point or very short space of time (Moment).
  - In that instant, I knew that my shoes were getting wet in the rain.
  - The reaction was instant, she immediately knows what to do.

**165. INTELLIGENT** Latin: *intelligere – to perceive, understand, inter (between) + legere (to pick, gather, choose)*

1. Having or using intelligence, rational
2. Having or showing an alert
3. Mind or high intelligence; bright, perceptive, informed, clever, wise
  - She was very intelligent for her toddler age.
  - He made an intelligent decision to double check before making the cut.

**166. INTELLIGENCE**

1. Ability to learn or understand from experience; ability to acquire and retain knowledge, mental ability
2. Use of the faculty of reasoning in solving problems – ability to respond quickly
  - His level of intelligence was apparent in the way she answers the challenging questions.
  - His intelligence was not showcased as easily by standard wedding.

**167. INTELLECT** Middle English/Latin: *intellectus - perceiving, understanding, intelligere – to understand*

1. The ability to reason or understand or to perceive relationship, differences etc. Power of thought, mind
2. Great mental ability; high intelligence
3. A mind or intelligence of a superior one
4. A person of high intelligence
5. Minds or intelligent persons collectively
  - His powers of intellect were such that he dazzled the researchers.
  - With her intellect, she knew what most people would choose, however, her institution guided her to another choice.

**168. INTELLECTUAL**

1. Of or pertaining to the intellect
2. Appealing to the intellect
3. Requiring/involving the intellect

4. Inclined toward activities that involve the intellect
5. Guided by the intellect rather than by feelings
6. Having or showing a high degree of intellect; having superior reasoning powers
7. A person with intellectual interests or tastes or engaged in intellectual work
- The movie appealed more to an intellectual audience than a mainstream one.
- He considered himself to be among the intellectuals.
- 169. INTENT** Latin: *intentus* < *intendere* – to stretch out for, aim, *in* (in) + *tendere* (to stretch)
  1. Firmly directed or fixed, earnest, intense
  2. Having the mind or attention firmly directed or fixed; engrossed
  3. Strongly resolved
  4. Something intended, an act or instance of intending
  5. A purpose, object, aim
  6. Meaning or importance
  - She was intent upon finishing the tasks today.
  - His intent was clearly one that was compassionate.
- 170. INTEND** (See “intent) To stretch out for
  1. To have in mind as a purpose, plan
  2. To mean something to be or be used for design; destine
  3. To mean or signify
  4. To direct or turn (the mind, eyes, thoughts, etc.)
  - She intends to cook for the entire party.
  - That message was intended for one.
- 171. INTEREST** Middle English: *interesse* – usury, compensation, *inter* (between) + *esse* (to be)
  1. A right or claim to something
  2. A share or participation in something (a business)
  3. A personal connection or involvement which might be thought to compromise one’s impartiality in carrying out one’s official duties, welfare, benefit
  4. Personal influence
  5. A feeling of intentness, concern or curiosity about something
  6. The power of causing this feeling
  7. Importance, consequence
  8. Money paid for the use of money
  9. Any increase over what is owed
  10. A group of people having a common concern
  - She has a strong interest in Psychology.
  - He paid the loan back with interest.
  - He declared an interest in the business represented.
  - He listened with interest.
- 172. IRRATIONAL** Middle English/Latin: *irrationalis* – ratio, a reckoning, reason
  1. Lacking the power to reason
  2. Contrary to reason or rationality
  3. Unreasonable, absurd, illogical
  - His explanation for making the decision was irrational.
  - In her current state, she was deemed irrational and the conversation was postponed.
- 173. IS** Middle English/German: *ist, es* – to be 3<sup>rd</sup> person singular present of BE
  - He is very happy.
  - She is delighted.
- 174. ISSUE** Old French: *issir* - to go out; Latin *exire* – *ex* (out) + *ire* (to go)
  1. An outgoing, outflow, passing out
  2. A result, consequence, offspring, proceeds
  3. A point, matter, or question to be disputed. A sending act, putting faith
  4. The thing or set of things issued
  5. To flow out, be descended, to be derived or result
  6. To be printed or published.

- This month's issue of the magazine was in the mail.
  - A warning was issued about the coming storm.
  - The issue at hand will be discussed in the meeting.
- 175. JOURNEY** Middle English: *journee* < Old French < LL < Latin: *divurnus* "daily"
1. The act or an instance of travelling from one place to another, try
  2. Any course or passage from one stage or experience to another
  3. To go on a trip
- My journey from Seattle to Southern California assess through beautiful country.
  - He is on a journey toward self-discovery
- 176. JOY** Middle English: *joie* < Old French < Latin *quadium, joy*
1. A very glad feeling, happiness, great pleasure, delight
  2. Anything causing such feeling
  3. The expression or showing of such feeling
- She spoke of her grandchildren with such joy.
  - It was a joy to him to help out. I was about to you
  - Her joy shined on her face.
- 177. JUDGE** Middle English: *juge* < Old French < Latin: *judex* – one who points out the right, *jus* (law) + *dicere* (to say, point out)
1. An elected or appointed public official with authority to hear and decide cases in a court of law
  2. A person designated to determine the winner in a contest, settle a controversy etc.
  3. A person qualified to give an opinion or decide on the relative worth of anything
  4. Middle English *jugger*; Old French: *juger*; Latin: *judicare* - to declare the law
  5. To hear and pass judgment on in a court of law
  6. To determine the winner or settle
  7. To decree
  8. To form an idea, opinion or estimate about
  9. to criticize or censure
  10. To think or suppose
- the judge dismissed the case.
  - He is a great judge of a delicious meal.
  - I judged the movie to be entertaining get light on story line.
- 178. KNOW** Middle English < Latin: *gnoscere* – to know; Greek: *gignoskein*
1. To have a clear perception or understanding of be sure of or well-informed about
  2. To be aware of or cognizant of; have perceived or learned
  3. To have a firm mental grasp of; have securely in the memory
  4. To be acquainted or familiar with
  5. To experience
  6. To have understanding of or skill in as a result of study or experience
  7. To recognize
  8. To recognize as distinct, distinguish
  9. To have sexual intercourse with
- I know the answer to your question.
  - She knows fashion and style.
  - He knows her father.
  - He knows she cares for him greatly.
  - The child knows he shouldn't jump form that height.
  - I know the victory of hitting a goal.
  - He knows the house well enough without the address.
- 179. KNOWLEDGE** Middle English: *knowlechen* - acknowledgement, confession
1. To play, give, move about
  2. The act, fact, or state of knowing; acquaintance or familiarity, awareness, understanding
  3. Acquaintance with facts, range of information, awareness, or understanding
  4. All that has been perceived or grasped by the mind, learning, enlightenment



5. The body of facts, principles, etc. Acquired through human experience and thought
  - To my knowledge, I am the only person teaching Pauna Yoga in the OC
  - His knowledge far exceeds mine in terms of spiritual development.
180. **LIKE** Middle English/Old English: *gelic* – *similar, equal, of the same shape or form*
  1. Having almost or exactly the same qualities, characteristics, similar, equal or similar to; somewhat resembling
  2. In a manner character of
  3. In accord with the nature of; characteristic of
  4. In the mood for
  5. Prophetic or indicative of
  6. As for example
  7. To have a taste or a fondness for
  8. To be so inclined
  9. To want or wish
    - He likes me and has asked me out on a date.
    - I feel like eating some more cheese and a bread.
181. **LOOK** Middle English: *lochen*; German: *lugen* - to spy after, look for
  1. To make use of the sense of sight
  2. To direct one's eyes in order to see
  3. To try to see or find something
  4. To appear to be seem
  5. To be facing or turned in a certain direction
  6. To direct someone's eyes on
  7. To express by one's looks
  8. To have an appearance that is in accord with to
  9. To expect
  10. The outward appearance
  11. The act of looking
    - He has the look of a man who is handy and responsible.
    - She looked to see where the noise was coming from.
182. **LOVED** Middle English < Old English: *lufu*; IE: *leubh* - to be fond of, desire
  1. A deep and tender feeling of affection for or attachment and devotion to a person
  2. An expression of one's love or affection
  3. A feeling of brotherhood and goodwill toward other people
  4. A strong liking for or interest in something
  5. The object of suck liking
  6. A strong, usually passionate affection of one person for another, based in part on sexual attraction
  7. The person who is the object of such an affection
  8. Equal passion or intercourse
  9. To feel love for
  10. To delight and take pleasure in
  11. To gain benefit from
    - He loved the way I always was affectionate with him.
    - She is very much loved by her parents.
183. **LEVEL** Old French: *livet*; Latin: *libella, libre* – balance, level, weight
  1. Instrument for determining an even horizontal plane
  2. Position with reference to a height
  3. Relatively flat/even, area of land
  4. Any of a series of stages
  5. Perfectly flat and even
    - She is working on completing the first level.
    - His level of understanding was significantly higher than before.
184. **LEARN** Middle English *lernen*; Old English: *learnian*; Latin: *lira* (furrow)

1. To get knowledge of
2. To come to know
3. To come to learn how
4. To memorize
5. To acquire as a habit or attitude

- She learned how to swim.
- He learned about the trip when I told him we're going.

