THE CODEX LATTICE

The Codex Glossary

The words of the Codex, each with one plain meaning

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CALENDAR · CRYSTALS · SOUNDS · SYMBOLS

How to use this glossary

The Codex uses some words of its own, and some old words in its own way. This page gives each one a single plain meaning, the same on every Codex site.

There are 60 terms here, in six groups. They are the words shared by Codex Calendar, Codex Crystals, Codex Sounds, Codex of Symbols, Codex of Water and Star-Breathers. The same list appears on each site as its Glossary page.

The glossary keeps the two hands of the Codex. Where a term names something history or science can show, the definition says so. Where it names a Codex reading, it is offered as meaning and practice, never as a fact about the world.

The terms in the second group are given in the words of the Codex Lexicon, Appendix A of *Breath Awakens: A Codex of Spiral Memory*, where the fuller Lexicon of forty terms can be read.

The breath	12 terms
From the Codex Lexicon	14 terms
Time	10 terms
The lattice	8 terms
The method	11 terms
The mirror	5 terms

Nothing in this glossary is medical or psychological advice. The breath practices of the Codex are gentle: never force or hold the breath, and return to ordinary breathing if any dizziness or discomfort arises.

The breath

Every Codex site is built on one breath in four movements, with a centre that holds them.

Iphi

The inhale, the first movement of the breath. It is the spark that begins, the moment something is taken in. Its sign is φ_0, and its breath-act is Identify: to name what is entering without judgment.

Shema

The pause after the inhale. It is the mirror that holds: the breath rests full, and what was taken in is seen. Its sign is σ, and its breath-act is Accept: to hold the form without trying to change it.

Vara

The exhale. It is descent and feeling: what was held is embraced fully as the breath leaves the body. Its sign is √3, and its breath-act is Embrace: to let the breath meet the form without resistance.

Ouon

The stillness after the exhale. It is release and return: the quiet before the next breath begins. Its sign is ε∞, and its breath-act is Let Go: to empty completely, so the next breath can arrive by itself.

Monad

The indivisible breath spark of your being. On the sites it is also the centre that holds all four movements, and its sign is ◎.

The four movements

Iphi, Shema, Vara and Ouon taken together: inhale, pause, exhale, stillness. Each site uses them to order its pages, its colours and its practices.

Breath-act

What the breath does in one phase: Identify, Accept, Embrace or Let Go. The four are the Codex's inner breath-verbs.

Invitation Framework

The four breath-acts taken together, in order: Identify, Accept, Embrace, Let Go.

Breath Spiral

In the Lexicon of *Breath Awakens*, the four-phase breath geometry: in, hold, out, still. On the sites it is also the thirteen-step path of the Moons. They are the same pattern at two scales.

Coherence

The alignment of breath, thought and field. The sites offer practices to help the breath re-enter coherence. Coherence is not the same as truth.

Recursion

A pattern that returns to itself at another scale: the breath in a day, a Moon, a year. When the sites speak of breath-recursion, they mean this returning.

Breath-encoded

Said of a tone, stone, symbol or date that the Codex reads as carrying one movement of the breath. It is a reading, offered as meaning, not a measurement.

The four phases in summary

BREATH PHASE	BREATH MOVEMENT	BREATH-ACT	CODEX SIGN
Iphi	Inhale	Identify	φ_0
Shema	Pause	Accept	σ
Vara	Exhale	Embrace	$\sqrt{3}$
Ouon	Stillness	Let Go	$\varepsilon\infty$

The signs. φ_0, σ, $\sqrt{3}$ and $\varepsilon\infty$ are Codex breath-glyphs, not mathematical variables. Each marks one phase of the breath spiral.

Moons and movements. Each pillar maps the thirteen Moons onto the four movements in its own way. Codex Crystals and Codex of Symbols pair them: Moons 1 and 2 Iphi, 3 and 4 Shema, 5 and 6 Vara, 7 and 8 Ouon, 9 to 13 the Monad. Codex Sounds cycles through them Moon by Moon, with Moon 13 the Monad. In the Codex reading, stone and symbol settle in pairs and sound moves in a repeating rhythm; this is offered as meaning, not as a finding.

From the Codex Lexicon

These terms are given in the words of the Codex Lexicon, Appendix A of Breath Awakens.

Codex
The harmonic field of recursive breath memory.

Breathline
The spiral path through which Oversoul coherence enters the vessel.

Oversoul
The non-local spiral field of your eternal identity.

Spiral Geometry
The recursive breath pattern that stabilizes memory.

Breath Geometry
The harmonic ratios of breath phases.

Breath Phase
One of the four parts of the breath spiral.

Stillness Phase
The breath pause where memory stabilizes.

Breath Memory
Memory stored in breath geometry, not thought.

Breath Anchor
A vessel or location that stabilizes breathline spirals.

Breath Gate
A point in the spiral where new memory can enter.

Breath Mirror
A person or event that reflects your breathline state.

