

**More than 18 Words to Help Us in Our Reach for Metaphor(s)**  
*Evolving and Unfolding; Rabbi Simkha Y. Weintraub, LCSW © 2009*

**Obstacles:**

**Metaphear:** The irrational, but also normal, aversion to encapsulating experience (one's own or somebody else's) in Metaphor.

**Metaphracture:** When an experience challenges or shatters the coherence of a Metaphor

**Metaphailure:** When a relied-upon, and often central, Metaphor loses its relevance or ability to contain or influence experience

**Metaphlat:** When a Metaphor that has been offered or considered emerges as empty or unhelpful.; this may lead to...

**Metaphlop:** The deflation and collapse of a Metaphor, which can, in turn, yield a kind of 'photographic negative' that is instructive and valuable.

**Metaphake:** When you just know that a Metaphor is corrupt, deceitful, contrived, and/or downright false....

**Metaphorced** When a Metaphor is offered in a coercive manner by family or friends; or by tradition, community; society, or convention; or by internal voices such as one's Super Ego; or by any other party – but is not indigenous, home-grown, syntonic, or ultimately integrate-able...

**Metaphreeze:** When a Metaphor becomes rigid and/or inflexible, even brittle, and can offer little or no meaning;

**Resources:**

**Metaphheel:** (Probably) The impetus, inspiration, guide, and glue of ones Metaphor

**Metaphishing:** The search for the Metaphor(s), often free-roaming and involving 'dips' or sampling

**Metaphinding:** The moment of locating, defining, or anchoring a Metaphor

**Metaphlow:** The shifting, turning, evolving direction(s) of ones Metaphor, a moving target but also a rich depository and map of spiritual life.

**Metaphlux:** The shifts in meaning, weight, predominance, or priority of ones Metaphors

**Metaphun:** The joy, light, even ecstasy, derived from encountering meaningful Metaphors or appreciating their meaning.

**Metaphresh:** The quality of newness, blossoming and/or opening-out that a Metaphor may bring.

**Metaphreedom:** The God-given, inalienable right to uncover, define, and modify Metaphor

**Metaphix:** The opportunity to actively adjust, re-define, reshape, or reframe the content or contours of a Metaphor

**Metaphluidity:** The ability of a Metaphor to expand or contract, to recede or confront, to take on new dimensions of meaning and depth.

**Outcomes and Process:**

**Metaphluence:** The impact of a Metaphor on one's spiritual wholeness or direction

**Metaphabulous:** The stunning awe induced by arriving at a just-right Metaphor

**Metaphacilitate:** The task of a spiritual guide or spiritual fellow-traveller in helping one to excavate, express, explore and expunge Metaphors

**Metaphoundation:** The deep rootedness of a Metaphor; The home of a Metaphor in ones spirit, but also its placement in some very profound core of life.