**185. LESSON** Middle English: *lesson*; Old French: *legon*; Latin: *lectio* - a reading/text/lesson (to read)

1. Something to be learned
2. An exercise or assignment to be learned without a given time
3. Cause of instructions
4. Something which we do to be learned
5. Instruction given during one class or instruction period.

- The child finished her French Lessons.
- I learned a lesson about staying up too late.

**186. MAGIC** Middle English: *magike*; Old French, Latin: *magice*; Greek: *magikos* - of the magi, magic (act), sorcery < Latin: *magus* < Greek: *magos* < *mogus* – member of priestly caste, magician

1. The use of spells, charms, and rituals in seeking to cause or control events or to govern; contain natural or supernatural forces; occultism
2. Such spells, charms, etc.; Mysterious, seemingly inexplicable or extraordinary power or quality

3. The art of performing, skill of producing baffling effects or illusions by sleight of hand
4. Produced by magic
5. Producing extraordinary result

- The way she produced results was like magic.
- The magic of seeing a live musical is always exciting.

**187. MANIFEST** Middle English < Old French < Latin: *manifestus* – struck by the hand, palpable, evident; *manus* – hand [Apparent to the senses, esp. that of sight or to the mind, evident, obvious, clear, plain]

1. To make clear or evident, show, reveal,
2. To prove, be evidence of
3. To enter in a ship's manifest
4. To appear to the senses, show itself

- The magic trick manifested beautifully to the audience.
- The fact that she was not interested in the movie was manifest.

**188. MASTER** Middle English < Old English < Old French < Latin: *magister* – master, chief, leader. *magnus* – great

1. A person who rules others or has control, authority, or power over something specific
2. A person very skilled and able in some work, profession, science, etc.; expert
3. A person recognized as having achieved the highest degree of skill
4. To become master of; to become an expert in, to rule or govern as master

- She is the master of cooking this dish well.
- He mastered the art of gentle conversation.

**189. MASTERY**

1. Mastership, rule, control
2. Ascendancy or victory in struggle or competition
3. The upper hand
4. Masterly ability; expert skill or knowledge
5. The act of mastering

- His mastery of the language made it simple for her to move about the country.
- Through mastery of the self, the creation of one's life happened.

**190. MATERIAL** Latin: *materia* – matter

1. Of matter, substance, relating to or consisting of what occupies space, physical
2. Of the body or bodily needs, satisfaction, corporal, sensual
3. Of or fond of comfort, pleasure, wealth; worldly
4. Important or essential or pertinent
5. What a thing is or may be made of
6. Ideas, notes, sketches, cloth, or fabric
  - The material used for the upholstery was of high quality.
  - He's using some of his older material tonight during the show.

**191. MATERIALIZE**

1. To give material form of characteristics to
2. To make appear in bodily form
3. To make materialistic
4. To become fact, develop into something real or tangible
5. To take on or appear in bodily form
6. To appear suddenly/unexpectedly
  - The money materialized just in time to be used for the payment.
  - She materialized out of the crowd.

**192. MIND** Greek: *menos* (spirit, force); Latin: *mens* (mind)

1. Memory, recollection, or remembrance
2. What one thinks, opinion
3. That which thinks, perceive, feels, wills, seat or subject of consciousness
4. Intellect or intelligence
5. Attention, notice
6. All of an individual's conscious experiences
7. Reason/sanity
8. A person having intelligence, way, state, or direction
9. To direct one's mind to
10. To pay attention, to heed
11. To tend/take care of
  - Her mind was focused on finding a solution.
  - He minded the intrusion into the meeting and subsequent interruptions.

**193. MISSING**

1. Absent, lost, lacking
2. Absent after combat, but not definitely known to be dead or taken to prison
  - She was missing a sock.
  - He had been missing her for a long time.

**194. MOMENT** Middle English < Latin *momentum* – movement, impulse, brief space of time, importance, < *movere* - to move

1. A brief but indefinite period of time; instant
2. A definite point in time or in a series of events
3. A brief time of being important or outstanding importance, consequence
  - It took him a moment to come up with a witty reply.
  - She had a fleeting moment about the deal.

**195. MONUMENTAL** Latin: *monumentalis*; Old French suitable for or serving as a monument or monument, like a monument, massive, enduring

1. Historically notable, important, or of lasting value
2. Very great – colossal
  - His contribution to the field was monumental.
  - The tribute was monumental in nature – larger than life.

**196. NEED** Middle English < Old English *nied*; German: *not* – *neut* – to collapse with weariness; Newyn: (welsh) starvation

1. Necessity or obligation created by some situation
2. A lack of something useful, required, or desired
3. Something useful, required, or desired that is lacking

4. Want, requirement
5. A condition characterized by hardship or serious deficiency
6. A condition of poverty or extreme want
7. Want or lack, require
8. To have need of
9. To be necessary, to be in need
  - His need for attention was descriptive to the class.
  - The puppy's needs included a crate, food, water, and a blanket.
- 197. NEGATIVE** Middle English < Old English < Latin: *negatus* < *negare*: to deny
  1. Containing, expressing, or implying a denial or refusal; that says "no"
  2. Opposite to something regarded as positive
  3. Lacking in positive character or quality
  4. Lacking evidence, affirmation, having the effect of diminishing, depriving or denying
  5. Antagonistic, fault-finding, destructive
  6. Biology, electricity, logic, math, medicine, optics, photographs
  7. An undesirable element or quality, drawback, shortening, defect
    - The negative answer clarified what she wanted and why she wanted it.
    - There were some minor negative aspects to the decision, such as that there was fewer eating out opinions.
- 198. NOW** Middle English < Old English < Latin: *nun*
  1. At the present time, at this moment
  2. At once
  3. At the time referred to; then, next
  4. At a time very close to the present
  5. Very recently ("just now")
  6. Given the situation, the present time
    - Be here now.
    - He wants to leave right now.
- 199. OBEY** Middle English < Old French < Latin: *obedire* (to obey); Old Latin *oboedire*, *ob* (toward, for) + *audire* (to hear)
  1. To carry out the instructions or orders of
  2. To carry out (an instruction or order)
  3. To be guided by; submit to the control of
    - The puppy obeyed its owner's command.
    - Most people obey the law.
- 200. OBTAIN** Middle English < Old French < Latin: *obtinere* - to obtain, mantaining, prevail, *ob* (toward, for) + *tenir* (hold)
  1. To get possession of, especially by some effort
  2. Procure
  3. To be in force or in effect, prevail
    - She obtained a permit allowing her to drive.
    - I am obtaining my first home.
- 201. OMNIPOTENT** Old French < Latin: *omnipotens*, *omnis* (all) + *potens* (*potis* – able)
  1. Having unlimited power or authority, all powerful
    - We have omnipotent power which few of us realize.
    - I believe in an omnipotent Source.
- 202. OMNIPRESENT** Latin: *omnipraesens*, *omnis* (all) + *praesens* (present)
  1. Present in all places at the same time
    - God is omnipresent.
    - My spirit is omnipresent.
- 203. ONE** Middle English < Old English: *an*; Greek: *oine*; Latin: *unus*; Old Irish: *oen* - the, this, this one
  1. Being a single thing or unit, not two or more
  2. Characterized by unity, forming a whole; united, undivided

3. Designating a person or thing as contrasted with or opposed to another or others
4. Being uniquely or strikingly the person or thing specified
5. Single in kind, the same
6. Designating a single but not clearly specific person or thing; a certain
7. Any person or thing
8. The lowest cardinal number, a single person or thing
9. The person or thing previously mentioned
- The one thing I intend to finish tomorrow is to get my checks ordered at the bank.
- I will remain single joyfully until I meet the right one.

**204. ONENESS**

1. Singleness, unity
2. Unity of mind, feeling, or purpose
3. Sameness, identity
- There is a feeling of oneness amongst level VI members and office members.
- There is a oneness that unites us all.

**205. ONLY** Middle English < Old English: *anlic*, *an* (one) + *lic* (ly)

1. Alone of its or their kind, by itself or by themselves, sole
2. Having no siblings
3. Alone in its or their superiority, best, finest
4. And no other
5. Merely, simply
6. In the end, as recently as, would that
- I am the only person I know who has my training.
- I am only interested in dating my life partner.