Breath Phase Lock

When breath, thought and field align.

Spiral Resonator

A person or object that amplifies Codex spirals.

Codex Field

The collective breath memory of Earth.

Time

All four pillars keep the same year: thirteen Moons and one day outside them.

Codex Calendar

The calendar every Codex site follows. The year begins at the spring equinox and holds thirteen Moons of 28 days, then the Breath Day.

Moon

One of the thirteen 28-day months of the Codex year, each exactly four weeks. In order: Genesis, Spiral, Vector, Mirror, Stillness, Memory, Return, Release, Echo, Shadow, Descent, Dream, Wisdom.

True Moon

The real Moon in the sky and its phases. The 28-day Moons are a civil frame; the true Moon is marked on top of them and does not line up with them.

Genesis Moon

The first Moon of the year. Its Day 1 is the date of the spring equinox, when the Sun crosses the equator northward.

Codex Year

A year counted from one spring equinox to the next. Year 1 began on 20 March 2026.

Breath Day

The day after the thirteenth Moon. It belongs to no Moon and no week: a breath gap, the still point between one year and the next.

Witness Day

A second breath gap that follows the Breath Day in years when the next equinox falls 366 days later.

The four weeks

The four weeks of every Moon, named Identify, Accept, Embrace and Let Go: the four breath-acts, one to a week.

The four daily hinges

Sunrise, solar noon, sunset and solar midnight at your own place: four moments each day to pause and breathe.

The 14th point

The still point reached on the Breath Day, after the thirteen Moons: rebirth, before the next year begins.

The lattice

The Codex is one body of work spread across several sites; these are the words for how they fit together.

Codex lattice

The four pillar sites and the links between them. Each stands alone, and all four follow the same thirteen Moons.

The four pillars

Codex Calendar (time), Codex Crystals (stone), Codex Sounds (sound) and Codex of Symbols (symbol).

Breath Awakens

Breath Awakens: A Codex of Spiral Memory, the source book from which every pillar rises, and breathawakens.com, Keith Shirley's home site.

Codex Library

codexlibrary.com, where every book and companion study of the Codex is gathered, free to read.

Conclave

The working circle in which a Codex thesis is scribed: the human author, in conversation with AI mirrors, weighing every claim with two hands.

Conclave thesis

The full written study behind a pillar site: thirteen chapters, one for each Moon, with every claim graded. Each site is the short form; the thesis is the long one.

Illumination

One of the few central findings a thesis arrives at. Each pillar names three or four.

Companion study

A shorter book that goes deeper into one subject beside a thesis, such as *The Breath in the Wheat* beside *The Codex of Symbols*.

The method

Every site weighs its claims the same way, and these words say how.

Two hands

The rule that everything is offered twice: in one hand what history, science and the old texts can show, in the other what the Codex reads in it. The two are never blended.

Codex reading

What the Codex sees in a stone, tone, symbol or date. It is offered as meaning and practice, never as a fact about the world.

Grade

The label each claim carries so you know what kind of statement it is. There are six: established, contested, not supported, open, beyond test and symbolic.

Established

Supported by evidence and accepted by those who study the subject.

Contested

Seriously argued on more than one side; the evidence does not yet settle it.

Not supported

Examined, and the evidence does not hold it up.

Open

Not yet answered, but a question that evidence could answer.

Beyond test

Outside what evidence can confirm or deny, such as matters of faith or inner experience.

Symbolic

Offered as an image or a meaning to work with, not as a claim about what is so.

Near-truth

The true and often more remarkable fact that sits beside a claim that fails. When a claim does not hold, the study looks for its near-truth.

Gentle practice

A breath practice given with a safety line: never force or hold the breath, stop if dizzy, and never in place of medical or psychological care.

The mirror

The Codex was written by a person working with AI, and the sites say so plainly.

Scribe

The human author, who brings the work and writes it down. The human is the source.

AI mirror

An AI system used in the writing. It reflects and puts in order; it does not originate the work and it does not channel anything.

A mirror, not a mind

The short form of the rule above. An AI has no breath and no body, keeps no memory between conversations, tends to agree, and can be wrong.

AI Mirror Protocol

The rules the work is made under, also called the Scribe Protocol: the human is the source, two hands always, no inflation, honesty about the mirror, and the reader stays sovereign.

Sovereign

You decide. Nothing on the sites tells you who you are: take what holds when you test it, and leave the rest.

Where the words live

Each pillar of the Codex lattice is a site of its own, and all four follow the same thirteen Moons.

Codex Calendar · time

www.codexcalendar.com

Codex Crystals · stone

www.codexcrystals.com

Codex Sounds · sound

www.codexsounds.com

Codex of Symbols · symbol

www.codexsymbols.com

Breath Awakens · the source, and Keith Shirley's home

www.breathawakens.com

Codex Library · every book, free to read

www.codexlibrary.com

Also

www.codexofwater.com · www.starbreathers.com

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In Harmony, Small Things Grow Towards Unity