**206. OPEN** Middle English < Old English < German: *offen* (up?)

1. In a state which permits access, entrance, or exit
2. Not closed, covered up, or shut
3. Closed but unlocked
4. In a state which permits freedom of view or passage; not enclosed
5. Having few or no trees, houses, etc.
6. Unsealed, unwrapped
7. Spread at, unfolded
8. Free from ice, snow/frost
9. Ready to admit customers
10. That may be shared or visited by all
11. Not closed to new ideas
12. Not already taken or engaged
13. Frank, candid, direct
14. date or time when someone has no scheduled activity
15. To make or cause to be open
- I opened my business bank account and am filling it with money.
- I open my heart to a new relationship: the relationship.

**207. OPENNESS**

1. The quality of being open
- One of my favorite characteristics of his is his openness.
- The openness of our conversations is liberating.

**208. OPERATE** Latin: *operatus*, *operari* – to work

1. To be in action so as to produce an effect, act, function, work
2. To bring about a desired or appropriate effect; to have a certain influence
3. To carry on strategic military movements
4. To perform a surgical operation
- The way I operate my business is to keep it as simple as possible
- I love the way he operates.

**209. OPINION** Middle English < Old French < Latin: *opinio*, *opinare* - to think

1. A belief not based on absolute certainty or positive knowledge but on what seems to be true, valid, or probable to one's own mind, judgment
2. An evaluation, impression, or estimation, of the quality or worth of a person or thing
3. The formal judgment of an expert on a matter in which advice is sought
  - In my opinion, men should always pay for a lady.
  - The accountant's opinion is that it's better to overpay taxes.
- 210. OPTION** French < Latin: *optio, optare* - to wish, desire, to choose, prefer
  1. The act of choosing, choice
  2. The power, right, or liberty of choosing
  3. Something that is or can be chosen
  4. An optimal item
  5. A contract
  6. The right to buy or sell
    - We always have the option to choose how we respond.
    - There were so many options, it was a challenge to select one.
- 211. ORIGIN** Middle English < Middle French < Latin: *origo, oriri* - to rise
  1. A coming into existence or use; beginning
  2. Parentage, birth, lineage
  3. Source, root, cause
  4. Less moveable of two points of attachment of a muscle
    - The origin of the story is ancient but unknown.
    - The origin of the palm tree is in the tropics.
- 212. ORIGINAL** Old French < Latin: *originalis, orici* - to rise
  1. Having to do with an origin, first, earliest
  2. Never having occurred or existed before, fresh, new, novel
  3. Capable of or given to inventing or creating
  4. Something new or thinking or acting in an independent, individual, fresh way
  5. Coming from someone as the originator, maker, author, etc.
  6. Being that from which reproductions, copies, etc. have been made
  7. A pristine form or primary type that has given rise to varieties
  8. An original work as of art or literature as distinguished from a reproduction copy etc.
  9. The person or thing represented in a painting or the like
  10. A person with an original and creative mind
  11. An eccentric person
    - The work showcased was entirely original.
    - The original book in the series was later modified.
- 213. OVERFLOWING** Middle English < Old English < IE: *uper, upo* – up
  1. To flow over or across, flood
  2. To flow over the brim or edge of
  3. To cause to overflow by filling beyond capacity
  4. To flow beyond the limits, run over
  5. To be more than full or complete, be superabundant
  6. An overflowing or being overflowed
  7. The amount that overflows, surplus
    - My life is overflowing with wonderful, beautiful gracious things.
    - This part of California is overflowing with money and disposable income.
- 214. OVERRULED**
  1. To set aside or decide against by virtue of higher authority, ruled against or ruled out
  2. Annulled or reversed
  3. To have a dominant influence over, prevail over
    - The judge overruled the previous decision.
    - I overruled Dave Tim by deciding that I did not make a tactical error, I chose wisely to deduce.
- 215. OWN** Middle English < Old English: *agen, pp og agan* - to possess

1. Belonging, relating, or peculiar to oneself or itself, used to strengthen a preceding, possessive

2. That which belongs to oneself

3. To possess, hold as personal property; have

4. To admit, recognize, acknowledge

5. To confess

- I own my car completely.

- My financial success is my own.

**216. PAIN** Middle English: *peine*; Old French < Latin: *poena* - penalty, punishment

1. Penalty or punishment, at the risk of bringing upon oneself

2. Sensation of hurting or strong discomfort in some part of the body

3. Caused by an injury, disease, or functional disorder and transmitted through the nervous system

4. The distress or suffering, mental, or physical, caused by great anxiety, anguish, grief, disappointment, etc.

5. Great care or effort

6. The labor of childbirth

- I have no pains in my body.

- It's my hope the Patenaudes felt no pain before passing.

**217. PAINFUL**

1. Causing pain, hurting, distressing

2. Full of or suffering with pain; aching

3. Requiring trouble and care

4. Exacting and difficult

5. Annoying or tedious

- Luckily, the surgery was not painful.

- I'm thankful for all the painful experiences in my life which have taught me so many great lessons.

**218. PARTICULAR** Middle English < Middle French < Latin *particula* - particle

1. Of or belonging to a single definite person, part, group, or thing; not general; distinct

2. Apart from any other, regarded separately, specific

3. Out of the ordinary, unusual, noteworthy, special

4. Dealing with particulars, itemized, detailed

5. Not satisfied with anything considered inferior; exacting; extremely careful, fastidious

6. A separate and distinct individual fact, term, or instance which may be included

7. Under a generalization single case

8. a detail, item of information, point

- He was particular about how he takes his tea, being from London.

- I enjoy this particular version of the song.

**219. PERCEPTION** Latin: *perception*; *percipere* - to take hold of, feel, comprehend, *per* (through) + *capere* (to take)

1. The act of perceiving or the ability to perceive, mental grasp of objects, qualities, etc. By means of the senses, awareness, comprehension

2. Insight or intuition or the faculty for these

3. The understanding, knowledge, etc. Gotten by perceiving

4. A specific idea, concept, impression, etc. so formed

- It was my perception that the crowd was very young.

- Her perception that the library appeared to be closed saved us a trip.

**220. PEACE** Middle English < Old French < Latin *pax*, *pacisci* - to confirm an agreement, *pangere* - to fasten

1. Freedom from war or a stopping of war

2. A treaty or agreement to end war or the threat of war

3. Freedom from public disturbance or disorder

4. Public security, law and order

5. Freedom from disagreement or quarrels, harmony, concord
  6. An undisturbed state of mind, absence of mental conflict, serenity, calm, quiet, tranquility
- The peace of the garden affected all who walked through it.
  - There is an immovable peace in stillness.

**221. PEACEFUL**

1. Not quarrelsome, peaceable
  2. Characterized by peace, free from disturbance or disorder, calm, quiet, tranquil
  3. Of or characteristic of a time of peace
- My neighborhood is so peaceful at all times of the day and night.
  - I love the peacefulness of the ocean and beach.

**222. PHYSICAL** Middle English < Latin *physica* - natural science/Middle Latin medicine)

1. Of nature and all matter; natural, material
2. Of natural science or natural philosophy
3. Of or according to the laws of nature
4. Of or produced by the forces of physics
5. Of the body as opposed to the mind
6. Preoccupied with bodily or sexual pleasures, carnal
7. Of or marked by aggressive or rough play, activity

[yoga is much, much more than simply a system of physical exercise.

I have many things I intend to enjoy creating in my physical reality.

**223. PLEASURABLE** Pleasure, Middle English, Middle French: *plaisier* < Latin: *placere* - to please, *placare* - to calm

1. Pleasant, enjoyable
- The trip to Oslo is going to be very pleasurable.
  - I had such a pleasurable day: exercise, sleep, good food, explored and bought at out fascia.

**224. PONDER** Middle English, Middle French < Latin: *ponderare* - to weigh, *ponderis* - weight

1. To weigh mentally, think deeply about, consider carefully
  2. To think deeply, deliberate, meditate
- I spent a great deal of time this week pondering my dream and the exact details.
  - She pondered the question before answering.

**225. POSITIVE** Middle English < Old French < Latin: *positus*, *ponere* - to place, *po* (away) + *sinere* (to put)

1. Formally or arbitrarily set, conventional, artificial
  2. Definitely set, explicitly laid down, admitting of no question or modification
  3. Express, precise, specific
  4. Having the mind set or settled, confident, assured
  5. Overconfident/dogmatic
  6. Showing resolution or agreement, affirmative, certain
  7. Tending in the direction regarded as that of increase, progress, etc.
  8. Making a definite contribution, constructive
  9. Unrelated to anything else, independent of circumstances, absolute, unqualified
  10. That has or is considered as having, real existence in itself, not just in the absence of other attributes
  11. Based, or asserted as based on reality or facts
  12. Concerned only with real things and experience, empirical, practical
  13. Bio, electrical, math medicine, optics, photography
- She was positive that the movie begins at 8PM.
  - He has a very generally positive outlook on life, love, and his past.

**226. POSSESS** Middle English < Latin: *possessus* – past participle of *possidere* - to possess, *potis* (able) + *sedere* (able)

1. To hold as property or occupy in person, to have something that belongs to one, own
2. To have as an attribute, quality, faculty
3. To have knowledge or mastery of
4. To gain strong influence or control over, dominate



5. To keep control over or maintain
6. To have sexual intercourse (with a woman)
7. To put someone in possession of property, etc.
  - I possess many positive attributes and am a woman very man would hope for.
  - She possesses many talents in addition to great kindness, love, manners, intelligence, and great beauty.

**227. POTENTIAL** Middle English < Latin: *potentia, potis* – able, master, husband, esse - to be

1. That has power, potent
2. That can but has not yet, come into being, possible, latent, unrealized, undeveloped
3. Something potential, a potentiality
4. Capacity for future success, promise
  - He has the potential to be the life partner I have requested.
  - I contain great potential when it comes to creating powerfully, and for good

**228. PREFERENCE** Middle French < Latin: *praeforens, praeferre* – to prefer

1. A preferring or being preferred, greater liking
2. The right, power, or opportunity of prior choice or claim
3. Something preferred, one's first choice
4. A giving of priority or advantage to one person, country, etc. Over other
5. As in payment of debts or granting credit
6. Such priority or advantage
  - It is my preference to work less and make more money than I ever dreamed possible.
  - My preference is to have a life partner who is more knowledgeable than I am and can teach me about spirituality and life.

**229. PRESENT** Old French < Latin: *pracesse* – to be present, *prae* (before) + *esse* (to be)

1. Being at the specified or understood place, at hand, in attendance
2. Existing (in a particular thing) or at this time, existing or happening now, in progress
3. Now being discussed, considered, written, read
4. Present time
5. To bring a person into the presence of and formally introduce to another or others
6. To honor someone especially with a gift
7. To provide or confront with something
8. To show, offer for viewing or notice
9. To offer for consideration
10. To give to a person
11. To hand over to someone
12. To come before a physician
  - She was presented to the council and they unanimously agreed to admit her.
  - He gave me a beautiful present consisting of a trip to Ojai to stay in a B&B.

**230. PRIDE** Middle English *pryde* – proud

1. An unduly high opinion of oneself, exaggerated, self-esteem, conceit
2. Haughty behavior, resulting from this, arrogance
3. Proper respect for oneself, sense of one's own dignity or worth, self-respect
4. Delight or satisfaction in one's own or another's achievements, in associations etc.
5. A person or thing in which pride is taken
6. The best of a class, group, society, etc. Pick, flavor
7. The best part, prime
8. A group or family of lions
  - She took pride in the fact that her family loved her cooking.
  - His pride kept him from stopping to ask for directions.

**231. PRIVILEGE** Old French < Latin: *privilegium* - an exceptional law for/against any individual, *privus* (private) + *lex* (legis – law)

1. A right, advantage, favor, or immunity specially granted to one, especially a right held by a certain individual, group, class, and withheld from certain others or all others
2. A basic civil right guaranteed by a government

3. An option to buy or sell a stock
4. To grant a privilege or favored status to
  - I am privileged to be a member of TAS, the office, and the college of Puro Yoga and Morba Health.
  - It's a privilege to work with Pam and her staff at the Healing Sanctuary.

**232. PROCESS** Middle English < Old French < Latin: *procedere, pro* (forward) + *cedere* (to go)

1. The course of being done; chiefly "in process", course (of time)
2. Continuing development involving many changes
3. A particular method of doing something, generally invoking a number of steps or operations
4. Chemical preparation to straighten hair
5. Prepared by a special treatment or process
6. To propose by or subject to a special process or method
7. Of, made by, used in, or using photomechanical or photo growing methods
8. To straighten and style (hair) by the use of a chemical preparation
9. Law – to prosecute, to serve a process on
  - I am in the process of obtaining pre-approval in order to buy my first home.
  - My order is being processed.
  - They processed the request.
  - It's a process image.
  - She does not process her hair.
  - They processed the case.

**233. POWER** Middle English < Old French < Latin: *potere* – to be able, *posse* – to be able, *potis, able* (master, husband)

1. The ability to do, act, or produce
2. A specific ability or faculty
3. Great ability to do, act, or affect strongly
4. Vigor, force, strength
5. The ability to control others authority, sway, influence
6. Special authority assigned to or exercised by a person or group holding office
7. Legal ability or authority, a document given to
8. A source of physical or mechanical force or energy; force or energy that is at or can be put to work
9. The rate at which work is done
10. A person or thing having great influence, force, or authority
11. A nation
12. A spirit or divinity
13. Natural might
14. To supply with power
15. Operated by electricity
  - Our powers are truly great and often unrecognized.
  - I have the power to create exactly what I want in this life.

**234. POWERS** plural

- I have amazing powers into which I keep daily and use.
- The powers used by the G.E. are the exact same as what everyone possesses.

**235. POWERFUL**

1. Having much power, strong or influential
  - He is a very powerful speaker and salesman.
  - I am a very powerful woman and will create the relationship I desire and deserve.

**236. PROGRAM** French, Latin: *prographein* - to write in public, *pro* (before) + *graphein* (to write)

1. The acts, speeches, musical pieces, etc. That make up an entertainment, ceremony, prospectus, or syllabus
2. a printed list of these
3. Scheduled broadcast on radio or television
4. Plan or procedure for dealing with some matter

5. all the activities that can be participated in at a community, center, camp, resort, etc.
6. Logical sequence of coded instruction and specifying the operations to be performed by a computer in solving a problem
7. Series of operations which may be used to control the functions of an electronic device
8. To enter or schedule in a program
9. To predispose to behave in a certain way, have a certain mindset
10. To furnish with a program
  - The program indicated intermission would be 30 minutes long.
  - We are really intrigued by the program for the evening.

**237. PROGRAMMING**

1. The programs broadcasted on radio or TV
2. The schedule, selection, etc. Of these programs
3. The act, process, or work of writing or developing computer programs
4. The code sequences that make up computer programs
  - The programming we received as children can be deleted and new programming used to replace it.
  - He is programming his computer to do a specific task.

**238. PROUD** Middle English < Old English < Old French < Latin: *prode* – beneficial, *prodesse* – to be useful

1. Having or showing an overwhelming opinion of oneself, one's position, etc. arrogant, haughty
2. Feeling or showing great pride or joy as from being honored
3. That is an occasion or cause of pride, highly gratifying
4. Arising from or caused by pride, presumptuous
5. Stately, splendid
6. Spirited, of high mettle
  - I am proud to be a Purna Yoga teacher and the only one in Orange County.
  - He was proud to announce his wife's pregnancy.

**239. PURE** Middle English < Old French < Latin: *purus* – pure; Latin: *putare* – to cleanse; Punati-Sanskrit: *cleause*

1. Free from any adulterant, unmixed
2. Free from anything that taints, impairs, infects, etc.
3. Clear, simple, mere
4. Utter, absolute, sheer
5. Free from defects, perfect, faultless
6. Free from sin or guilt, blameless
7. Virgin or chaste
8. Of unmixed stock, pure bred
9. Restricted to the abstract or theoretical aspect
  - My intentions to help people help themselves and truly live and love life are pure.
  - She is eating pure unprocessed honey.

**240. RATIONAL** Middle English: *racional*; Latin: *ratiomalis*; Latin: *ratio* – a reckoning, reason; Old French: based on, or derived from reasoning

1. Able to reason, reasoning, in possession of one's reason or sanity
2. Showing reason, not foolish or silly, sensible
  - There was no rational explanation for how I have been able to manifest what I did.
  - Dad's thought processes seem much more rational than before.

**241. READY** Middle English < Old English: *roede* - ready, prepared (for riding)

1. Prepared or equipped to act or be used immediately
2. Unhesitant, willing, likely or liable immediately
3. Inclined, clever, and skillful mentally or physically, dexterous
4. Done or made with at delight prompt
5. Convenient or handy to use, available immediately
6. To get or make ready, prepare
  - I am ready to receive all that I have requested.

- She was ready with a lighthearted comment to make everyone laugh.

**242. REAL** Old French < Middle Latin < Latin: *res* – thing; IE: *rei* – property, thing

1. Existing or happening as or in fact, actual, true
  2. Authentic, genuine
  3. Not pretended
  4. Sincere
  5. Designating wages or income as measured by purchasing power
- The possibility that I will be living in my own brand-new house in November is real.
  - He thought my skirt was a real St. John piece.

**243. REALITY** Middle English: *realitas*

1. The quality of fact or being real
  2. Something that is real, fact
  3. The quality of being true to life
- In reality, we are all the creators of our own lives and outcomes.
  - I create my reality.

**244. RECEIVE** Middle English < Anglo-French < Old French < Latin: *recipere*, *re* (back) + *capere* (to take)

1. To take or get (something given), acquire or accept
  2. To encounter, experience
  3. To have inflicted on one, undergo, suffer
  4. To take the effect or force of bear
  5. To react to as specified
  6. To apprehend mentally, get knowledge or information about, learn
  7. To accept mentally as authentic, valid
  8. To let enter, admit
  9. To have room for, contain
  10. To grant admittance to or greet
- I am open to receive all of the blessings the universe has to offer me.
  - I received the gift of the Fuchsias graciously.

**245. RECEPTIVE** Middle Latin < Latin: *receptus*, *recipere*, *re* (back) + *capere* (to take)

1. Receiving, lending to receive, take in, have, admit, or contain
  2. Inclined to the favorable reception of a request, suggestion, etc.
  3. Able or ready to receive new ideas
  4. Of reception or receptors
- He was receptive to the idea that I would like to work less and make more money.
  - The effect that the knowledge had in his life made him more perceptive to new knowledge.

**246. REJECT** Middle English < Latin: *rejectus/reicere* - to throw or fling back, *re* (back) + *jacere* (to throw)

1. To refuse to take, agree to, accede to, use, believe
  2. To discard or throw out as worthless, useless, or substandard, cast off or out
  3. To pass over or skip from without playing
  4. To throw up (food), vomits
  5. To rebuff specially to deny acceptance, care, love, etc.
  6. Immunology – graft
- I realize that anybody who rejects another is saying no to themselves.
  - He rejected the idea that I might pay for myself.

**247. RELAX** Middle English < Latin: *relaxare*, *re* (back) + *laxare* (to loosen, widen)

1. To make looser or less firm or tense
2. To make less strict or severe, soften
3. To abate, reduce, slacken
4. To release from intense concentration, hard work, worry, etc.
5. Give rest to
6. Hair (to treat to straighten)
7. To become looser or less firm

8. To become less tense or milder
  9. To become easier or less stiff in manner
  10. To rest from effort, worry, or work
    - As she began to relax, she enjoyed herself much more.
    - I relaxed the muscles in my belling during certain restorative poses.
- 248. RELEASE** Middle English < Old French < Latin: *relaxare*
1. To set free, as from confinement, duty, work, etc.
  2. To let go or let loose
  3. To grant freedom from a tax, penalty, obligation, etc.
  4. To set free from pain, cares; relieve
  5. To permit to be issued, shown, published, broadcast, etc.; put into circulation
  6. The act of letting loose something caught
  7. The setting free
  8. Freeing or being freed
  9. A relief from pain, relief from emotional tension
  10. Act of releasing a book, film, news, etc. To the public
    - I released more of my abilities during the last Level VI training.
    - It feels amazing to release old items which no longer serve me.

**249. RESULTS** Middle English < Middle Latin < Latin: *resultare* - to spring back, rebound, *resilire* - to leap back

1. To happen or issue as a consequence or effect, often with from
2. To end as a consequence
3. Anything that comes about as a consequence or consequences desired
4. The number, quantity, etc. Obtained by mathematical calculation
5. Answer to a problem
  - I am focused on increasing and improving my clients' results in my business.
  - The end result of all my work is increased happiness.

**250. REVEALED** Middle English < Old French < Latin: *revelare* - to draw back the veil, *re* (back) + *velore* (veil)

1. To make known, disclose, divulge
2. To expose to view, show, exhibit, display
  - I revealed my trigger and secret desire to my friend tonight.
  - The source of my discomfort and confusion was revealed true.

**251. RIGHT** Middle English < Old English: *riht* - straight, direct; German: *recht* - straight, stretch out, put in order; *regue* - to rule

1. In accordance with justice, law, morality; upright, virtuous
2. In accordance with fact, reason, set standard; correctly, true
3. Correct in thought, statement, or action
4. Fitting; appropriate; suitable
5. Most convenient or favorable
6. Reputable, approved, fashionable, sound, normal
7. Mentally sound or sane
8. Satisfactory condition
9. Having sound health or good spirits
10. Power, privilege belonging to a person by law
  - I have the right to free speech according to the US Constitution.
  - It felt right to him to return the money he found.

**252. ROOT** Middle English < Old English < Latin: *radix* - root, *oamus* - branch

1. The part of a plant that lacks nodes, shoots, leaves, etc.
2. Any underground part of a plant
3. The attached or embedded part of a bodily structure
4. Source, origin, or cause of an action, quality, condition
5. Person or family that has many descendants
6. Close ties one has with some place or people as through birth, upbringing

7. A lower or supporting part, base

8. An essential or basic part

9. Shoot, dig up

- The weeds were pulled up by their roots to prevent regrowth.
- The root of most atraumatic back pain is emotional.

**253. RUSH** Middle English < Anglo-French < Middle French: *rusch* - to repel, avert, or to mislead; Old French: *reuser* - to deceive

1. To move or go swiftly or impetuously, dash

2. To dash recklessly

3. To make a swift, sudden attack or assault, charge

4. To pass, come, go, come into view swiftly, suddenly, or hastily

5. To move, send, push swiftly etc.

6. To cause to move with unusual speed

- I constantly work to be aware in present time and not rush myself.
- There was a rush on my order to change my LLC (Limited Liability Company) name.

**254. RUSHING**

1. In the act of moving quickly

- The river water was rushing by.
- We insisted that she stop rushing through her tasks.

**255. QUESTION** Middle English < Old French < Latin: *quaestio, quaerere* - to ask, inquire

1. An asking, inquiry

2. Something that is asked; interrogative sentence, query, seeking to learn another's knowledge

3. Doubt, uncertainty

4. Something in controversy before a court

5. A problem, matter open to discussion or inquiry

6. A matter or cause of difficulty

7. A point being debated, or a resolution brought up for approval or rejection before an assembly

8. The procedure of putting such a matter to vote

9. To ask a question

10. To express uncertainty about

11. To dispute, challenge

- I had a business question which, luckily, had two great mentors whom I could ask.
- His questioning of the method showed me his level of resistance.

**256. QUOTIENT** Middle English < Latin: *quoties* - how often, how many times

1. The result obtained when one number is divided by another

2. The whole number part of this result

3. The fraction indicating this division

4. The degree to which some characteristic, element etc. Is present

- The salesperson quotient has been raised in all of us in the office.
- The quotient was the answer on the Math test.

**257. SAFETY** Middle English < Middle French < Old French < Latin: *salus* - health, sound condition

1. The quality or condition of being safe, freedom from danger, injury, or damage; security

2. Any of certain devices for preventing an accident or an undesirable effect

3. A catch or locking device on a firearm that prevents it from firing

- The safety of the ride had been tested extensively.
- When travelling with a martial arts expert, your safety is ensured.

**258. SAVOR** Middle English < Old French < Latin: *sapur, sapere* - to taste, to know

1. That quality of a thing which acts on the sense of taste or smell

2. A particular taste or smell

3. Characteristic quality, distinctive property

4. Perceptible trace

5. Power to excite, interest, zest
6. To have the particular taste, smell, or quality; smack (of)
7. To show traces or signs (of)
8. To taste or smell especially with relish
9. To enjoy with appreciation; dwell on with delight
  - I savored the taste of that last chocolate chip cookie.
  - I have never used the word “savor” as a noun.
  - The savor of the soup made my stomach rumble.

**259. SEARCH** Middle English < Old French < Latin: *circare* - to go round, go about, explore

1. To go over or look through for the purpose of finding something
2. Explore, rummage, examine
3. To examine (a person) for something concealed, as by running one’s hands over the clothing, through the pockets, etc.
4. To examine closely and carefully, test and try, probe
5. To look through
6. To establish certain facts
7. To find out or uncover by investigation
8. To try to find something
9. The act of searching by investigation
10. To try to find something
11. The act of searching
  - I had been searching for many of these answers and found them in the SMC.
  - My search for a life partner ended when I decided he would find me.

**260. SEEK** Middle English < Old English < Latin: *sagire* - to scent out, perceive

1. To try to find, search for, look for
2. To go to, resort to
3. To try to get or find out by asking or searching
4. To request, ask for
5. To bend one’s efforts towards, aim at, pursue
6. To try, attempt, used with an infinitive
  - She seeks the answers to some very complex questions.
  - I seek to learn the truth.

**261. SECRET** Old French < Latin: *secretus*, *secernere* - to set apart, *se* (apart) + *cernere* (to sift, distinguish)

1. Kept from public knowledge or from the knowledge of a certain person
2. Withdrawn, remote, or secluded
3. Keeping one’s affairs to oneself
4. Secretive
5. Beyond general knowledge or understanding
6. Mysterious or esoteric
7. Concealed from sight or notice, hidden
8. Acting in secret
9. Something known only to a certain person/person and purposefully kept from the knowledge of others
10. Mystery, something not revealed, understood, or explained
11. True cause or explanation, regarded as not obvious
  - The secret to keeping a man happy is to make yourself happy.
  - It's beneficial to verbalize and safely tell your secrets to a trusted friend.

**262. SECURITY** Middle English < Latin: *securus* - free from, apart + *cura* (care)

1. The state of being or feeling secure, freedom from fear, anxiety, danger, doubt, etc.
2. State or sense of safety or certainty
3. Something that gives or assures safety, tranquility, certainty, etc.
4. Protection, safeguard
5. Protection or defense against attack, interference, espionage, etc.

6. Protection or defense against escape
7. Procedures to provide such protection or defense
8. An organization or department whose task is protection or safety, especially private police force hired to patrol or guard a building, or other area
9. Something given as a pledge of repayment, fulfillment of a promise, etc. Guarantee
10. A person who agrees to make good the failure of another to pay, perform a duty, safety
11. Any evidence of debt or ownership
  - I felt a profound sense of security around him.
  - The security of the building was confirmed prior to the President's entry.

**263. SENSE** French < Latin: *sensus, sentire* - to feel, perceive

1. The ability of the nerves and the brain to receive and react to stimuli as light, sound, impact, constriction, etc. Specifically, any of five faculties of receiving impressions through specific bodily organs and the nerves associated with them (sight, touch, taste, smell, and hearing)
2. The senses considered as a total function of the bodily organism, as distinguished from intellect, movement, etc.
3. Feeling, impression, or perception through the senses
4. Generalized feeling, awareness, or realization
5. An ability to judge, discriminate or estimate
6. External conditions, sounds, etc.
7. An ability to feel appreciate or understand some quality
8. Ability to think or reason soundly
9. Normal intelligence and judgment, as often reflected in behavior
10. Soundness of judgment or reasoning
11. Something wise, sound, or reasonable
12. Normal ability to reason soundly
13. Meaning, especially any of several meanings conveyed by or attributed to the same word or phrase
14. Essential signification, gist
15. General opinion, sentiment, or attitude of a group
16. To be or become aware of
17. To comprehend, understand
18. To detect/as by sensors
  - Our five senses help us interpret an environment.
  - I could sense what was going on with my friend.

**264. SENSATION** Latin: *sensatus* - intelligent

1. The power or process of receiving conscious sense impressions through direct stimulation of the bodily organism
2. An immediate reaction to external stimulation of a sense organ, conscious feeling or sense/impression
3. A generalized feeling or reaction, often vague and without reference to immediate stimulus
4. A state or feeling of general excitement and interest
5. The action, event, person, etc. Causing such a feeling
  - The sensation of having the cast of movies start on the premises was palpable.
  - I had the sensation of being watched and saw the sparrow outside my window.

**265. SEPARATE** Middle English < Latin: *separare* - to separate, *se* (apart) + *parare* (to arrange)

1. To set or put apart into sections, groups, sets, units, etc. Cause to part
2. Divide, disunite, sever
3. To see the differences between, distinguish or discriminate between
4. To keep apart by being between, divide
5. To bring about a separation between
6. To single as or set apart from others for a special purpose, sort, segregate
7. To take away from a combustion or mixture
8. To discharge, to release from military service
9. To dismiss from employment
10. To dislocate



11. To withdraw or secede
12. Not shared or held in common
13. Not associated with others

- We asked for separate checks at the restaurant.
- He separated the yolks from the egg whites for the dish.

**266. SEPARATION** Latin: *separatio* - separating or being separated

1. The place where a separating occurs, break, division, gap
  2. Something that separates
  3. A legal arrangement by which a husband and wife remain married but live apart
- The separation between the two yards gave the impression of two different properties.
  - There was a rare separation between the two twins.

**267. SERENE** Latin < Greel: *xeros* - dry, *lesa* - to burn

1. Clear, bright, unclouded
  2. Not disturbed or troubled, calm, peaceful, tranquil
  3. Exalted, high ranking
- Her expression of serene happiness was inspiring.
  - The water was serene first thing in the morning before boats came out.

**268. SERENITY** Latin: *serenitas*

1. The quality or state of being serene, calmness, tranquility
- She asked for serenity in the midst of the emotional upheaval.
  - Silence eventually brings about serenity.

**269. SHIFT** Middle English < Old English: *sciftan* - to divide, separate; IE: *skeif* - ship

1. To move or transfer from one person, place, or position to another
  2. To replace by another or others, change or exchange
  3. To change/gears from one arrangement to another in driving
  4. To change phonetically
  5. To change position, direction, form, character
  6. To change from lower to upper case letters (typing)
  7. A group of people working in relay with another
  8. The regular work period of such a group
  9. A change in direction
  10. A woman's dress/slip
  11. A deceitful scheme or method, evasion
- There was a noticeable shift in focus after Kevin left the group.
  - His shift at work was from 7AM to 4PM.

**270. SIGNIFICANT** Latin: *significare* - to signify

1. Having or expressing. Meaning
  2. Full of meaning
  3. Important, momentous
  4. Having or conveying a special or hidden meaning, suggestive
  5. Of or pertaining to as observed
  6. Departure from a hypothesis too large to be reasonably attributed to chance
- It is significant that I feel more optimistic about a relationship.
  - The significant memory she recalled was one that changed her life.

**271. SIMPLE** Latin: *simplus*; IE: *sem* (one) + *plo* (fold)

1. Having or consisting only one part, feature, substance, etc.
2. Not compounded or complex, single
3. Having few parts or features, not complicated or involved
4. Easy to do, solve, or understand, as a taste, question
5. Without additions or qualifications, base
6. Not ornate, unembellished, unadorned
7. Not luxurious or elegant, plain
8. Pure, unadulterated
9. Without guile or deceit, innocent

10. Without ostentation or affectation, natural
11. Lacking sophistication, naïve
12. Of low rank or position, humble, lowly
13. Common, ordinary
14. Lacking significance, unimportant
15. Having or showing little sense or reasoning, ability, easily misled or deceived
16. Stupid or foolish, uneducated or ignorant
  - The simple truth is that we don't know what we don't know.
  - The answer to the puzzle was simple but not easy.

**272. SIMPLY**

1. In a simple manner, with simplicity
2. Merely, only, just
3. Absolutely, completely
  - You look simply marvelous!
  - The solution was arrived at simply.

**273. SOURCE** Middle English < Old French: *sovidre* - to rise; *surgere* - to rise, spring up

1. A spring, fountain, etc. That is the starting point of a stream
2. That from which something comes into existence, develops, or derives
3. Any person, place, or thing by which something is supplied
4. A person, book, document, etc. That provides information
5. The point or thing from which light rays, sand waves, etc. Emanate
6. Of or constituting a source
7. To obtain a source of supply
8. To identify the source of
  - The source of the music was some speakers embedded in the plants.
  - She sources her ingredients from local farms and orchards.

**274. SPECIAL** Middle English < Old French < Latin: *specialis*, *species* - kind, sort

1. Of a kind different from others
2. Distinctive, peculiar, or unique
3. Exceptional, extraordinary
4. Highly regarded or valued
5. Of or for a particular person, occasion, purpose, etc.
6. Not general or regular, specific or limited
7. Having a physical or mental disability
8. a special operon or thing
  - The ceremony was very special and moving.
  - There was a special offering a lower price than usual.

**275. SPECTACULAR** Latin: *spectaculum*, *spectare* - to behold, *specere* - to see

1. Of or like a spectacle or show
2. Unusual to a striking degree
3. Characterized by a great display, as or daring
4. An elaborate show or display
  - It is spectacularly beautiful in Big Sur.
  - The fireworks at Disney World were spectacular to see.

**276. STRUGGLE** Middle English; *strogelen*

1. To contend or fight violently with an opponent
2. To make great efforts or attempts, strive, labor
3. To make one's way with difficulty
4. Great effort or a series of efforts
5. Violent exertion
6. Conflict, strife, contention
  - It was occasionally a struggle to get the child to sit quietly.
  - Dramatic tales often depict struggle of one form or another.

**277. SUBCONSCIOUS**

1. Occurring without conscious perception or with only slight perception on the part of the individual

2. Said of mental processes and reactions

3. Not fully conscious, imperfectly unaware

4. Subconscious mental activity

- Her words betrayed her subconscious meaning
- The subconscious memory records all senses through all time.

**278. SURVIVE** Middle English < Old French < Latin: *supervivere*, *super* (above) + *vivere* (to live)

1. To live or exist longer than or beyond the life or existence of, outlive

2. To continue to live after or in spite of

3. To continue living or existing

4. As after an event or after another's death

- The baby animal survived the storm
- The cake survived the mild near dropping of its box upon delivery.

**279. SURVIVAL**

1. The act, state, or fact of surviving

2. Someone or something that survives especially an ancient belief, custom, usage

- Most animals live for survival.
- We are moving beyond survival to thriving.

**280. SUFFER** Middle English < Anglo-French < Old French < Latin: *suffere* - to undergo, endure, *sub* + *ferre* (to bear)

1. To undergo (something painful or unpleasant); be affected with it

2. To undergo or experience (any process)

3. To allow, permit, tolerate

4. To bear up under, endure, now clarify in negative constructions

5. To experience pain, harm, loss, a penalty, etc.

6. To be at a disadvantage

- The tomatoes suffered by being out in direct sunlight.
- She suffered a minor bruise from the fall.

**281. SUFFERING**

1. The bearing or undergoing of pain, distress, or injury

2. Something suffered, pain, distress, or injury

- Pain is inevitable, while suffering is optional.
- The small dogs were suffering a bit in the heat.

**282. SUPREME** Latin: *supremus*, *superus* - that is above

1. Highest in rank, power, authority, etc.; dominant

2. Highest in quality, achievement, performance, etc.; most excellent

3. Highest in degree, utmost

4. Final, ultimate

- The dish is considered to be a supreme delicacy.
- The car was supreme in its class.

**283. SUPERIORITY**

1. The state or quality of being superior or higher, greater, better, et.

2. An instance of this

- The superiority of the one mode over the other was obvious.
- The promotion was based on the superiority of one portfolio over the other.

**284. SUPREMACY**

1. The quality or state of being supreme

2. Supreme power or authority

- The supremacy of the top model over all competitors was unquestioned.
- Supremacy must be difficult to determine

**285. TEACHABLE** (teach – Middle English < Old English: *tach* - a sign, symbol)

1. Able to be taught, shown or helped to learn to do something

2. Able to be provided with knowledge, insight, etc.

- It is challenging to learn if you're not teachable.
- Every day I strive to remain teachable.

**286. THANK YOU** Middle English < Old English < German: *dunken*; IE: *tong* - to think, *tongere* - to know

1. To show or express appreciation or gratitude to, as by saying "Thank You"

- I said "thank you" to the employee who helped me.
- I say "thank you" every day to the universe and God.

**287. THERE** Middle English < Old English < IE: *ther*, *thoer* – *there*

1. At or in that place often used as an intensive

2. Placed between a demonstrative pronoun and the noun it modifies

3. Toward, to, or into that place, thither

4. At that point in action, speech, discussion, etc.; then

5. In that matter, respect, etc.; as to that

6. At the moment; right now

7. Interjectional phrases of approval; encouragement

8. In place of a name (greeting)

9. That place or point used to express defiance, dismay, satisfaction, etc.

10. Used to express sympathy, concern when repeated

- There was a beautiful course seen from my canyon view.
- There is the ocean beyond those trees.

**288. THRIVE** Middle English < Old Norse: *thrifast* - prosper, *thrifta* - to grasp

1. To prosper or flourish, be successful, especially as the result of economic management

2. To grow vigorously or luxuriantly, improve physically

- The plant was thriving in his new habitat.
- I thrive on spiritual transformation.

**289. THOUGHT** Middle English < Old English: *thencan* - to seem, to think

1. The act or process of thinking, reflection, meditation, cogitation

2. The power of reasoning, of or concerning ideas, capacity for thinking, intellect, imagination

3. A result of thinking, idea, concept, opinion, etc.

4. The ideas, principles, opinions, etc., prevalent at a given time or place or among a given people

5. Attention; consideration; need

6. Mental engrossment; preoccupation; concentration

7. Intention or expectation

- He had a thought which he shared with the team.
- I am not my thoughts.

**290. THINK** Middle English < Old English < PG: *thankjan* - to think

1. To form or have in the mind; conceive

2. To hold in one's opinion; judge; consider

3. To believe; surmise; expect

4. To determine, resolve, workout, by reasoning

5. To bring to mind; form an idea

6. To recall; recollect

7. To have the mind turned steadily toward; have constantly in mind

8. To use the mind for arriving at conclusions, making decisions, drawing inferences

9. To weigh something mentally, reflect

10. To ask to mind

11. To have an opinion, belief

12. To have regard for

- I think I am expanding at a very rapid rate.
- I think happy thoughts and guard my thinking carefully.

**291. THINKING**

1. That thinks or can think, rational

2. Given to thought; reflective
  3. The action of one who thinks or the result of such action; thought
    - My thinking about it helped some, however clarity came when I forgot about it.
- 292. THREAT** Middle English < Old English: *threat* - a throng, painful pressure; Latin: *trudere* - to thrust
1. An expression of intention to hurt, destroy, punish, etc. As in retaliation or intimidation
  2. An indication of imminent danger, harm, evil, etc.
  3. A potential source of this
    - The sky held the threat of rain later.
    - The dog felt a threat and hid in the bedroom.
- 293. THREATEN** Old English: *threatnian*
1. To make threats against, expressed one's intention or hurting, punishing, etc.
  2. To express intention to inflict
  3. To indicate the likely occurrence of
  4. To be a source of such danger, harm
  5. To make threats
    - The full bucket threatened to overflow.
    - My mind is threatening to shut down on this juice cleanse.
- 294. TRAINING** (train, Middle English < Old French < Latin: *trahere* - to pull, draw)
1. The action or method of one that trains
  2. The process or experience of being trained
  3. Of or for use on preparation at an early stage of leaving
    - The training he received was exemplary.
    - I use my training daily.
- 295. TRANQUIL** Latin: *tranquilas* - calm, quiet, still, *trans* (beyond) + *quies* (rest)
1. Free from disturbance or agitation
  2. Calm, serene, peaceful, placid
  3. Quiet or motionless; steady
    - My tea today was tranquil and peaceful.
    - The ocean looks tranquil from a distance.
- 296. TRANSFORM** Middle English < Latin: *transformere*, *trans* (beyond) + *formare* (to form) - to form beyond?
1. To change the form or outward appearance of
  2. To change the condition, nature, or function of; convert
  3. To change the personality or character of
    - I have transformed my life by changing my thinking.
    - Katie has helped me transform my wardrobe.
- 297. TRANSFORMATION** Latin: *transformatio*
1. The transforming or being transformed
    - Her transformation for getting by to reaching all of her goal was amazing to watch.
    - The transformation of my chief aim from monetary to how I want my first pregnancy to be was a huge shift for me.
- 298. TRANSCENDENTAL** Latin: *transcandere* - to climb over
1. Transcendent, supernatural
  2. Of or having to do with transcendently
  3. Kantian Philosophy: based on those elements of experience which cleanse not from sense data but from the inherent organizing functions of the minds, and which are the necessary conditions of human knowledge; transcending sense
  4. Experience but not knowledge
    - The massage she received was transcendental.
    - The experience was transcendental and difficult to describe.
- 299. ULTIMATE** Latin: *ultimare* - to come to an end, *ultimus* - last
1. Beyond which it is impossible to go; furthest; most remote or distant
  2. By which a process or series comes to an end; final; conclusive

3. Beyond which further analysis, division, etc. Cannot be made; elemental; fundamental; primary

4. Greatest or highest possible; maximum; utmost

- The ultimate challenge was presented.
- Like with everything, she took it to the ultimate.

**300. UNIVERSAL** Middle English < Old French < Latin: *universus* - all together, *unus* (one) + versus (to turn)

1. Of the universe; present or occurring everywhere or in all things

2. Of, for, affecting or including all or the whole of something specified; not limited or restricted

3. Being or regarded as, a complete whole, entire, whole

4. Broad in knowledge, interest, ability, etc.

5. That can be used for a great many or all kinds, forms, sizes, highly adaptable

6. Used, intended to be used, or understood by all

7. Logic: universal proposition, predictable

8. Philosophy: general form or concept or

- The principle which applies to all, is considered universal.
- The universal truth among humans is that we all want to feel important.

**301. UNDERSTAND** Middle English < Old English: *understanen* - to stand among, hence observe, understand

1. To get or perceive the meaning of, know or grasp what is meant by; comprehend

2. To gather or assume from what is heard, known, etc.; infer

3. To take as meant or meaning; interpret

4. To take for granted or as a fact

5. To supply mentally as for grammatical completeness

6. To know thoroughly; grasp or perceive clearly and fully the nature, character, function, etc.

Of

7. To have a sympathetic rapport with

8. Believe

- I understand that you will be departing tomorrow.
- He understands me.

**302. UNDERSTANDING**

1. The mental quality, act, or state of a person who understands, comprehension, knowledge, discernment, sympathetic awareness, etc.

2. The power of ability to think, learn, judge, etc.

3. Intelligence, sense

4. A specific interpretation or interference, mutual comprehension, as of ideas, intentions, etc.

5. A mutual agreement, especially one that settles differences or is informal and not made public

6. That understands; having or characterized by comprehension

- She is a very understanding teacher.
- He and I have reached an understanding that I am his biggest relationship priority.

**303. UTMOST** Middle English < Old English: *utemest* - out

1. Situated at the furthest point or limit; most extreme or distant; farthest

2. Of or to the greatest or highest degree, amount, number, etc. Greatest

3. The most or the greatest that is possible, extreme limit or degree

- I have the utmost respect for Audil and Saritri.
- He spoke with utmost courtesy.

**304. VIEWPOINT**

1. The mental position from which things are viewed and judged; point of view, view < *videre* - to see

- From my viewpoint, things keep getting better and better in my life.
- His viewpoint was that it might be faster to fly.

**305. WANT** Middle English: *varita* - to be lacking, want; IE: *wa* - to lack; Latin: *vanus* - empty

1. To have too little of, be deficient in, lack

2. To be short by (a specific amount)
3. To feel the need of, long for, crave
4. To desire, wish, or long; followed by the infinitive
5. A wish to see or speak with
6. To wish to apprehend; ought
7. To have a need or lack (usually "for")
8. To lack the necessities of life; be destitute or impoverished
9. To be lacking or missing for completes or certain result
10. the state of lacking or having too little of, something needed or desired
11. Scarcity, shortage, lack
12. A wish or desire for something; craving
13. A lack of the necessities of life; poverty; destitution
14. Something needed or desired by lacking; need

- She wanted to start a new school.
- The children want candy.
- I am blessed to have never experienced want.
- She is having a want for mint chip ice cream.
- He was a want in auditions.

**306. WHOLE** Old English: *hal* – healthy, whole; German: *heil* - on, *heill*; IE: base *leallo* - sound, uninjured, auspicious

1. In sound health, not diseased or injured
2. Not broken, damaged, or defective, etc.; intact
3. Containing all the elements or parts, entire; complete
4. Not divided up, in a single unit
5. Constituting the entire amount, extent, number
6. Having both parents in common
7. The all aspects of one's being including the physical, mental, social, etc.
8. Completely, absolutely
9. The entire amount, quantity, extent, a sum; totality
10. A thing complete in itself
- The whole company came out to celebrate his retirement.
- The pie was whole despite having been offered up to the guests.

**307. WHOLENESS**

1. The state of being whole.
- The cake was consumed in its wholeness.
- The wholeness of the experience was heightened by the amazing customer service.

**308. WIN** Old English: *winnan* - to fight, endure, struggle, contend; IE: *wen* - to desire, strive for; Latin: *venus* - love

1. To gain a victory, be victorious, triumph
2. To finish in first place in a race, contest, etc.
3. To succeed in reaching or achieving a specified condition or place; get
4. To get by effort, labor, struggle
5. To gain or acquire through accomplishment
6. To achieve or attain, to gain in competition
7. to obtain or earn
8. To be successful or victorious in
9. To get to, usually with effort
10. To prevail; influence; persuade
11. To gain the sympathy, favor, affection, or love of
12. To gain
13. To persuade to marry one
14. To extract from one
15. Act of winning
- I will win because I will never lose.

- She won first place with context.

**309. WISH** Middle English < Old English: *wyscan*; IE: *wen* - to strive for, desire

1. To have a longing for, want, desire, crave
  2. To have or express a desire concerning
  3. To have or express a desire concerning the fortune, circumstances, etc.
  4. To give a greeting; to bid
  5. To request or order
  6. To impose on someone
  7. The act of wishing; something wished, a polite request expressed desire for one's well-being
- She wished for good weather on her birthday.
  - His wish for the car came true.

**310. WITHIN** Middle English < Old English: *withinnan* - within, into

1. In or into the interior; on the inside; internally
  2. Indoors
  3. Inside the body, mind, heart, etc.; inwardly
  4. In the inner part
  5. Not beyond, in distance, time, degree, range, scope, etc.
  6. Inside the limits of
  7. The inside or interior
- We finished the meal within an hour of sitting down.
  - All the answers you'll find within.

**311. WILLING** Middle English < Old English: *willian* - to will

1. Favorably disposed or consenting
  2. Acting, giving, etc. Readily and cheerfully
  3. Done, given, etc. Readily or gladly
  4. Voluntary
- She was willing to take the assignment.
  - He was ready and willing to help us.

**312. WILLINGNESS**

1. The quality of being willing
- His willingness to help was much appreciated.
  - She had a willingness about her that made everyone enjoy working with her.

**313. WHY** Middle English < Old English: *hwaet* - what

1. For what reason, cause, or purpose?
  2. With what motive?
  3. Because of which, on account of which
  4. The reason for which
  5. Express surprise
  6. Used as an expletive to preface a remark
- I know why I feel the way I do and how to always improve it.
  - Why do birds sing?

**314. WONDER** Middle English < Old English: *wunder*

1. A person, thing, or event, that causes astonishment and admiration; prodigy; marvel
  2. The feeling of surprise, admiration, and awe aroused by something strange, unexpected, incredible, etc.
  3. A miraculous or apparent miraculous thing or act, miracle
  4. To be seized or filled with wonder; feel amazement; marvel
  5. to have curiosity, sometimes mingled with doubt
  6. to have curiosity or doubt about; want to know
- It is a wonder that I got into bed on time tonight given how productive I've been.
  - I stared at him in wonder knowing he was the one I've been waiting for.

**315. WONDERFUL** Old English: *wunderfull*

1. That causes wonder; marvelous; amazing



2. Very good, excellent, fine, etc.
  - It was wonderful to spend time with my girlfriends this weekend.
  - It felt wonderful to be at the Pelican Hill Resort.

**316. WORTHY** Middle English: *worth*

1. Having worth, value, or merit
2. Having enough worth or merit; meriting of
  - He feels worthy of being with me and I of him.
  - I am worthy of having all the success I have.

**317. WORTHINESS**

1. The quality of being worthy
  - His worthiness of being with me was wholly apparent the first time I met him.
  - The program's worthiness was evidenced by how it consistently generated results.

**318. WRONG** Middle English < Old English < Old Norse: *wrongr* - wrong, twisted

1. Not in accordance with an established standard, previous arrangement, given intention
2. Not suitable or appropriate
3. Contrary to fact, reason, some set standard; incorrect, inaccurate; false
4. Acting, judging, believing, etc. Incorrectly, mistaken
5. Unsatisfactory; in a bad state or condition
6. Not functioning properly, out of order
7. Designating the side, surface, etc. That is not meant to be seen (unfinished, inner, or under side)
8. In a wrong manner, direction, etc. So as to be wrong
9. That which is not right or not just, proper, correct, etc.
10. To treat badly or unjustly; do wrong to; injure
11. To think badly of without real justification
12. To malign, dishonor
  - She was wrong about what time the move started.
  - It felt wrong to him to take the payment, so he refused.

**319. YES** Middle English < Old English: *gese* - yes, probably, *gear*, *yea*, *si* (beit so), *bean* - to be

1. Aye, yea, it is so; the opposite of no used to express agreement, consent, affirmation, or confirmation
2. Not only that, but more; moreover
3. "What is it?" used to express polite interest
4. "Yes" is sometimes used also for inquiry to signify
5. Also used to give force to a following positive statement or to introduce a fuller or more specific statement
6. Good, that's it, I've got it
7. Spoken emphatically in expressing satisfaction, agreement, pleasure, etc.
8. Is it so? Used in conversations to express polite interest
9. The act of saying yes; affirmative, reply, agreement
10. An affirmative vote or a person voting this way
  - I said "yes" when he asked me out on a date.
  - Yes, I will go with you on your beautiful new yacht.
  - Yes, I'd love to.
  - Yes! That's awesome.
  - Yes? Tell me more.
  - I got 10 yeses!
  - Give us a yes!

\*\*\*\*\*END OF LESSON 2 WORDS \*\*\*\*\*  
**Congratulations**